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)*

Legend: ⚖️ Service provided province-wide
Counselling for First Languages and Immigrants

Individual/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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