



Program Information

Who We Are

Redefin'd engages young people in meaningful work that empowers them to change their lives. We believe that connection through work and the creation of meaningful relationships can heal the human spirit.

We believe in inclusivity. If you are 18-30 and are navigating trauma such as poverty, addictions, mental health challenges, homelessness or previous incarceration you're welcome to apply. We are a team of people from every experience, and we come together to learn from each other, acquire life skills, build relationships and inspire hope on our individual roads to recovery.

The length of the Redefin'd program is two years, because we believe in investing in long term change.

Getting Involved

If the Redefin'd program is of interest, then we encourage you to attend an orientation session. Orientations are held every Wednesday at 10 am at the Bowness Community Centre. Please call Blake (see his info below) to schedule a space. After the orientation, we will outline the next steps in enrollment.

We are open Monday, Tuesday, Wednesday and Thursday and we welcome you to come to the Bowness Community Centre, the location is provided below. Come down, meet the team and get a feel for what we do.

Getting here

Redefin'd is located at the Bowness Community Centre.
Address: 7904 43rd Ave N.W., Calgary, AB.

From downtown, you can take the number 1 or 305 BRT which both stop at 9840

located on Bowness Rd. The 40 also runs near the community centre arriving at stop number 4062.

Scheduling

The program runs every Monday, Tuesday, Wednesday, and Thursday from 8:00 am to 4:00 pm. Breakfast, lunch and coffee are available daily.

Participation hours are tracked, and we offer financial barrier reduction for people on a case by case basis.

We do engage in kitchen work, and personal hygiene is essential. It is important to wear light clothing with short, or rollable sleeves and flat and closed toed shoes.

Important Contact Information

If you want to learn more about the Redefin'd program please check out our website or social media feeds. We'd love to hear from you. For more information, please contact Blake.

We look forward to hearing from you!

Phone: Blake 587-917-4710

Email: blake@redefinecalgary.org

Website: www.redefinecalgary.org

Facebook: [@redefinecalgary](https://www.facebook.com/redefinecalgary)

Twitter: [redefinecalgary](https://twitter.com/redefinecalgary)

Instagram: [@redefinecalgary](https://www.instagram.com/redefinecalgary)