

THE COMMUNITY'S YW



Welcome September!

We hope you all had a wonderful summer and a smooth transition into fall with back to school and routine for many! Already this month we've had a chance to celebrate as a community at Calgary Pride and we are looking forward to plenty of exciting things happening this month.

Are you connected with us on social media? YW is constantly hosting great events, workshops, and more for our community and following us on social media is the best way to ensure you don't miss a thing!

Follow us @ywcalgary on [Facebook](#), [Instagram](#), [LinkedIn](#), and [Twitter](#)!



We're PROUD to be a part of this community!

We were so excited to take part in the Calgary Pride Parade this past weekend - this has long been one of our most anticipated events of the year and we were thrilled to be back in person.

YW employees, friends, family, and community members all came out to celebrate, dance, and enjoy the afternoon!

Truth & Reconcili-action

We're committing to Truth & Reconcili-action all month long here at YW Calgary.

To support a spirit of learning in the lead up to the National Day for Truth and Reconciliation, a group of volunteers from across YW have facilitated several resources and activities. Download the [**YW Toolkit for Truth & Reconciliation Learning**](#) to get started!

National Day for Truth & Reconciliation is September 30.



Welcoming Week 2022

German — Willkommen
Spanish — ¡Bienvenido
French — Bienvenue
Italian — Benvenuto
Portuguese — Bem-vindo
Swedish — Välkommen
Turkish — Hoş geldin
Polish — Witaj
Indonesian — Selamat datang

Urdu — Khush Amdeed.
Romanian — Bine ati venit
Japanese — Yokoso
Chinese — Huānyíng
Ukrainian — Laskavo prosymo
Croatian — dobrodošli
Czech — vítajte
Dutch — welkom
Finnish — tervetuloa

Greek — kalos irthate)
Hungarian — üdvözlök
Icelandic — velkominn
Norway — velkommen
Somali — soo dhawow
Afrikaans — welkom
Korean — 환영 (eoseo osibsio)
Vietnamese — chào mừng
Maori — haere mai

Are you or someone you know newcomers to Canada looking for settlement support?

YW is thrilled to be joining organizations globally in recognizing [Welcoming Week](#) September 9-18 and are sharing resources for newcomers all week long at ywcalgary.ca/welcome and we encourage you to join the conversation with #WelcomingWeek2022 on social media.

Exciting Upcoming Events This Month

YW's Family Resource Network is hosting several exciting events this month and the best part is that they're all FREE! Check out some highlights below and make sure to register early as spots are filling up quickly.

- **Co-Parenting with Multi-Generations | September 7 @ 2:00pm - 3:30pm**
 - This parent chat session will explore the strategies, and tips, to prepare for meaningful conversations to bridge the gap of co-parenting with multi-generations.
- **Mental Health and Teens (Ages 12-17) | September 20 @ 6:00pm - 7:30pm**
 - In this session, we will talk about common mental health challenges in adolescence, how to recognize when your teen is struggling, and how to help your teen stay mentally healthy.
- **COVID-19 Vaccination for Children | September 23 @ 10:00am - 11:30am**
 - As a parent or caregiver, you want what is best for your child(ren). It is normal to ask questions about COVID-19 vaccines before making a decision. Join us for our virtual session with AHS, where we learn about: what vaccine at what age, which vaccines are approved, why is it recommended, being ready for the needle, preparing for the appointment, and vaccine records /travelling with children.
- **Playtime with Dad | September 24 @ 10:00am - 11:30am**
 - Calling all those who identify as dads and grandfathers! Are you looking to spend some 1:1 time with your little one and in need of a fun, interactive space? Join us for engaging activities to spend some quality time with your little ones.
- **Resilience: Stressful Experiences and Child Development | September 29 @ 10:00am - 11:30am**
 - During this session, we will explore different types of stresses children experience and how it affects their development, followed by a group discussion about strategies for developing resilient children.

See our full events calendar [here](#).

Interested in learning more or registering? Check out [our website!](#)



Have you ever wanted to build skills to help you confidently manage your finances? YW's Women's Economic Prosperity team is hosting a series of FREE online workshops teaching fundamentals of budgeting, banking, credit, and purchasing.

Join us for the following workshops this month:

- Budgeting | September 8 @ 12:00pm - 1:00pm
- Banking, Saving, and Investing | September 15 @ 12:00pm - 1:00pm
- Building Credit & Debt Management | September 22 @ 12:00pm - 1:00pm
- Consumerism | September 29 @ 12:00pm - 1:00pm

STAY CONNECTED ON SOCIAL



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