Current Agencies and Services

Curious about a specific issue facing Calgarians? Community Connect YYC’s partners each have a unique focus. Below, you’ll find information including how to reach them.

Community Connect YYC
Community Connect YYC is a collaborative of Calgary agencies committed to eliminating the barriers and lengthy wait times that make it challenging to access much-needed social services.

SPOKESPERSON
Jessica Cope Williams, Co-CEO

AGENCY MEDIA CONTACT
Kiefer Sutherland, Communications Coordinator
Tel: 403-205-5207
Email: kiefer.sutherland@kindred.ca
Facebook: @CommunityConnectYYC Twitter: @CommConnectYYC Instagram: CommunityConnectYYC

Canadian Centre for Men and Families

SUPPORT CONNECTED TO COMMUNITY CONNECT YYC
Individual Counselling for Men - Counselling for adult men facing challenges with anxiety, depression, grief & loss, self-esteem and stress.

SPOKESPERSON
Beth Barberree, Executive Director

AGENCY MEDIA CONTACT
Ally Mehl, Communication and Marketing
Tel: 587-885-2839
Email: amehl@ccmfalberta.ca
Facebook: @ccmfalberta Twitter: @ccmfalberta Instagram: ccmfalberta

Canadian Mental Health Association – Calgary Region

SUPPORT CONNECTED TO COMMUNITY CONNECT YYC
Family Support – Counselling for family members who are caring for a loved one with a mental health or substance use concern
Suicide Bereavement – Group and individual support to stay well after the loss of a loved one

Due to funding changes, Canadian Mental Health Association – Calgary Region’s Counselling Department, including individual counselling, closed group counselling, Survivors of Suicide Loss Day, and drop-in counselling, is closed as of March 31, 2023. This program has provided a niche service to those who have lost someone to suicide, dealt with grief and loss, or had a loved one struggling with a mental health or substance use concern.
For more information on our programs and services, please reference our website: Canadian Mental Health Association / CMHA Calgary

**SPOKESPERSON**
Michelle Wagner, Director, Operations – Community Mental Health and Wellness

**AGENCY MEDIA CONTACT**
Amy Ball, Communications Manager
Phone: 403-554-3143
Email: amy.ball@cmha.calgary.ab.ca
Facebook: @cmhacalgaryregion  Twitter: @CMHACalgary  Instagram: cmhacalgary

---

**Carya**

**SUPPORT CONNECTED TO COMMUNITY CONNECT YYC**

**Language-Specific Counselling** – General counselling for individuals, couples, and families in Spanish, Vietnamese, French with other languages available with an interpreter.

**SPOKESPERSON**
Susan Herman, Director, Strong Families in Community

**AGENCY MEDIA CONTACT**
Hayley Muir, Communications Specialist
Phone: 403-606-4797
Email: hayleym@caryacalgary.ca
Facebook: @caryacalgary  Twitter: @caryacalgary  Instagram: caryacalgary

---

**Centre for Newcomers**

**SUPPORT CONNECTED TO COMMUNITY CONNECT YYC**

**Counselling for Immigrants** – General counselling for individuals, couples, and families in Arabic, Hindi, Urdu, Farsi, English, Punjabi.

**Become A Better You** – Counselling for immigrant individuals, couples, and families impacted by domestic violence in Arabic, Hindi, Urdu, Farsi, English, Punjabi.

**SPOKESPERSON**
Faraz Khan, Team Lead, Therapy & Support Centre

**AGENCY MEDIA CONTACT**
David Hohol, Manager, Communications and Marketing
Phone: 403-537-3394
Email: dhohol@centrefornewcomers.ca
Facebook: @Centrefornewcomers  Twitter: @YYCNewcomers  Instagram: @yycnewcomers

---

**Centre for Sexuality**

**SUPPORT CONNECTED TO COMMUNITY CONNECT YYC**

**Sexual Health Counselling** – Support related to sexuality, sexual health, and healthy relationships, including LGBTQ2S+ communities.
Elevated Abilities

SUPPORT CONNECTED TO COMMUNITY CONNECT YYC

Counselling for Adults (18+) - One-on-one counselling sessions with a practicum student counsellor for anxiety, depression, life transitions, grief and loss, and parenting strategies. Counselling usually lasts 6 – 8 sessions but can be longer if needed. Sessions can be in-office or online.

Counselling for Youth (13-17) - One-on-one counselling sessions with a practicum student counsellor for anxiety, depression, grief and loss, ADHD, social skills, executive functioning, and life transitions. Counselling usually lasts 6 – 8 sessions but can be longer if needed. Sessions can be in-office or online.

Counselling for Children (5-12) - One-on-one counselling sessions with a practicum student counsellor for anxiety, depression, grief and loss, ADHD, social skills, executive functioning, and behaviour. Counselling usually lasts 6 – 8 sessions but can be longer if needed. Sessions can be in-office or online.

Kindred

SUPPORT CONNECTED TO COMMUNITY CONNECT YYC

Rapid Access Counselling – Single-session counselling available within three business days.

McMan Calgary

SUPPORT CONNECTED TO COMMUNITY CONNECT YYC
DBT Skills Training – is a 12-week group-based course that will equip you with practical mental wellness skills to help navigate your world, even when it feels out of control. For Teens (13-17), Young Adults (18-28) and Adults (18-55)

SPOKESPERSON
Jeff Morris, Senior Director of Strategy & Operations

AGENCY MEDIA CONTACT
Julia Vachon, Communications Specialist
Phone: 403-280-6293
Email: Julia.vachon@mcmancalgary.ca
Facebook: @McManofCalgary  Instagram: @mcmancalgary

Sagesse

SUPPORT CONNECTED TO COMMUNITY CONNECT YYC
Step Forward and Group Domestic Violence Supports – Intake and assessment services to connect to a range of group and individual supports for those impact by domestic violence
Stand By - Intake and assessment services to connect to a peer-based group for those supporting people impacted by domestic violence.

SPOKESPERSON
Amy Munroe, Direct Service Team Lead

AGENCY MEDIA CONTACT
Tami Hutchinson, Communications Specialist
Phone: 403-680-0811
Email: communications@sagesse.org
Facebook: @SagesseCalgary  Twitter: @SagesseCalgary  Instagram: sagessecalgary

The Alex

SUPPORT CONNECTED TO COMMUNITY CONNECT YYC
Rapid Access Addiction Medicine – Counselling, groups, medical, and medication support for those experiencing a challenge with substance use.

SPOKESPERSON
Jennifer Eyford, Associate Director of Mental Health and Addictions

AGENCY MEDIA CONTACT
Johanna Schwartz, Communications Manager
Phone: 403-615-0764
Email: communications@thealex.ca; jschwartz@thealex.ca
Facebook: @thealexcommunityhealthcentre  Twitter: @TheAlexCHC  Instagram: thealexchc

The Immigrant Education Society

SUPPORT CONNECTED TO COMMUNITY CONNECTYYC
TIES Healthy Minds - Certified Mental Health Counsellors providing free counselling sessions 7 days a week, daytime and evening. First languages and interpretation services are available.
**Vecova**

**SUPPORT CONNECTED TO COMMUNITY CONNECT YYC**

**Individual Counselling for Persons with Disabilities** - counselling with person (aged 13 and up) with a disability in support of various issues including trauma, loss, family, stress, substance use, relationships and many others.

**Individual Counselling for Caregivers** - counselling for those who identify as caregivers. Caregivers include people who are supporting individuals with disabilities or mental illness in some capacity.

**Individual Counselling for Trauma-related Concerns** - counselling focused on managing and processing trauma-related responses to enhance functioning and support wellbeing

**Art Therapy** – support to process complex emotions and difficult life events for youth 13+, adults with intellectual disabilities or their caregivers.

**SPOKESPERSON**
Tom Naested, Director of Wellness Services

**AGENCY MEDIA CONTACT**
Kaitlyn Pecson, Communications Manager
Tel: 403-284-1121
Email: kpecson@vecova.ca

**Facebook:** @Vecova  **Twitter:** @Vecova  **Instagram:** wearevecova

---

**YW Calgary**

**SUPPORT CONNECTED TO COMMUNITY CONNECT YYC**

**Adult General Counselling and Groups** - Intake services into general counselling supports for adults

**Counselling for Children and Families** - Intake service into individual, group, and family counselling for Calgarians of all ages

**Domestic Violence Support** - Intake service for individual, group, and family counselling for Calgarians of all ages impacted by domestic violence

**SPOKESPERSON**
Tonia Rodgers, Manager, Counselling and Personal Development, COMPASS & FRN

**AGENCY MEDIA CONTACT**
Mikayla Berger, Director, Communications & Community Relations
Phone: 587-228-8663
Email: mberger@ywcalgary.ca

**Facebook:** @YWcalgary  **Twitter:** @YWcalgary  **Instagram:** ywcalgary