



CIWA
Calgary Immigrant Women's Association

Drop-ins now welcome!

403-263-4414 or reception@ciwa-online.com

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Settlement and Integration Services			
Program(s)	Services	Delivery	Contact
Intake, Settlement and Referral Services & Supporting Newcomer Integration	<ul style="list-style-type: none"> Information, orientation and referral services for all immigrants Supports with completing online documents (i.e. PR renewal, EI application, etc.) Interpretation support Supportive counseling Advocacy support 	<ul style="list-style-type: none"> In person or online Phone Email 	Lucy Natana LucyN@ciwa-online.com 403-263-4414 ext. 137
Find Me a Home	<ul style="list-style-type: none"> Support with the cost of rent for immigrant women at risk of eviction during COVID-19 outbreak Emergency support for immigrant women escaping abusive situations 	<ul style="list-style-type: none"> Phone Email 	Lucy Natana LucyN@ciwa-online.com 403-263-4414 ext. 137
Filipino Community Development Program	<ul style="list-style-type: none"> One on one support and family reunification services Group sessions on parenting courses, resume writing clinic, and family reunification workshops <p><i>*community based group programming suspended at this time</i></p>	<ul style="list-style-type: none"> In person or online Phone Email Online 	Maria Chelo Galay MariaG@ciwa-online.com 403-263-4414 ext. 156
Financial Coaching	<ul style="list-style-type: none"> Support services to help immigrants with managing finances 	<ul style="list-style-type: none"> In person or online Phone Email 	Lucy Natana LucyN@ciwa-online.com 403-263-4414 ext. 137
Legal Clinic	<ul style="list-style-type: none"> Access to immigration related legal support provided by Calgary Legal Guidance lawyers for low income immigrant women 	<ul style="list-style-type: none"> In person or online Phone Email 	Titi Memar TitiM@ciwa-online.com 403-263-4414 ext. 145
My Community My Home	<ul style="list-style-type: none"> One on one support for immigrant senior women <p><i>*community based group programming suspended at this time</i></p>	<ul style="list-style-type: none"> In person or online Phone Email 	Sameena Arif SameenaA@ciwa-online.com 403-263-4414 ext. 264
New Friends and Neighborhood Groups	<ul style="list-style-type: none"> One on one support for existing clients <p><i>*community based group programming suspended at this time</i></p>	<ul style="list-style-type: none"> In person or online Phone Email 	Debra Colley DebraC@ciwa-online.com 403-263-4414 ext. 156

Pre-employment Skills Program	<ul style="list-style-type: none"> • Ongoing one on one employment counselling session • Pre-employment support through mock interviews, resume critiques, and job search strategies • Computer class intake and registration • Accounting software training intake and registration • Workshops and information and orientation sessions 	<ul style="list-style-type: none"> • In person or online • Phone • Email • Online 	Saifan Kosheryan SaifanK@ciwa-online.com 403-263-4414 ext. 287
Pursuit of Happiness for immigrant seniors	<ul style="list-style-type: none"> • One on one support for existing clients <p><i>*community based group programming suspended at this time</i></p>	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Noreen Mahmood NoreenM@ciwa-online.com 403-263-4414 ext. 302
RESP Support	<ul style="list-style-type: none"> • RESP information and orientation for immigrant mothers 	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Tseday Mamo TsedayM@ciwa-online.com 403-263-4414 ext. 245
Tax Clinic	<ul style="list-style-type: none"> • Tax filing services for low income families 	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Hellen Tesfai HellenT@ciwa-online.com 403-263-4414 ext. 131
Volunteer Program	<ul style="list-style-type: none"> • Limited services available at this time 	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Janeth Alonso JanethA@ciwa-online.com 403-263-4414 ext. 144

Language Training & Childcare Department			
Program(s)	Services	Delivery	Contact
Everyday English for Seniors	<ul style="list-style-type: none"> • Online classes via Zoom 	<ul style="list-style-type: none"> • Online 	Yulia Lvova YuliaL@ciwa-online.com 403-263-4414 ext. 153
HIPPY - Home Instruction for Parents of Preschool Youngsters	<ul style="list-style-type: none"> • Ongoing one-on-one support (online and in-person) for existing clients 	<ul style="list-style-type: none"> • In person or online • Phone 	Luz Buritica LuzB@ciwa-online.com 403-263-4414 ext. 185
Language Instruction for Newcomers to Canada (LINC)	<ul style="list-style-type: none"> • Hybrid of online and in-person classes in place since August 	<ul style="list-style-type: none"> • In person & online • Phone 	Marcela Alfonso MarcelaA@ciwa-online.com 403-263-4414 ext. 122
Learning Support Services	<ul style="list-style-type: none"> • Ongoing support for LINC learners and instructors • Accepting referrals from partner agencies 	<ul style="list-style-type: none"> • Phone • Email 	Fiona Lowes FionaL@ciwa-online.com 403-263-4414 ext.152
Pebbles in the Sand	<ul style="list-style-type: none"> • Virtual classes and one-on-one online support for students in place • Classes started on April 6th via virtual platforms 	<ul style="list-style-type: none"> • Phone • Online 	Golshid Pourviseh GolshidP@ciwa-online.com 403-263-4414 ext.115

Employment Services Department			
Program(s)	Services	Delivery	Contact
Training for Professionals			
Bridge to Success for Professional Immigrant Women	<ul style="list-style-type: none"> This program is no longer accepting clients. For other CIWA employment bridging programs, email careerservices@ciwa-online.com 	<ul style="list-style-type: none"> Phone Email Online 	
Career Services for Foreign Trained Professionals	<ul style="list-style-type: none"> Ongoing recruitment for April 12th start date (Intake 4) 	<ul style="list-style-type: none"> In person or online Phone Email 	Roma Akram RomaA@ciwa-online.com 403-263-4414 ext. 127
Child Development Worker Training for Immigrant Women	<ul style="list-style-type: none"> Ongoing training/recruitment for March 2021 intake 	<ul style="list-style-type: none"> In person or online Phone Email 	Vanessa Listana VanessaL@ciwa-online.com 403-263-4414 ext. 266
Labour Market Bridging for Volunteers: Interpretation and Translation	<ul style="list-style-type: none"> Ongoing recruitment for Oct 5th start date (Intake 2) 	<ul style="list-style-type: none"> Phone Email Online 	Elaine Lawson ElaineL@ciwa-online.com 403-263-4414 ext. 281
Links to Young Adult Employment	<ul style="list-style-type: none"> Ongoing recruitment for April 5th 2021 start date (Intake 1- next fiscal year) 	<ul style="list-style-type: none"> In person or online Phone Email 	Punam Dalal PunamD@ciwa-online.com 403-263-4414 ext. 143
Training for Employment Entry			
Childcare Training for Low Literacy Immigrant Women	<ul style="list-style-type: none"> Ongoing training 	<ul style="list-style-type: none"> In person or online Phone Email 	Farzana Mubashir FarzanaM@ciwa-online.com 403-263-4414 ext. 128
Childcare Training Pathway	<ul style="list-style-type: none"> Ongoing training/recruitment for Feb 2021 (additional intake) 	<ul style="list-style-type: none"> In person or online Phone Email 	Shahitha Maideen ShahithaM@ciwa-online.com 403-263-4414 ext. 163
Fast Track Employment Training for Immigrant Women	<ul style="list-style-type: none"> Ongoing recruitment for Protection Skills track (security guard), Nov 30- intake 3 Ongoing recruitment for Front-line Customer Service track, Jan 4th (Intake 3) 	<ul style="list-style-type: none"> Phone Email Online 	Ketaki Wani KetakiW@ciwa-online.com 403-263-4414 ext. 270
Food Service Training	<ul style="list-style-type: none"> Ongoing recruitment for Jan 4th start date (Intake 4) 	<ul style="list-style-type: none"> In person or online Phone Email 	Myla Felipe MylaF@ciwa-online.com 403-263-4414 ext. 250
Line Cook Training	<ul style="list-style-type: none"> Ongoing recruitment for Jan 6th (Intake 4) 	<ul style="list-style-type: none"> In person or online 	Soha Kamel Sohak@ciwa-online.com

		<ul style="list-style-type: none"> • Phone • Email 	403-263-4414 ext. 271
Modular Employment Training	<ul style="list-style-type: none"> • Inquiries welcome • Classes start every Monday 	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Jocelyn Echenique JocelynE@ciwa-online.com 403-263-4414 ext. 170
Retail Training Program	<ul style="list-style-type: none"> • Ongoing recruitment for November 16th start date (Intake 3) 	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Marie Solange Bebandoue Evehe MarieB@ciwa-online.com 403-263-4414 ext. 229

Family Services Department			
Program(s)	Services	Delivery	Contact
Cross Cultural Parenting Program	<ul style="list-style-type: none"> • Ongoing one on one support for immigrant parents and grandparents • Virtual group parenting sessions 	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Fiona Hayes FionaH@ciwa-online.com 403-263-4414 ext. 160
Civic Engagement	<ul style="list-style-type: none"> • Ongoing one on one follow up support to all existing clients • Virtual Train the Trainer sessions for adult and youth • Youth Leadership Course <p><i>*registration required for all courses</i></p>	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Shannon Edeonu ShannonE@ciwa-online.com 403-263-4414 ext.199
Employment Security Alliance for Vulnerable Immigrant Women	<ul style="list-style-type: none"> • Ongoing one on one support to all existing clients • Limited group sessions for employer participants 	<ul style="list-style-type: none"> • In person or online • Phone • Email 	Ayodeji Adetimehin AyodejiA@ciwa-online.com 403-263-4414 ext. 233
Family Conflict Prevention Program	<ul style="list-style-type: none"> • Ongoing one on one counseling services for immigrant women and men • Accepting new intakes and appointments • Virtual support groups 	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Bela Gupta BelaG@ciwa-online.com 403-828-4968
Family Resource Network Hub	<ul style="list-style-type: none"> • Accepting referrals for the following spoke services: <ul style="list-style-type: none"> ○ HIPPY ○ Home Visitation ○ Immigrant, Girls, Boys and More ○ Individualized parenting support 	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Veronica Aliu VeronicaA@ciwa-online.com 403-263-4414 x 280
In Home Support	<ul style="list-style-type: none"> • Ongoing one on one support to existing clients • Initial needs assessment • Critical services referrals • Accepting referrals from Children's Services 	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Kashmira Zala KashmiraZ@ciwa-online.com 403-263-4414 ext. 195
One-on-One Counselling	<ul style="list-style-type: none"> • Ongoing one on one counseling services for female immigrant youth and seniors 	<ul style="list-style-type: none"> • In person • Online (if needed) 	Azita Afsharnejat AzitaA@ciwa-online.com 403-263-4414 ext. 147

	<ul style="list-style-type: none"> • Accepting referrals via phone and email • Virtual group sessions 	<ul style="list-style-type: none"> • Phone • Email 	
Pathways to Success for Immigrant Youth	<ul style="list-style-type: none"> • Ongoing one on one support to existing clients • Virtual support groups 	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Melody Ho MelodyH@ciwa-online.com 403-263-4414 ext. 283
Supports for Immigrants with Mental Health and Addiction Issues	<ul style="list-style-type: none"> • Ongoing one on one mental health and addictions support for immigrant women and men • Accepting new intakes and appointments • Virtual support groups 	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Vandana Sharma VandanaS@ciwa-online.com 403-263-4414 ext. 255
Youth Mentorship Program	<ul style="list-style-type: none"> • Ongoing one on one follow up support to all existing clients • Ongoing recruitment for new mentees and mentors <p><i>* group & mentorship sessions suspended at this time</i></p>	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Neha Mehta SirineM@ciwa-online.com 403-263-4414 ext.217
Youth Program	<ul style="list-style-type: none"> • Daily home activities for female immigrant youth • Ongoing one on one support to existing clients • Virtual group sessions for Girls Culture Club and homework support <p><i>*community based programming suspended at this time.</i></p>	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Pauline Baysa PaulineB@ciwa-online.com 403-263-4414 ext. 148
Victims Support Outreach Program	<ul style="list-style-type: none"> • Ongoing one on one support • Accepting referrals from Children's Services 	<ul style="list-style-type: none"> • In person • Online (if needed) • Phone • Email 	Catherine Kurishingal CatherineK@ciwa-online.com 403-561-0549