



JGD Career and Community Resources | Sept.8-14, 2026

JOHN G. DIEFENBAKER
— HIGH SCHOOL —

WORK EXPERIENCE PROGRAM

DO YOU HAVE A JOB RIGHT NOW?

DID YOU KNOW YOU CAN EARN HIGH SCHOOL CREDITS FOR THE HOURS YOU'RE ALREADY WORKING?

- ✓ GET REAL-WORLD EXPERIENCE
- ✓ EARN CREDITS TOWARD GRADUATION
- ✓ BOOST YOUR RESUME

SEE >>> MR. COUTTS

ROOM 242 – STUDENT LEARNING CENTRE (LIBRARY)
OFFICE HOURS: MONDAY-FRIDAY
BLOCK 3
EMAIL ME IF YOU HAVE ANY QUESTIONS:
djcoutts@cbe.ab.ca

REAL EXPERIENCE. REAL SKILLS. REAL FUTURE. #DIEFENBAKERPROUD

LEADERSHIP IN THE ARTS LITA

Lead. Inspire. Create. Together. ♥

STUDENTS COMING TOGETHER TO
PROMOTE THE **FINE ARTS** WITHIN THE
DIEFENBAKER COMMUNITY.

LUNCHBOX SHOWCASES

We organize and host lunchbox showcases that celebrate student talent across all arts disciplines.

Share your talent.
Inspire others.

WEEKLY ARTIST SPOTLIGHT ARTICLES

We highlight the creativity, skills and achievements of Diefenbaker artists through weekly articles.

ARTIST SPOTLIGHT
Celebrating the artists in our community.
Every artist.
Every week.
Everyone recognized.

YOUR ART. YOUR VOICE. OUR COMMUNITY.

GET INVOLVED. MAKE AN IMPACT.
JOIN LITA!

LEAD INITIATIVES

BUILD CONNECTIONS

PROMOTE THE ARTS

MAKE OUR SCHOOL PROUD

BE A LEADER. BE CREATIVE. BE LITA.



Free Community Resources



TUTORING VOLUNTEERS NEEDED



**WE ARE LOOKING FOR DEDICATED MATH
AND SCIENCE TUTORS FOR JUNIOR
HIGH STUDENTS**



**Scan the QR code for more
information!
or contact
homeworkhelpers@ymcacalgary.org**



 **Huntington Hills Area**

 **Sessions will be held every Tuesday and Thursday
3:15-5:15PM. Starting November 18, 2025**







Neighbourhood Grant:

Do you live in Highland Park, Huntington Hills or Greenview?

Small actions can make big impacts. Our grants help residents take action towards building inclusive neighbourhoods. Grants up to \$1000 are provided for activities focusing on **Social Inclusion, Economic Participation, Anti-Racism, or Truth and Reconciliation** in neighbourhoods.

**For More Information,
Contact:**

CSW Tina Buchan
christina.buchan@calgary.ca

**Scan the QR Code
to Learn More:**





JOIN US FOR A GARDEN HARVEST PARTY

Come celebrate our community garden harvest! 🌱

Fresh veggies, free pizza & drinks, rock painting, and learn how to get your own garden plot next season!

When: Saturday September 12TH, 2026

Time: 11:00-1:00PM

Where: Hunterhorn Community Garden

What to bring: Please bring a reusable bag for veggies.

Please RSVP by Sept. 9th. to sbitango@gmail.com,
or (403)975-0886 - (So we can plan for food and drinks,
and address will be provided)

Children are welcomed when accompanied by a parent.

We can't wait to celebrate the harvest with you and share some good food, fresh veggies and time together in the garden.

**Funded by The City of Calgary
Neighbourhood Grants.**





Youth Employment Centre

Book an appointment with an employment counsellor



- ✓ Job search strategies
- ✓ Resume targeting
- ✓ Interview preparation
- ✓ Career planning
- ✓ Connections to employers and more

Ages 15–24

Village Square, Country Hills,
Shawnessy, Saddletowne Libraries &
Bowness Community Association

With additional locations available

calgary.ca/yec

In partnership with:
Alberta Canada



Scan the QR code
to book an appointment



Calgary



Fibre Arts - Led by Carleen Slow Stitch Pot Holder

*FREE Event
- snacks,
refreshments
& supplies
provided



Sept 2nd, 2026
1:00 - 3:00 PM

Thornhill Aquatic & Rec Centre
6715 Centre Street NW

Register with Tina at:
christina.buchan@calgary.ca

Brought to you by the Huntington Hills Resident Skill Share Project







Calgary



COMMUNITY CRAFT & CREATE



FREE – ALL WELCOME!

**formally crochet club*

Bring your craft, connect, share, and learn together

Snacks & refreshments provided

Ages 6+ | Children under 12 must attend with an adult caregiver



FRIDAYS | 7-9 PM

Sept 11 & 25 | Oct 9 & 23

Nov 13 & 27 | Dec 11

Thornhill Aquatic & Rec Centre
6715 Centre Street NW



Register with Elysse:

Text: (403)710-4229

Email: elyssebyyc@gmail.com



Calgary



YOUTHFUL SATURDAY!

BOARD GAMES, ARTS & CRAFTS,
PIZZA, SNACKS & REFRESHMENTS
*OPTIONAL RECREATION ACTIVITY



FREE EVENT | AGES 12 - 17

SATURDAYS 1 - 3 PM

SEPT 26 | OCT 10 & 31

NOV 14 & 28 | DEC 5 & 19

Thornhill Aquatic & Rec Centre
(6715 Centre Street NW)

Questions?
E-Mail Ben at:
benjamin.miller@ymcacalgary.org

USE THE
QR CODE
TO REGISTER!





Never go without the medicine you need

The Prescription Drug program helps eligible Calgarians access prescription medications at no cost. Participants receive up to \$1,000 in coverage for eligible prescription drugs per 12 months from enrolment.*

No out-of-pocket costs
No copays or deductibles
No cost for shipping

Are you eligible?

In Calgary, you can apply through the Fair Entry program. Fair Entry helps determine if you qualify. After successful screening you'll be referred to GreenShield to complete a final evaluation and enrollment.

Apply online
calgary.ca/FairEntry

Mail your application

The City of Calgary, Fair Entry #8064,
P.O. Box 2100, Station M,
Calgary, AB T2P 2M5

Fax your application

403-268-2596

Apply in-person at the following locations

Municipal Building
800 Macleod Trail S.E., 3rd Floor
Mon–Fri, 8am–6pm

Village Square Branch
Calgary Public Library
2623 56 Street N.E.
Mon–Thurs, 9am–9pm
Fri, 9am–6pm | Sat, 9am–5pm

Shawnessy Location
333 Shawville Blvd. S.E., East Entrance
Mon–Fri, 9am–5:30pm

Have questions?

Call 311

Ask for "Fair Entry" and someone from the program will return your call. Visit our website at: calgary.ca/FairEntry



*Restrictions apply. Available to residents of Calgary who are not eligible for other health benefits or covered by a maximum of \$200 per 12 months from the enrolment date. This includes the cost of medication and shipping. Some restrictions apply. See calgary.ca/FairEntry for more information. Approval is required to participate in the program. See calgary.ca/FairEntry for more information.



Calgary Board
of Education



walk with me,
talk with me,
learn with me

Indigenous Support Line
1-844-944-4744 or 811



Are you an Indigenous person that has questions about navigating Alberta Health Services, has a concern, or needs help?

- ◆ Patient Concerns
- ◆ Referrals
- ◆ Cultural Support
- ◆ Primary Care Support
- ◆ Addiction Mental Health Support
- ◆ General Support

ahs.ca/isl



Calgary Board
of Education



**Judith Umbach Library
September/October
Kids Programs**

Come join us at the Judith Umbach Library for kids programs geared towards ages 6-12. All programs listed are either drop-in or have registration spots available. You can register for programs in-person, online (calgarylibrary.ca) or via phone (403-260-2600).

Game on! Gaming Club

Love playing games? Hang out, relax, and make new friends as we play fun video and tabletop games each week.

Drop-in: Saturdays, Sept. 12 – Oct. 31, 2:00-3:00 p.m. – Program Room

Age: 9-12 years

LEGO Club

Join us to build, create, and explore! LEGO provided.

Drop-in: Sunday, September 6 – Oct. 25, 1:00-2:00 p.m. – Program Room

Age: 6-12 years

Math Quest

Embark on a math quest. Explore the Library while completing fun numeracy challenges that support what you learn in school. Caregivers are invited to stay & play.

Drop-in: Wednesdays, Sept. 9 – Oct. 21, 6:00-7:00 p.m. – Open Area

Age: 6-12 years

Story PALS

Trained Pet Access League Society (PALS) volunteers and their highly socialized dogs provide a calm, accepting presence for newer readers to practise reading aloud. Each participant chooses a book then meets a dog from PALS for a 15-minute reading session. Story PALS is best suited for children who can read independently.

Registered: Tuesdays, Sept. 8 – Oct. 13, 6:30-7:30 p.m. – Program Room

Age: 6-12 years

Worms Love Leftovers

Everyone loves worms – but they are even cooler than you think! Take a peek into the amazing world of worms and how they help recycle organic waste, turning it into healthy living soil. After this program, you'll have a whole new respect for our friends in the dirt!

Registered: Sunday, Oct. 4, 3:00-4:00 p.m. – Program Room

Age: 7-10 years





Judith Umbach Library September/October Teen Programs

Come join us at the Judith Umbach Library for teen programs geared towards ages 13-17. All programs listed are either drop-in or have registration spots available. You can register for programs in-person, online (calgarylibrary.ca) or via phone (403-260-2600).

Company Program

This mentor-led program offers youth the opportunity to make real business decisions, develop leadership skills, and make new friends while having fun! The 20-week Company Program has proven to improve employability, workforce readiness and awareness of new career opportunities.

Registered: Thursdays, Oct. 22 – Mar. 11, 5:30-8:30 p.m. – Program Room
Age: 14-18 years

Level Up! Gaming Club

If you love video games or tabletop gaming, this club is for you. Drop in to relax, snack, and play games of all kinds.

Drop-in: Thursdays, Sept. 10 – Oct. 29, 3:30-5:00 p.m. – Program Room
Age: 13-17 years

Level Up! Gaming Club: Get Started with Dungeons and Dragons

Curious about D&D, but don't know where to start? Learn the basic rules, create a character and leap into your first epic adventure!

Registered: Mondays, Sept. 14 – Oct. 26, 4:00-5:30 p.m. – Program Room
Age: 13-17 years





FREE Swimming Lesson: Basic Swimming Skills

The Lifesaving Society's Swim to Survive® program focuses on **three basic survival skills**:

- Entering the water
- Treading water (surface support)
- Swimming 50 metres

This **no-cost**, introductory course is open to anybody **3 years of age and older** who face barriers to participation in swimming lessons. Swimmers will build their confidence in the water, learn about water safety and practice basic swimming skills like floating, jumping and moving in a lifejacket. No equipment required.

To register: provide the **course code*** to registration staff

- In person at any City of Calgary Recreation facility
- By phone at 403-268-3800 with Central Registration



Shouldice Pool

2915 24 Avenue NW

Foothills Pool – Saturday afternoons			
Dates	Day	Time	Course Code*
Sept 12 – Oct 3	Saturdays	12:00 – 12:45 pm	134765
Sept 12 – Oct 3	Saturdays	12:55 – 1:40 pm	134768
Sept 12 – Oct 3	Saturdays	1:50 – 2:35 pm	134769
Sept 12 – Oct 3	Saturdays	2:45 – 3:30 pm	134770
Oct 17 – Nov 11	Saturdays	12:00 – 12:45 pm	134776
Oct 17 – Nov 11	Saturdays	12:55 – 1:40 pm	134777
Oct 17 – Nov 11	Saturdays	1:50 – 2:35 pm	134778
Oct 17 – Nov 11	Saturdays	2:45 – 3:30 pm	134779
Nov 14 – Nov 28	Saturdays	12:00 – 12:45 pm	134780
Nov 14 – Nov 28	Saturdays	12:55 – 1:40 pm	134781
Nov 14 – Nov 28	Saturdays	1:50 – 2:35 pm	134782
Nov 14 – Nov 28	Saturdays	2:45 – 3:30 pm	134783
Dec 5 – Dec 19	Saturdays	12:00 – 12:45 pm	134790
Dec 5 – Dec 19	Saturdays	12:55 – 1:40 pm	134791



Dec 5 – Dec 19	Saturdays	1:50 – 2:35 pm	134792
Dec 5 – Dec 19	Saturdays	2:45 – 3:30 pm	134793

Thornhill Pool

6715 Centre Street NW

Thornhill Pool – Friday evenings			
Dates	Day	Time	Course Code*
Sept 11 – Oct 2	Fridays	7:30 – 8:15 pm	132594
Sept 11 – Oct 2	Fridays	8:15 – 9:00 pm	132595
Oct 16 – Oct 30	Fridays	7:30 – 8:15 pm	132598
Oct 16 – Oct 30	Fridays	8:15 – 9:00 pm	132599
Nov 6 – Nov 27	Fridays	7:30 – 8:15 pm	132600
Nov 6 – Nov 27	Fridays	8:15 – 9:00 pm	132601
Dec 4 – Dec 18	Fridays	7:30 – 8:15 pm	132604
Dec 4 – Dec 18	Fridays	8:15 – 9:00 pm	132605

Thornhill Pool – Sunday afternoons			
Dates	Day	Time	Course Code*
Sept 6 – Sept 27	Sundays	12:30 – 1:15 pm	132606
Sept 6 – Sept 27	Sundays	1:15 – 2:00 pm	132607
Oct 4 – Oct 25	Sundays	12:30 – 1:15 pm	132608
Oct 4 – Oct 25	Sundays	1:15 – 2:00 pm	132609
Nov 1 – Nov 22	Sundays	12:30 – 1:15 pm	132611
Nov 1 – Nov 22	Sundays	1:15 – 2:00 pm	132612
Dec 4 – Dec 18	Sundays	12:30 – 1:15 pm	132613
Dec 4 – Dec 18	Sundays	1:15 – 2:00 pm	132614

Bob Bahan Pool

4812 14 Avenue SE

Bob Bahan Pool – weekday afternoons / evenings			
Dates	Day	Time	Course Code*
Sept 10 – Oct 1	Thursdays	5:00-5:45 pm	135028
Sept 10 – Oct 1	Thursdays	5:45-6:30 pm	135029
Sept 11 – Oct 2	Fridays	2:30-3:15 pm	135167
Sept 11 – Oct 2	Fridays	3:15 - 4:00 pm	135171
September 14 – 28	Mondays	5:00 - 5:45 pm	134925
September 14 – 28	Mondays	5:45 – 6:30 pm	134926
October 5 – 26	Mondays	5:00 – 5:45 pm	134927
October 5 – 26	Mondays	5:45 – 6:30 pm	134928

October 8 – 29	Thursdays	5:00 – 5:45 pm	135030
October 8 – 29	Thursdays	5:45 – 6:30 pm	135031
October 16 – 30	Fridays	2:30 – 3:15 pm	135168
October 10 – 30	Fridays	3:15 – 4:00 pm	135172
November 2 – 23	Mondays	5:00 – 5:45 pm	134929
November 2 – 23	Mondays	5:45 – 6:30 pm	134930
November 5 – 26	Thursdays	5:00 – 5:45 pm	135032
November 5 – 26	Thursdays	5:45 – 6:30 pm	135033
November 6 – 27	Fridays	2:30 – 3:15 pm	135169
November 6 – 27	Fridays	3:15 – 4:00 pm	135173
November 30 – 21	Mondays	5:00 – 5:45 pm	134931
November 30 – 21	Mondays	5:45 – 6:30 pm	134932
December 3 – 17	Thursdays	5:00 – 5:45 pm	135034
December 3 – 17	Thursdays	5:45 – 6:30 pm	135035
December 4 – 18	Fridays	2:30-3:15 pm	135170
December 4 – 18	Fridays	3:15 – 4:00 pm	135174



Health Education Classes & Workshops

Free Health Education Classes and Workshops are offered in-person or through Zoom. Click on the class names below to learn more and register.

September Zoom classes:

Eating Well and Managing Irritable Bowel Syndrome	September 3	9:30 a.m. – 10:30 p.m.
Healthy Sleep Habits	September 3	10:00 a.m. – 12:00 p.m.
Lymphedema Education	September 3	10:30 a.m. – 12:00 p.m.
Arthritis - Self-Management of Osteoarthritis	September 9 & 16	1:00 p.m. – 2:15 p.m.
Living Well with Stress (2 Part Class)	September 9 & 16	1:00 p.m. – 3:30 p.m.
Managing Emotional Eating (2 Part Class)	September 9 & 16	9:30 a.m. – 12:00 p.m.
Your Kidney Health: What Should I Eat? (KIDHN)	September 9	1:30 p.m. – 3:00 p.m.
Understanding the Experience of Grief	September 10	6:00 p.m. – 7:30 p.m.
Better Breathing	September 14	10:30 a.m. – 11:45 a.m.
COPD - Breathing Matters. (2 Part Class)	September 15 & 22	10:30 a.m. -11:45 a.m.
Staying Active and Exercising with Osteoporosis	September 15	1:30 p.m. – 2:45 p.m.
Pacing for People with Chronic Pain (2 Part Class)	September 17 & 24	10:00 a.m. – 11:15 a.m.
Improving Your Relationship with Food (2 Part Class)	September 22 & 29	6:00 p.m. – 8:15 p.m.
BCBH® Chronic Disease (6 Part)	September 17,24, October 1,8,15,22	6:00 p.m. – 8:30 p.m.
BCBH® Chronic Pain (6 Part)	September 17,24, October 1,8,15,22	1:00 p.m. – 3:30 p.m.
Osteoporosis and Bone Health	September 22	9:15 a.m. – 11:00 a.m.

For more information call 1-844-527-1160

email AHLP.CalgaryZone@primarycarealberta.ca, or visit ahs.ca/ahlp

Updated: August 2026

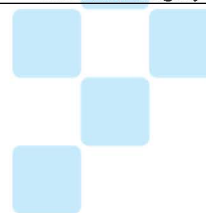




Getting Up and Down from the Floor Safely	September 29	10:15 a.m. – 11:15 a.m.
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September In-person classes:

Eating Well for Fatty Liver Disease	September 1	2:00 p.m. – 4:00 p.m.	In-person at Calgary Foothills Primary Care Network 600, 60 Uxborough Place NW Calgary Paid Parking Only
BCBH® Chronic Disease Tagalog (6 Part)	September 9, 16, 23 October 7, 14, 21	1:00 p.m. – 3:30 p.m.	In-person at Eat Calgary Health Centre 4715 8 Ave SE, Calgary
BCBH® Chronic Disease Thrive at Every Size (6 Part)	September 10, 17, 24, Oct 01, 8, 22	1:30 p.m. - 4:00 p.m.	In-person at Montgomery Community Association 5003 16 Ave NW Calgary
BCBH® Chronic Pain (6 Part)	September 15, 22, 29, October 6, 13, 20	1:00 p.m. - 3:30 p.m.	In-person at Calgary Foothills Primary Care Network 600, 60 Uxborough Place NW Calgary Paid Parking Only
Your Kidney Health	September 16	10:00 a.m. – 12:00 p.m.	In-person at South Health Campus Wellness Centre Rm 180006, 4448 Front Street NE Calgary



For more information call 1-844-527-1160
email AHLP.CalgaryZone@primarycarealberta.ca, or visit ahs.ca/ahlp
Updated: August 2026



Dream it Plan it Build it

AI & TECH EDITION



Every Saturday
Starting Nov 14th



5:30pm to 8:30pm



Thorcliffe Greenview
Community Association

Join us for a **Free** 5-week program for youth ages 14–25 to build skills in creativity, problem-solving, goal setting, action planning, AI and technology, and public speaking.



STRUGGLE
IS YOUR
SUCCESS **SIYS**
UNEARTH YOUR POTENTIAL

PLANET
Youth[®]

PARTNER *Calgary*

A UNITED WAY OF CALGARY
AND AREA INITIATIVE



Join
Now

