Grandma's Kitchen & Self-Esteem Group

April 2024 to March 2025
Multiple Locations in Calgary

Free for immigrant women ages 50 years and over, who are Permanent Residents and CUAET holders.

Varsity Acres Presbyterian Church
4612 Varsity Dr NW, Calgary
10:30 am - 3:30 pm
2nd and 4th Friday of the month

April 12, 26 | May 10, 24 | June 14, 28 | July 12, 26
August 9,23 | Sept 13, 27 | Oct 11, 25 | Nov 8, 22
January 10, 24 | February 14, 28 | March 14, 28

Knox Presbyterian Church
3704 37 Street SW
10:30 am - 3:30 pm
3rd Friday of the month

April 19 | May 17 | June 21 | July 19 | August 16
September 20 | October 18 | November 15
January 17 | February 21 | March 21

Westminster Presbyterian Church
(Self-esteem group)
290 Edgepark Blvd NW, Calgary
1:30 pm - 3:30 pm
1st Friday of the month

April 5 | May 3 | June 7 | July 5 | August 2
September 6 | October 4 | November 1
December 6 | February 7 | March 7

Calgary Genesis Centre
Lunch Room, 7556 Falconridge Blvd. NE
10:30 am - 3:30 pm
2nd Tuesday of the month

April 9 | May 14 | June 11 | July 9 | August 13
September 10 | October 8 | November 12
December 10 | January 14 | February 11 | March 11

Trellis Penbrooke Club
6098 Penbrooke Drive SE, Calgary
10:30 am - 2:30 pm
1st Tuesday of the month

April 2 | May 7 | June 4 | July 2 | August 6
September 3 | October 1 | November 5
December 3 | January 7 | February 4 | March 4

Register today! Contact:

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CIWA
Calgary Immigrant Women's Association

Funded by: Immigration, Refugees and Citizenship Canada

Financé par : Immigration, Réfugiés et Citoyenneté Canada