

Call 211 for Additional Information

<p><b>We Connect You</b> 403-275-6668 weconnectyou.ca 520 78<sup>th</sup> Ave NW</p> <ul style="list-style-type: none"> <li>• Parent Link centre</li> <li>• Single parent support program</li> <li>• Resources, referrals and information</li> <li>• Agency and self-referrals accepted</li> <li>• Workshops and individual support</li> </ul>	<p><b>City of Calgary Recreation Afterschool Program</b> For more information call: 311 calgary.ca</p> <ul style="list-style-type: none"> <li>• Open to all Calgary children/youth ages 6-16</li> <li>• After school hours 3-6pm</li> <li>• Supervised by trained staff</li> <li>• Programs and activities catered to needs and interests</li> </ul>
<p><b>YWCA: Parent Link Corridor</b> 403- 262-0497 ywcaofcalgary.com 320 5<sup>th</sup> Ave SE</p> <ul style="list-style-type: none"> <li>• Child development and care services</li> <li>• Parenting seminars, workshops and one on one services</li> <li>• Children's development checkups</li> <li>• Family wellness and community referrals</li> <li>• All services are free</li> </ul>	<p><b>AHS Childbirth and Perinatal Education</b> 403-955-1450 birthandbabies.com 4715 8<sup>th</sup> Ave SE</p> <ul style="list-style-type: none"> <li>• Weekly parenting classes</li> <li>• For expectant and new families</li> <li>• Free online resources available</li> <li>• Most classes have a nominal fee (Subsidies available)</li> </ul>
<p><b>Families Matter</b> 403-205-5178 familiesmatter.ca 158,1440 52<sup>nd</sup> St NE</p> <ul style="list-style-type: none"> <li>• Free Drop-in and Play program (children under 5)</li> <li>• Parenting courses offered throughout the year</li> <li>• Counselling for post-partum depression</li> <li>• Sliding scale/subsidies available for low income families</li> <li>• In-home parenting support program               <ul style="list-style-type: none"> <li>○ Agency or self-referral</li> <li>○ Proof of income required</li> </ul> </li> </ul>	<p><b>Calgary Immigrant Women's Association</b> 403-263-4414 ciwa-online.com 200, 138 4<sup>th</sup> Ave SE</p> <ul style="list-style-type: none"> <li>• Cross-cultural parenting program</li> <li>• Educational programs for parents of children 0-6 and teenagers</li> <li>• Available for all immigrant parents and grandparents including Canadian citizens experiencing language and cultural barriers</li> <li>• Various locations around the city</li> <li>• Free childcare and first language support available</li> </ul>

**Further Education Society of Alberta and Literacy  
and Parenting Skills  
403-250-5034  
furthered.ca  
100, 5421 11<sup>th</sup> St NE**

- Multiple curriculums offered with specializations (Aboriginal, ESL, financial literacy, new moms, etc.)
- Drop ins accepted but registration encouraged
- All classes are free

**CUPS**

**403-221-8799**

**[www.cupscalgary.com/parent-education/](http://www.cupscalgary.com/parent-education/)  
100, 5421 11<sup>th</sup> St NE**

- Free Parenting Programs
- For families with children 0-5
- Family Resource Centre on premises that can provide referrals
- Proof of income required

**Barbara Mitchell Family Resource Centre  
403-930-2700  
1731 29<sup>th</sup> St SW**

- No referral required
- Free parent, baby, toddler and family programs
  - Baby Song
  - Toddler Time
  - Tiny Tales
  - Family Fridays
  - Come and Play
- Access to free fitness room
- Free ESL classes (Mon, Tues, Wed)
- Call for timings

**Heart of South Calgary Family Resource Centre  
403-452-1124  
[www.aspenfamily.org](http://www.aspenfamily.org)  
3217, 150 Millrise Blvd SW**

- For families with children 0-18
- Programs include parent education, family support and child development
- Information and referrals also available
- Self-referrals or agency referrals are accepted
- Must be living in a south community of Calgary
- Walk-in or call to make an appointment

**We Connect You**

**(403) 275-6668**

[www.weconnectyou.ca](http://www.weconnectyou.ca)

520 78<sup>th</sup> Ave NW

- Parent Link centre
- Single parent support program
- Resources, referrals and information
- Agency and self-referrals accepted
- Workshops and individual support

**City of Calgary Recreation**

**Afterschool Program**

**For more information call: 311**

[www.calgary.ca](http://www.calgary.ca)

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**YWCA: Parent Link Corridor**

**(403) 262-0497**

[www.ywcaofcalgary.com](http://www.ywcaofcalgary.com)

320 5<sup>th</sup> Ave SE

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**AHS Childbirth and Perinatal Education**

**(403) 403-955-1450**

[www.birthandbabies.com](http://www.birthandbabies.com)

4715 8<sup>th</sup> Ave SE

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**Families Matter**

**(403) 205-5178**

[www.familiesmatter.ca](http://www.familiesmatter.ca)

158,1440 52<sup>nd</sup> St NE

- Free Drop-in and Play program (children under 5)
- Parenting courses offered throughout the year
- Counseling for post-partum depression
- Sliding scale/subsidies available for low income families
- In-home parenting support program
  - Agency or self-referral
  - Proof of income required

**Immigrant Women's Association**

**(403) 263-4414**

[www.ciwa-online.com](http://www.ciwa-online.com)

200, 138 4<sup>th</sup> Ave SE

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**Literacy and Parenting Skills**

**(403)-250-5034**

100, 5421 11<sup>th</sup> St NE

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