

Available Services

CommunityConnectYYC.ca connects Calgarians with affordable and barrier-free access to counselling services provided by 15 partner agencies. Services are categorized based on presenting needs.



Rapid Access Counselling

Individual/Couples/Family

- Rapid Access Counselling, quick access, single session counselling, often available within 3 business days. *(Kindred)*
- TIES Healthy Minds, accessible counselling provided 7 days a week. First language and interpretation available. *(The Immigrant Education Society)*



Domestic Violence Supports

Individual Session

- Step Forward, intake and assessment services to connect to a range of peer-based group and individual supports for those impacted by domestic violence. *(Sagesse)*

Group Sessions

- Provincial Family Violence Treatment Program, Intake appointment to domestic violence treatment groups (delivered separately for men and women) who have been professionally referred and/or mandated by the legal system. *(YW Calgary)*
- Stand By, intake and assessment services to connect to a peer-based group for those impacted by domestic violence. *(Sagesse)*
- Group Supports, connect to a range of peer-based groups for anyone impacted by domestic abuse. *(Sagesse)*
- Sahara Men's Domestic Violence, psychoeducational program that educates and assists participants by addressing underlying attitudes and beliefs towards domestic violence. Languages available: English, Urdu, Punjabi, and Hindi. *(Punjabi Community Health Services Calgary)*
- Safe Future for Families, Intake appointment to 8-week program to support new skills and resources that will help individuals live free from violence and contribute to a safer community. *(YW Calgary)*



Adult General Counselling

Individual/Couples/Family Sessions

- Adult Individual Counselling, for adults facing challenges with relationships, mental health and family violence. *(YW Calgary)*
- Individual Counselling for Men, aged 18+ dealing with stress. *(Canadian Centre for Men and Families)*
- Counselling for Adults, one on one counselling support for adults ages 18 and up. *(Elevated Abilities)*
- Counselling for Adults, one on one counselling for adults. *(Reclaim Your Nature Psychotherapy Inc.)*
- Group Sessions
- Strengthening Bonds: A Group For Caregivers, for parents/caregivers with children aged 5 and up. *(YW Calgary)*
- Building Healthy Relationships, for people looking to develop healthy connections with others. *(YW Calgary)*
- Mindfulness for Life Course, for people looking to learn mindfulness skills for overall wellness. *(YW Calgary)*
- I am Enough, for adults (ages 18-30) who are beginning to face challenges of true adulthood. *(Carya)*
- Art of Kindness, kindness group, to learn basic expressive art techniques (such as painting and collage) to be able to express yourself through collaborative artistic projects. *(Carya)*
- Unpacking emotions, in this group you will learn to embrace your feelings (even the uncomfortable ones) and learn to view emotions as teachers that guide us on knowing what we need. *(Carya)*



Counselling for First Languages and Immigrants

Individuals/Couples/Family

- First Language Counselling, service available in Arabic, Hindi, Urdu, Farsi, English and Punjabi. (*Centre for Newcomers*)
- Couples Counselling, provides counselling for couples. Fee service. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)
- Sahara Family Case Management Program for family counselling, systems navigation and client advocacy. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)

Group Sessions:

- Become a Better You, group counselling for court-mandated or self referral anger management and domestic violence counselling. Languages available: English, Punjabi, Hindi, Urdu, Arabic, Vietnamese, Tirignian, Spanish, and Cantonese. (*Centre for Newcomers*)
- Emotion Management, for men and women to understand emotion. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)
- Sahara Mental Health Women, for women to assist them in coping with mental health issues and using different strategies and coping mechanisms. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)
- Sahara Women's Growth Circle, to provide women who have experienced domestic violence with support on their journey to healing. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)



Addiction Supports

Individual Sessions

- Rapid Access Addiction Medicine, support for those experiencing a challenge with substance use. (*The Alex*)
- One on One Counselling, for individual(s) and family members directly affected by mental health issues, family violence or alcohol/drug addictions. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)

Group Sessions

- Sahara Alcohol/Drug Addiction Support for Men, aids and supports individual and family members who are addressing problems associated with alcohol and drug addiction. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)
- Sahara Relapse Prevention for Men, focus on prevention strategies and recovery, understanding life after addiction, and learning to administer tools to maintain sobriety. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)
- Sahara Opioids Addiction Support for Men, facilitated group discussions providing ongoing support with a specific focus on the nuances of opioids use. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)



Peer Supports

Individual Session

- Peer Supports, connect with someone with lived experiences of mental health or substance use concern. (*Canadian Mental Health Association*)

Group Session

- Peer Support Volunteers, provide ongoing support to client when formal counselling and case management goals have been addressed. Languages available: English, Urdu, Punjabi, and Hindi. (*Punjabi Community Health Services Calgary*)



Sexual Health Counselling

Individual Session

- Sexual Health Counselling, related to gender, sexual orientation and sexual health. (*Centre for Sexuality*)



Counselling for Persons with Disabilities

Youth/Adult/Caregivers

- Individual Counselling for Persons with Disabilities, support for people with disability. (*Vecova*)
- Art Therapy, treatment style that combines psychotherapy and creative mediums to process complex emotions. (*Vecova*)



Youth and Family Counselling

Youth/Family

- Counselling for Youth, one on one counselling support for youth ages 13-17 years old. (*Elevated Abilities*)
- General Counselling, for families with children aged 4 to 17. (*YW Calgary*)
- Individual Counselling for Persons with Disabilities, support for people with disability. (*Vecova*)
- Counselling for Youth, one on one counselling for youth. (*Reclaim Your Nature Psychotherapy Inc.*)
- Youth Counselling, for youth (aged 12-24) using a variety of tools during therapy to ensure we are meeting youth's unique needs such as games, art, movement, nature, mindfulness. (*Trellis*)



Children and Family Counselling

Individual/Couples/Family Sessions

- General Counselling, for families with children aged 4 to 17. (*YW Calgary*)
- Counselling for Children, One on one counselling support for children ages 5-12 years old. (*Elevated Abilities*)
- Child and their Adults, counselling for children aged 4-12 and their adult/s focusing on attachment and increasing bonds to express emotions and manage behaviors. (*Trellis*)



Caregiver Supports

Individual/Family

- Individual Counselling for Caregivers providing support for individuals with disabilities. (*Vecova*)

