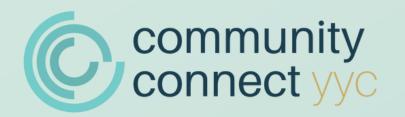
# **Available Services**



<u>CommunityConnectYYC.ca</u> 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

<u>Rapid Access Counselling</u>, 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 peerbased group and individual supports for those impacted by domestic violence. (Sagesse)

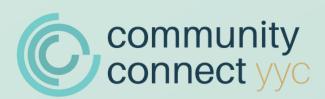
**Group Sessions** 

- 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)
- <u>Group Supports</u>, 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
  - <u>Strengthening Bonds: A Group For Caregivers,</u> for parents/caregivers with children aged 5 and up. (YW Calgary)
  - <u>Building Healthy Relationships</u>, 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)
  - <u>I am Enough</u>, 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)
  - <u>Unpacking emotions</u>, 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

- <u>First Language Counselling</u>, service available in Arabic, Hindi, Urdu, Farsi, English and Punjabi. (Centre for Newcomers)
- <u>Couples Counselling</u>, 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:
- <u>Become a Better You</u>, group counselling for court-mandated or self referral anger management and domestic violence counselling. Languages available: Enlglish, 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

- <u>Rapid Access Addiction Medicine</u>, 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

#### **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)

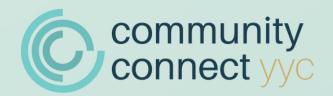
### Sexual Health Counselling

**Individual Session** 

• <u>Sexual Health Counselling</u>, related to gender, sexual orientation and sexual health. (Centre for Sexuality)

## Counselling for Persons with Disabilities Youth/Adult/Caregivers

- Individual Counselling for Persons with <u>Disabilities</u>, 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)
- <u>General Counselling</u>, for families with children aged 4 to 17. (YW Calgary)
- Individual Counselling for Persons with <u>Disabilities</u>, 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

- <u>General Counselling</u>, 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

• <u>Individual Counselling for Caregivers</u> providing support for individuals with disabilities. (*Vecova*)







