

# About CIWA

Calgary Immigrant Women's Association is a non-profit, charitable organization established in 1982 to address the barriers, needs and concerns of immigrant and refugee women, youth and families.

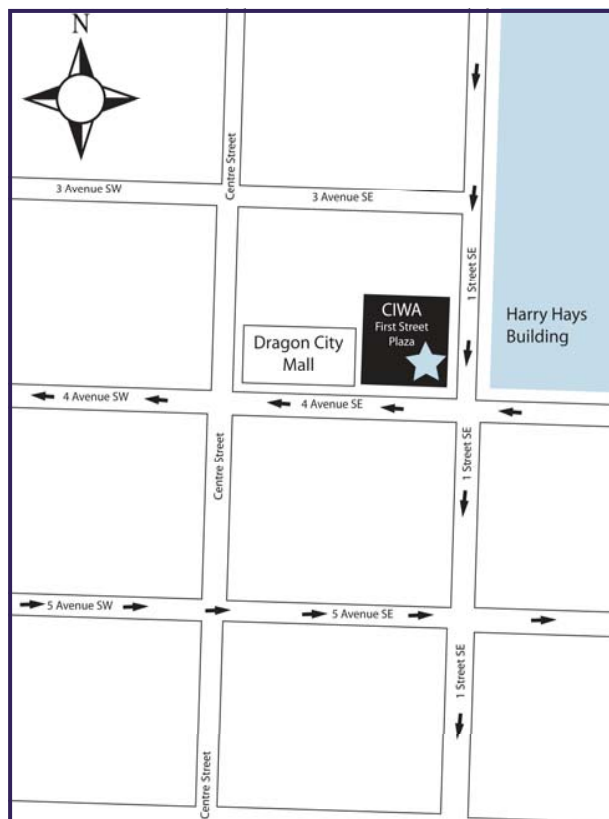


**Vision:** Women from diverse backgrounds are empowered to reach their goals and dreams as equal and contributing members of Canadian society.

**Mission:** CIWA delivers professional services that facilitate the integration and full participation of women and their families in the community.

**Values:** Equality, Empathy, Inclusiveness and Integrity

# Contact Us



## Calgary Immigrant Women's Association

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Calgary, Alberta  
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Funded by



# Cross Cultural Parenting Program



# What We Do

Cross Cultural Parenting Program helps immigrant parents cope with the changes they face in a new country and culture.

Parents will:

- Learn about parenting in Canada
- Develop and maintain positive parenting skills
- Become confident in parenting role
- Learn about Canadian institutions
- Learn how to face the challenges of raising children in Canada



## Program Description

- Program is offered 10-12 times per year in different community locations
- Program takes place on average 2 times per week over a period of 5 weeks
- Participant's notes and handouts are available in Dinka, Urdu, Arabic, Chinese and Spanish
- All services are free of charge

Participants can:

- Receive language support and free handouts
- Attend the program at CIWA or in their community
- Receive customized course content to meet their needs
- Discuss their unique needs with the facilitator

# Childcare

Childcare is provided free of charge for children ages 6 months to 6 years during instructional time by CIWA staff.



**FOR MORE INFORMATION**

**PLEASE CONTACT:**

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