Available Services

CommunityConnectYYC.ca connects Calgarians with affordable and barrier-free access to counselling services provided by 16 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)

Grief Supports

- Individual/Family Sessions
  - Suicide Bereavement, counselling for individuals who have experienced a loss to suicide. (Canadian Mental Health Association)
  - Grief and Loss, counselling for those struggling with death and non-death grief and loss experiences. (Canadian Mental Health Association)

Group Sessions

- Suicide Bereavement group session for those grieving a loss to suicide. (Canadian Mental Health Association)

Domestic Violence Supports

- Individual/Group Sessions
  - Group Supports and Resources, intake and assessment services to connect to a range of peer-based group and individual supports for those impacted by domestic violence. (Sagesse)
  - Stand By, intake and assessment services to connect to a peer-based group for those impacted by domestic violence. (Sagesse)

Adult General Counselling

- Individual/Couples/Family Sessions
  - Individual Counselling for Trauma, focused on managing and processing trauma-related responses to enhance functioning and support wellbeing. (Vecova)
  - Adult Individual Counselling, for adults facing challenges with relationships, mental health and family violence. (YW Calgary)

Group Sessions

- Effective Parenting Group, for parents/caregivers with children aged 5 and up. (Canadian Centre for Men and Families)
  - 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)

Children and Family Counselling

- Individual/Couples/Family Sessions
  - General Counselling, for families with children aged 4 to 17. (YW Calgary)
  - Single Session or Brief Therapy for Family, counselling for families with children aged 7+. Solution focused to help develop coping strategies. (Hull Services)
  - 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)

Legend: Service provided province-wide
Sexual Health Counselling

Individual Sessions
- Sexual Health Counselling, related to gender, sexual orientation and sexual health. (Centre for Sexuality)

Counselling for First Languages and Immigrants

Individuals/Couples/Family
- Counselling for First Languages and Immigrants, in Mandarin, Spanish, and Vietnamese, with other languages available with an interpreter. (Carya)
- First Language Counselling, service available in Arabic, Hindi, Urdu, Farsi, English and Punjabi. (Centre for Newcomers)
- Immigrant Girls, Boys and More Program, one on one counselling for immigrant youth to build individual capacity, increase social ties, and improve emotional well-being/social competence. (Calgary Immigrant Women’s Association)
- Individual/Family Counselling, culturally-sensitive counselling for immigrant women, men and families who are experiencing family, domestic, gender-based and/or intimate partner violence, relationship problems, abuse and trauma. (Calgary Immigrant Women’s Association)
- One on One Counselling for Immigrant Women, including seniors and youth with the opportunity to become involved in the community and develop a sense of belonging. (Calgary Immigrant Women’s Association)
- Supports for Immigrants and Refugees with Mental Health and Addiction Issues, for immigrants and newcomers seeking support for addiction issues and help build resilience. (Calgary Immigrant Women’s Association)

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)

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)
- Family Support, counselling for those who are caring for a loved one with mental health or substance use concern. (Canadian Mental Health Association)

Youth and Family Counselling

Youth/Family
- Youth Anxiety Related Therapy, quick access, longer term counselling for youth (aged 8-28) and their families facing an anxiety-related issue or disorder. (Lionheart Foundation)
- 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)

Addiction Supports

Individual Sessions
- Rapid Access Addiction Medicine, support for those experiencing a challenge with substance use. (The Alex)

Legend:
- Service provided province-wide

Follow us:
- @CommunityConnectYYC
- @communityconnectyyc
- @CommConnectYYC