Available Services

CommunityConnectYYC.ca connects Calgarians with affordable and barrier-free access to counselling services provided by 13 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)*

**Domestic Violence Supports**
- **Individual/Group Sessions**
  - **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)*
  - **Stand By**, intake and assessment services to connect to a peer-based group for those impacted by domestic violence. *(Sagesse)*

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

**Children and Family Counselling**
- **Individual/Couples/Family Sessions**
  - **General Counselling**, for families with children aged 4 to 17. *(YW Calgary)*
  - **Counselling for Children**, aged 5-12, One-on-one counselling sessions with a practicum student counsellor for anxiety, depression, grief and loss, ADHD, social skills, executive functioning, and behaviour. *(Elevated Abilities)*

**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)*
  - **Individual Counselling for Men**, aged 18+ dealing with stress. *(Canadian Centre for Men and Families)*
  - **Counselling for Adults**, aged 18+, one-on-one counselling sessions with a practicum student counsellor for anxiety, depression, life transitions, grief and loss, and parenting strategies. *(Elevated Abilities)*

**Group Sessions**
- **Effective Parenting Group**, 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**, a 12-week group-based course for adults (18-55) that will equip you with practical mental wellness skills to help navigate your world, even when it feels out of control. *(McMan Calgary)*

**Legend:** Service provided province-wide
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)*

**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)*

Addiction Supports

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

- **Group Sessions**
  - **DBT Skills Training Group**, a 12-week group-based course for adults (13-28) that will equip you with practical mental wellness skills to help navigate your world, even when it feels out of control. *(McMan Calgary)*

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)*

Youth and Family Counselling

- **Youth/Family**
  - **General Counselling**, for families with children aged 4 to 17. *(YW Calgary)*
  - **Counselling for Youth**, aged 13-17, One-on-one counselling sessions with a practicum student counsellor for anxiety, depression, grief and loss, ADHD, social skills, executive functioning, and life transitions. *(Elevated Abilities)*

Legend:

- Service provided province-wide

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