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 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**
    - **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

- **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 clients 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

Youth/Family

• 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.)

Youth Counselling, for youth (aged 12-24) using a variety of tools during therapy to ensure we are meeting youth’s unique needs such as games, art, movement, nature, mindfulness. (Trellis)

Children and Family Counselling

Individual/Couples/Family Sessions

• General Counselling, for families with children aged 4 to 17. (YW Calgary)
• Child 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)

Caregiver Supports

Individual/Family

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