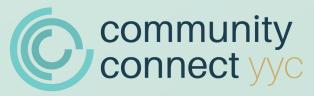
# **Available Services**



<u>CommunityConnectYYC.ca</u> 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

- <u>Rapid Access Counselling</u>, 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

 <u>Suicide Bereavement</u>, counselling for individuals who have experienced a loss to suicide. (Canadian Mental Health Association)

Group Sessions

 Peer and counsellor-led drop-in <u>Suicide</u> <u>Bereavement</u> group session for those grieving a loss to suicide. (Canadian Mental Health Association)

## Domestic Violence Supports

Individual/Group Sessions

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



## Adult General Counselling

Individual/Couples/Family Sessions

- Individual Counselling for Trauma, focused on managing and processing traumarelated responses to enhance functioning and support wellbeing. (Vecova)
- <u>Adult Individual Counselling</u>, 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)
- <u>Adult Single Session or Brief Therapy</u>, counselling for adults aged 18+. Solution focused to help develop coping strategies. *(Hull Services)*

## Group Sessions

- <u>Effective Parenting Group</u>, for parents/caregivers with children aged 5 and up. (YW Calgary)
- <u>Building Healthy Relationships</u>, for people looking to develop healthy connections with others. (YW Calgary)
- <u>Mindfulness for Life Course</u>, for people looking to learn mindfulness skills for overall



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

# Sexual Health Counselling

Individual Sessions

 <u>Sexual Health Counselling</u>, related to gender, sexual orientation and sexual health. (Centre for Sexuality)

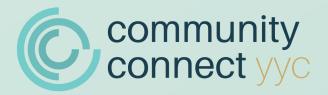
#### wellness. (YW Calgary)



## Children and Family Counselling

Individual/Couples/Family Sessions

- <u>General Counselling</u>, for families with children aged 4 to 17. (*YW Calgary*)
- <u>Single Session or Brief Therapy for Family</u>, counselling for families with children aged 7+. Solution focused to help develop coping strategies. (Hull Services)
- <u>Child and their Adults</u>, 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

- <u>Counselling for First Languages and</u> <u>Immigrants</u>, 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 wellbeing/social competence. (Calgary Immigrant Women's Association)
- Individual/Family Counselling, culturallysensitive 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)



- Counselling for Persons with Disabilities Youth/Adult/Caregivers
  - Individual Counselling for Persons with Disabilities, support for people with disability. (Vecova)
  - <u>Art Therapy</u>, 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)
- <u>Family Support, counselling for those who</u> 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)
- <u>Youth Counselling</u>, 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)*

Group Sessions

 <u>Become a Better You</u>, group counselling for court-mandated or self referral anger management and domestic violence counselling. Languages available: Enlglish, Punjabi, Hindi, Urdu, Arabic, Vietnamese, Tirignian, Spanish, and Cantonese. (Centre for Newcomers)



### Addiction Supports

Individual Sessions

• <u>Rapid Access Addiction Medicine</u>, support for those experiencing a challenge with substance use. *(The Alex)* 



# Low-Income Family Supports

- Individual/Family Sessions
- <u>Low-Income Family Supports</u>, initial consultation to learn about available integrated programs and services. (CUPS)



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