

## Support CIWA

You can support CIWA in the following ways:

- Referring immigrant women and their families to CIWA programs
- Volunteering a few hours of your time
- Making a financial contribution (tax receipt available)
- Promoting CIWA activities in Calgary



## Contact Us

**Calgary Immigrant Women's Association**  
**#200, 138 4<sup>th</sup> Avenue SE**  
**Calgary, AB. T2G 4Z6**  
**Tel: 263-4414**  
**Fax: 264-3914**

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

CIWA acknowledges the support of:

**Family and Community Support Services (FCSS)**



And project partners:

**Calgary Roman Catholic Separate School District (CSSD)**

**Life & Family Resource Centre**

**Philippine Cultural Centre Foundation**



## Filipino Community Program



## What We Do

We focus on the well-being of Filipino children and their families by building healthy relationships.

We address:

- School readiness/success of Filipino children
- Balancing Filipino and Canadian cultures
- Cross-cultural parenting
- Social isolation
- Accessing community resources
- Stress, anxiety and depression
- Language proficiency



## How We Do It



We provide:

- In-home support
- Early intervention to prepare children for success and integration in the Canadian school system
- Outreach and orientation in schools, parishes and community locations
- Individual client support
- Cross-cultural parenting support
- Referrals to community services

For more information, please contact [settlement@ciwa-online.com](mailto:settlement@ciwa-online.com)

## Make a Difference

By participating in this program you will be able to:

- Meet new people
- Participate in various cultural events
- Learn about community services
- Learn about Canadian laws
- Become actively involved in your community by volunteering
- Voice your opinion
- Take leadership of various activities and make a difference in your community!

***HINDI KA NAG-IISA,  
KABAYAN. HAYAAN MONG  
GABAYAN KA NAMIN SA  
IYONG PAGLALAKBAY***