

## **Community Counselling Resources: NO CHARGE:**

### **Eastside Family Centre: 255-495 36<sup>th</sup> St NE / Ph: 403-299-9696 / [www.woodshomes.ca](http://www.woodshomes.ca)**

- Provide Crisis and counselling for youth and families
- Provides walk in counselling services and connection to appropriate resources (up to two sessions)
- Monday – Thursday (11:00 AM – 7:00 PM), Friday (11:00 AM – 6:00 PM), Saturday (11:00 AM – 2:00 PM)

### **Distress Centre: 201 112 11<sup>th</sup> Ave SE / Ph: 403-226-4357 (266-HELP)/ [www.distresscentre.com](http://www.distresscentre.com)**

- 24 hr Crisis Line
- Quick access to short term Counselling (up to 6 sessions)
- Counsellors are available from Monday – Friday (9:00 AM – 9:00 PM) & Friday (9:00 AM – 5:00 PM)

### **Adult Addiction Services: 3rd Floor, 707, 10 Ave SW / Ph: 403-367-5000**

- Short term outpatient treatment services include individual, family & group counselling to address substance abuse and/or gambling related issues
- Walk in intake Monday – Friday at 12:30 PM

### **Sheldon Chumir Urgent Care Centre: - MH Services: 1213 4<sup>th</sup> St SW / Ph: 403-955-6200**

- Mental Status Exams – not to be confused with psychiatric assessment (NB: the clinic does not employ a psychiatrist)
- Transition supports until an individual engages with appropriate services, also referral to appropriate community resources
- Walk-in service: Monday – Friday (8:00 AM – 11:00 PM), Weekends (10:00 AM – 6:00 AM)

### **South Calgary Health Centre Urgent Care: 31 Sunpark Plaza SW Ph: 403-943-9374**

- Mental Health assessments walk-in basis
- Single Session Therapy by appointment only

**Primary Care Network:** ask your family doctor about a referral to these services, usually several sessions free of charge [www.mypcn.ca](http://www.mypcn.ca)

- Calgary West: 403-258-2745
- South Calgary: 403-256-3222
- Edgewood Health Network: 587-350-6818
- Wellness Centre South Calgary: 403-668-8600
- Calgary Foothills: 403-284-3726
- Kingswood Medical 403-252-1111
- Calgary West Central: 403-249-9907
- Foothills Primary: 403-221-9340
- Mosaic Sunridge: 403-276-1555

### **Men's Crisis Services: Northgate Village Mall - 255 495 36 St NE / Ph: 403-299-9680**

- Short-term crisis therapy for men who are abusive towards their partners
- Flexible weekday appointment times

### **Grief Support Services: 3rd Floor – 1820 Richmond Road SW / Ph: 403-955-8011**

Grief counseling is available to:

- adults (over 18) who have experienced the death of a family member or significant other
- adults who are seeking grief support either through individual sessions or groups sessions

## **Community Counselling Resources:**

### **Sliding Scale Services**

**(Charges based on your income) Longer Term Counselling**

**Calgary Counselling Centre: 200 940 6<sup>th</sup> Ave SW/ Ph: 403-691-5991 /**

**[www.calgarycounselling.com](http://www.calgarycounselling.com)**

- Individual, couple, family & group counselling, sliding scale fee
- Longer-term counselling for a variety of issues
- Call or register online to arrange an intake appointment
- Monday – Friday (8:30 AM - 7:30 PM) & Saturday (9:30 AM – 1:30 PM)

**CARYA: 200, 1000-8<sup>th</sup> Ave SW/ Ph: 403-269-9888 / [www.caryacalgary.ca](http://www.caryacalgary.ca)**

- Individual, Couple and family counselling
- Focus on personal and family relations
- Longer-term counselling available
- Offer cultural and language specific counselling services (subject to change) for Chinese, Croatian, East Indian, Iranian, Polish, Spanish, Vietnamese individuals
- Call to arrange an intake appointment
- Monday – Friday (8:30 AM – 4:30 PM)

**Catholic Family Services: 250 707 10<sup>th</sup> Ave SW / Ph: 403-233-2360 / [www.cfs-ab.org](http://www.cfs-ab.org)**

- Individual, couple, family and group counselling
- Do **NOT** have to be Catholic to access this service
- Focus on personal and family issues, as well as sexual abuse for families and employee assistance programs

**Calgary Women's Health Collective Association: 233 12<sup>th</sup> Ave SW / Ph: 403-265-9590 /**

**[www.calgarywhc.com](http://www.calgarywhc.com)**

- Women 18 yrs and older
- Short and long term counselling
- Individual and group counselling available for abuse, depression and anxiety, relationships, life transition, childhood issues, grief and trauma recovery, food issues, self-esteem and body image

**Calgary Communities against Sexual Abuse (CCASA): 7<sup>th</sup> Floor, 320 5<sup>th</sup> Ave SE (YWCA Mary**

**Dover Building) – 24hr Crisis Line: 403-237-5888 / [www.calgarycasa.com](http://www.calgarycasa.com)**

- Males and females 11yrs and older
- Individual and group counselling
- Crisis Intervention Services
- Court and hospital accompaniment
- Short-term counselling with supportive referral follow-up
- Information and counselling to educate family and friends