

LIST OF SERVICES



community
connect **yyc**

AFFORDABLE FEE MODEL

MINIMUM \$0
MAXIMUM \$195

INDIVIDUAL
& GROUP
SESSIONS

Rapid Access Counselling

Kindred Connections Society

Connect with a counsellor, often within a few days, for a single session counselling appointment to help gain direction with an ongoing challenge or to support a current crisis.

FREE SERVICE

INDIVIDUAL
SESSIONS

Rapid Access Addiction Medicine (RAAM)

The Alex

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

FREE SERVICE

INDIVIDUAL
SESSIONS

Supportive Counselling

Centre for Sexuality

Confidential, solutions-focused counselling support for a range of sexual health, relationship, and identity-related concerns.

SLIDING SCALE MODEL

MINIMUM \$35

INDIVIDUAL
& GROUP
SESSIONS

Counselling for Children and their Adults

Trellis

Counselling for children and their caregivers to strengthen bonds, support emotional expression, and manage behaviour through play and creative therapies.

SLIDING SCALE MODEL

MINIMUM \$35

INDIVIDUAL
SESSIONS

Counselling for Youth

Trellis

Affirming and inclusive youth counselling sessions that use creative, flexible approaches like art, movement, mindfulness, and nature to support emotional well-being.

FREE SERVICE

INDIVIDUAL
SESSIONS

Individual Counselling for Persons with Disabilities

Vecova

One-on-one counselling (up to 10 sessions) for individuals with disabilities, offering support for trauma, grief, identity, mental health, and life transitions.

SLIDING SCALE MODEL

MINIMUM \$75
MAXIMUM \$200

INDIVIDUAL
SESSIONS

Individual Counselling for Men

Canadian Centre for Men and Families

Counselling for men that centers around dignity, respect, and understanding. This program helps support men's mental health through a strengths-based, male-informed approach.

**FREE
SERVICE**

GROUP
SESSIONS

Relationships with Your Adult Children

Carya

An 8-week supportive program for older adults seeking to strengthen their relationships with their adult children through improved communication, boundaries, and wellness strategies.

**FREE
SERVICE**

GROUP
SESSIONS

I Am Enough

Carya

An empowering 8-week self-development group for emerging adults to explore themes of self-worth, confidence, and resilience as they navigate the responsibilities of adulthood,

**FREE
SERVICE**

GROUP
SESSIONS

Art of Kindness

Carya

A 5-week 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.

**FREE
SERVICE**

GROUP
SESSIONS

Building Resilience

Carya

A 6-week supportive group to build resilience, shift negative thinking, and develop tools to thrive in the face of life's challenges.

**FREE
SERVICE**

GROUP
SESSIONS

Parenting Anxious Kids

Carya

An 8-week group for parents and caregivers of children (aged 6-14) to learn tools and strategies to support their child's anxiety and build emotional resilience.

**FREE
SERVICE**

GROUP
SESSIONS

Aging with Purpose

Carya

An 8-week group for older adults to explore the emotional, physical, and social aspects of aging and learn strategies to live a more purposeful life.

**FREE
SERVICE**

GROUP
SESSIONS

Unpacking Emotions

Carya

An 8-week group for adults to explore the purpose of emotions and how understanding them can lead to greater self-awareness, improve relationships, and emotional well-being.

**FREE
SERVICE**

GROUP
SESSIONS

Be Kind To Your Mind

Carya

An 8-week mindfulness program for adults seeking to reduce stress, build emotional awareness, and develop self-kindness through guided practice and peer support.

**FREE
SERVICE**

GROUP
SESSIONS

Time To Grow

Carya

A 12-week program designed to help adults build confidence, communication, and decision-making skills through supportive group learning.

**FREE
SERVICE**

GROUP
SESSIONS

Peer Support

Canadian Mental Health Association - Calgary Region

Connect with someone who truly understands through CMHA Calgary's Peer Support service. Our trained Peer Support Workers use their lived experience with mental health or substance use challenges to offer compassionate, non-clinical support — helping you find hope, build resilience, and take the next steps in your recovery.

**FREE
SERVICE**

INDIVIDUAL
SESSIONS

Newcomer Therapeutic Crisis Intervention (NTCI)

Centre for Newcomers

Single-session crisis intervention provided within 24 hours, followed by four weekly general counselling sessions to help stabilize clients experiencing psychological distress.

SLIDING SCALE MODEL

TYPICALLY BETWEEN
\$0-\$235 PER SESSION

INDIVIDUAL
& GROUP
SESSIONS

Online & In-Person Counselling

Innerlogue Therapy & Psychology

Counselling sessions specializing in workplace stress and burnout, family relationships, health, children, parenting, ADHD, anxiety, and depression.

FREE SERVICE

GROUP
SESSIONS

Peer Support for Individuals Impacted by Domestic Abuse

Sagesse

Intake and assessment services to connect individuals impacted by domestic abuse with peer-based group or one-on-one support programs.

FREE SERVICE

GROUP
SESSIONS

Stand By

Sagesse

A drop-in peer support group for anyone informally supporting someone affected by domestic violence.

SLIDING SCALE MODEL

TYPICALLY BETWEEN
\$0-\$120 PER SESSION

INDIVIDUAL
SESSIONS

Adult Individual Counselling

YW Calgary

Individual counselling to prevent family violence, build healthy relationships, and strengthen skills like mindfulness, emotion regulation, and resilience.

**FREE
SERVICE**

GROUP
SESSIONS

Building Healthy Relationships

YW Calgary

A 10-week group program that teaches practical skills for building healthy relationships.

**FREE
SERVICE**

GROUP
SESSIONS

Provincial Family Violence Treatment Program

YW Calgary

A 16-week domestic violence program for adults who are referred or mandated by the legal system, focused on building healthy relationship skills and community safety.

**SLIDING
SCALE MODEL**

TYPICALLY BETWEEN
\$0-\$120 PER SESSION

GROUP
SESSIONS

Safe Futures For Families

YW Calgary

An 8-week group program that teaches adults practical skills for building healthy relationships for both themselves and those around them.

**FREE
SERVICE**

GROUP
SESSIONS

Introduction to Mindfulness Course

YW Calgary

An 8-week group program that teaches mindfulness practices to support stress reduction and overall wellness.

SLIDING SCALE MODEL

MINIMUM \$97
MAXIMUM \$220

INDIVIDUAL
SESSIONS

Adult Counselling

Playful Connections Counselling Inc.

Compassionate counselling support for adults navigating life's challenges, with a focus on resilience, healing, and personal growth. Specialized services available for perinatal mental health.

SLIDING SCALE MODEL

MINIMUM \$97
MAXIMUM \$220

INDIVIDUAL
SESSIONS

Child Counselling

Playful Connections Counselling Inc.

Compassionate therapy for children, using play-based and attachment-focused approaches to support emotional well-being, behaviour, and resilience.

SLIDING SCALE MODEL

MINIMUM \$97
MAXIMUM \$220

GROUP
SESSIONS

Parent-Child Counselling

Playful Connections Counselling Inc.

Strengthening parent-child connections with attachment-based therapy that fosters trust, communication, and resilience.

SLIDING SCALE MODEL

MINIMUM \$97
MAXIMUM \$220

INDIVIDUAL
SESSIONS

Youth Counselling

Playful Connections Counselling Inc.

Helping youth in Calgary navigate emotional, behavioural, and social challenges through play-based, developmental, and attachment-focused therapy.

**FREE
SERVICE**

**INDIVIDUAL
SESSIONS**

Adult Counselling

HERConnect

Providing culturally sensitive one-on-one therapy to help adults manage grief, depression and post-traumatic stress disorder, while building coping strategies and improving overall well-being.

**FREE
SERVICE**

**GROUP
SESSIONS**

Couples Counselling

HERConnect

Providing culturally sensitive support for couples to improve communication, strengthen relationships, and work through challenges in a safe and neutral environment.

**FREE
SERVICE**

**GROUP
SESSIONS**

Family Counselling

HERConnect

Providing culturally sensitive family counselling to help families improve communication, resolve conflicts, and strengthen relationships in a supportive environment.

**FREE
SERVICE**

**INDIVIDUAL
SESSIONS**

Youth Counselling

HERConnect

Providing culturally sensitive youth counselling for youth to help manage stress, build resilience, and develop healthy coping skills in a convenient and accessible format.

**FREE
SERVICE**

INDIVIDUAL
& GROUP
SESSIONS

Culturally Sensitive Counselling

HERConnect

Providing culturally sensitive counselling tailored to the unique experiences of newcomers and immigrant Black women and girls, delivered by Black therapists in a supportive, understanding environment.

**\$25 PER
SESSION**

INDIVIDUAL
SESSIONS

Adult Counselling

Your Counselling

Low-Cost counselling sessions with supervised therapists, making professional mental health support truly accessible.

**\$100 FOR ALL
4 SESSIONS**

CAN PAY \$25 EACH
WEEK

GROUP
SESSIONS

Mastering Anger

Your Counselling

A 4-week group program teaching skills to understand triggers, manage emotions, and build healthier responses to anger.

**\$50 FOR 2
SESSIONS**

CAN PAY \$25 EACH
WEEK

GROUP
SESSIONS

Mastering ADHD

Your Counselling

A 2-week program offering practical tools, strategies, and support to improve focus, organization, and emotional regulation, while building confidence and connection in a safe, therapist-led group environment.

**\$300 FOR 4
SESSIONS**

CAN PAY \$100 EACH
WEEK

**GROUP
SESSIONS**

Grief Support

Your Counselling

Find comfort and connection in Your Counselling's ongoing grief groups—therapist-led sessions focused on understanding loss, coping strategies, and meaningful support.
