

# Available Services



[www.communityconnect.ca](http://www.communityconnect.ca)

## **Rapid Access Counselling**

Rapid Access Counselling, quick access, single session counselling, often available within 3 business days. (Kindred)

## **Individual Counselling for Persons with Disabilities**

Providing support for individuals with disabilities. (Vecova)

## **Adult Counselling**

Compassionate support tailored to adults, helping them navigate challenges and build resilience. (Playful Connections Counselling Inc.)

## **Individual Counselling for Caregivers**

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

## **Counselling for Children 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)

## **Counselling for Youth**

One on one counselling support for youth 12-24. 2SLGBTQ+, BIPOC affirming. Indigenous ways of knowing and being available. (Trellis)

## **Individual Counselling for Men**

Aged 18+ dealing with stress. (Canadian Centre for Men and Families)

## **Rapid Access Addiction Medicine (RAAM)**

Support for those experiencing a challenge with substance use, including medication, peer support, counselling and groups. (the Alex)

## **Peer Support**

Providing support for individuals with disabilities. (Vecova)

## **Counselling for Immigrants**

General counselling for all immigrants with first language service available. (Centre for Newcomers)

## **Sexual Health Counselling**

Support related to sexuality, sexual health, gender and sexual orientation, and healthy relationships. (Centre for Sexuality)

## **Online and In-person Counselling**

Virtual and In-person counselling sessions specializing in workplace stress and burnout, family relationships, health, children, parenting, ADHD, anxiety and depression. (Innerlogue Therapy and Psychology)

## **Adult Individual Counselling**

Counselling for adults facing challenges with relationships, mental health and family violence. (YW Calgary).

## **Child Counselling Services**

Helping children in Calgary navigate emotional, behavioral, and social challenges through play-based, developmental, and attachment-focused therapy. (Playful Connections Counselling Inc.)

## **Parent-Child Counselling**

Strengthening parent-child connections with attachment-based therapy that fosters trust, communication and resilience. (Playful Connections Counselling Inc.)

## **Youth Counselling**

Helping youth in Calgary navigate emotional, behavioral, and social challenges through play-based, developmental, and attachment-focused therapy. (Playful Connections Counselling Inc.)

## **Groups**

### **Building Healthy Relationships**

Develop healthy connections with others. (YW Calgary)

### **Mindfulness for Life Course**

Learn mindfulness skills for overall wellness. (YW Calgary)

### **Safe Futures for Families**

gain a deeper understanding of the various forms and impacts of family violence. (YW Calgary)

### **Time to Grow**

Build confidence and develop communication skills, problem-solving skills, critical thinking, and self-awareness. (Carya)

### **Be Kind to your Mind**

Understand mindfulness practices and learn how to use them to be kinder to your mind. (Carya)

### **Relationships with Your Adult Children**

Education, support, and resources for older adults grappling with relationship issues with their adult children. (Carya)

## **I am Enough**

Emerging adults (ages 18-30) who are beginning to face challenges of true adulthood. (Carya)

## **Art of Kindness**

An opportunity for you to get in touch with your creative side, connect with others, and express and explore who you are and how we are connected through visual arts. (Carya)

## **Building Resilience**

Gain a better understanding of resilience, its importance to your wellbeing and develop tools to navigate and thrive in the face of challenge. (Carya)

## **Parenting Anxious Kids**

Parents and caregivers of children aged 6-14 come together and gain tools and resources needed to help their child manage anxiety and build resilience. (Carya)

## **Aging with Purpose**

Improve your understanding of various challenges related to aging and explore what it means to 'age well' in this group designed for older adults. (Carya)

## **Become a Better You**

Group counselling in multiple languages for court-mandated anger management and domestic violence counselling. Self referrals are accepted. (Centre for Newcomers)

## **Step Forward and Group Supports**

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