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 Sessions**
  - **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)*

### 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)*

### Domestic Violence Supports
- **Individual/Group Sessions**
  - **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)*
  - **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)*

### 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)*

### 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)*
- **DBT Skills Training Group**, for adults 18-55 years old, 12-week group-based course that will equip people with practical mental wellness skills. *(McMan 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)*

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**Legend:** Service provided province-wide
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)

Group Session
- 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)

Addiction Supports

Individual Session
- Rapid Access Addiction Medicine, support for those experiencing a challenge with substance use. (The Alex)

Peer Supports

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

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)

Caregiver Supports

Individual/Family
- Individual Counselling for Caregivers providing support for individuals with disabilities. (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)

Group Session
- DBT Skills Training Group, for teens (13-17 years old) and young adults (18-28 years old), 12-week group-based course that will equip people with practical mental wellness skills. (McMan Calgary)

Legend: 
- Service provided province-wide

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