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)*
- **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)*
  - **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)*
  - **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

- **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.)*

**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)*

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)*

Caregiver Supports

**Individual/Family**

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