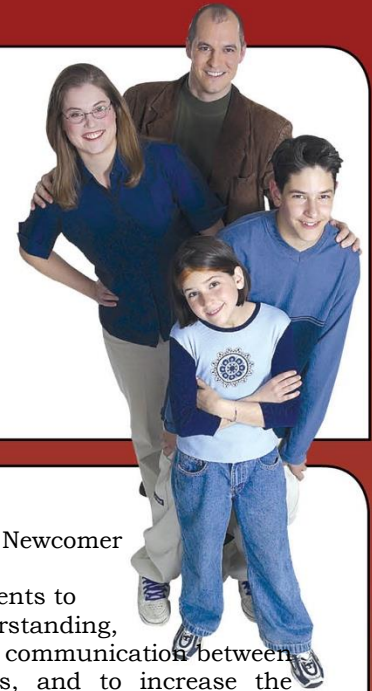


LINKS Activity Calendar



November



All Programs and Services are free

Ladies LINKS: Reaches out to Permanent Resident women who are in isolation, stay at home moms, and unemployed. The group also targets low English clients, so they can improve their English, and their level of confidence.

Topic: "Presentation on Dental Health and Hygiene for Pre-school Kids"

Multicultural Dance: This dance group activity seeks to demonstrate the use of dance as a cultural form to re-unite immigrants with their native cultural values in their new environment and to integrate with mainstream Canadian community members. Come and join us to learn a dance from **Colombia** this month.

International Cooking: Learn to cook diverse types of food from different countries and shares recipes. This activity will increase socialization among newcomers and mainstream Canadians, teach tips about recipes from different countries, develop mentorship and friendships, learn about diverse cultures, raise awareness about healthy cooking and lunches for kids.

Sewing Club: This club will teach participants to follow simple patterns and to sew household items and/or clothes. It will provide a fantastic opportunity for participants to practice speaking English, increase their confidence, get away from isolation and become more independent. This Club is open to the community at large and aim for mentorship opportunities.

Buddy Up for Integration: Newcomer students are matched with mainstream Canadian students to facilitate intercultural understanding, celebrate diversity, improve communication between youth of different cultures, and to increase the sense of belonging for newcomer youth.

Homework club: Volunteer-based homework and reading support for newcomer Eastbrook Elementary School students.

JBS Orientation Session & On-Site Services: Activity to increase awareness of settlement and community services for all newcomer employees.

Fresh Food Club: A healthy supply of natural fruits and vegetables. The Fresh Food Club offers group-buy value, supports local growers, and makes it easy to shop.

International Day of the Child: Participants will learn about strategies and information to achieve the principles stated in the Declaration of the Rights on the Child, which is adopted by the UN General Assembly.

Cross-Cultural Parenting: newcomer parents will receive information on coping with parenting challenges in a new country and culture. The workshop also addresses the development of children and teenagers and offers cultural insight to parenting in Canada.

50/50 Cash Draw for KIDS: A great way to support SPEC, your local children's charity. Buying a 50/50 ticket you help to raise money for SPEC's programs.



The SPEC Association for Children and Families
Community Cultural Centre
#101-327, 3rd Street West, Brooks, Alberta.
E-mail: links@spec.ab.ca

403-501-5556 (direct line)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Buddy Up for Integration Eastbrook School 12.00-12.45 Homework Club 3.30-5.00	2 Homework Club 3.30-5.00 	3 Multicultural Dance 6.00-8.00 	
5	6 JBS Orientation On-site services 10.30-1.00 	7	8 Buddy Up for Integration BJH School 12.00-12.45 Homework Club 3.30-5.00	9 Ladies LINKS 1.00-3.30 Homework Club 3.30-5.00	10	11 Remembrance Day Sewing Club 2.00-4.00
12 Dance for Kindness 	13 SPEC Closed in lieu of Remembrance Day	14 Fresh Food Order LINKS office closed for team meeting 8.30 – 10.30 HIPPY Group	15 Buddy Up for Integration Eastbrook School 12.00-12.45 Homework Club 3.30-5.00	16 Homework Club 3.30-5.00 	17 Multicultural Dance 6.00-8.00 	18
19 International Day of the Child 2.30-5.00 	20 JBS Orientation On-site services 10.30-1.00 	21 Fresh Food Pick Up 	22 Homework Club 3.30-5.00 	23 Homework Club 3.30-5.00 	24 International Cooking 12.30-2.00 	25
26 Sewing Club 2.00-4.00 	27 JBS Orientation On-site services 10.30-1.00 	28 Cross Cultural Parenting 5.00-6.30 	29 Buddy Up for Integration BJH School 12.00-12.45 Homework Club 3.30-5.00	30 Homework Club 3.30-5.00 Cross Cultural Parenting 5.00-6.30		

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