

# Available Services

[CommunityConnectYYC.ca](https://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*

- Rapid Access Counselling, quick access, single session counselling, often available within 3 business days. (*Catholic Family Service*)
- Individual/Family Counselling, 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*)

*Group Sessions*

- Peer and counsellor-led drop-in 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*)

*Group Sessions*

- 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*)



## 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*)
- Adult Single Session or Brief Therapy, counselling for adults aged 18+. Solution focused to help develop coping strategies. (*Hull Services*)

*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*)



## 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*)



## 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)*



## Low-Income Family Supports

### *Individual/Family Sessions*

- Low-Income Family Supports, initial consultation to learn about available integrated programs and services. *(CUPS)*



Follow us:

