

Mental Health Resources (including Private Practice) in Calgary and area

Useful Resources Across a Variety of Areas (Information, Resources, Self-Help, etc.)

ADHD	ADDitude CHADD CanLearn ADHD and You Rolling with ADHD	https://www.additudemag.com/ https://chadd.org/ https://canlearnsociety.ca/ https://www.adhdandyou.ca/ https://healthymindslearning.ca/rollingwith-adhd/
Anxiety	Anxiety Canada Mindfulness for Teens	https://www.anxietycanada.com/ https://www.mindfulnessforteens.com/
Self-Injury	Non-Suicidal Self-Injury Calm Harm Mobile App	https://sioutreach.org/ https://calmharm.co.uk/
Parenting	Triple P Parenting Program (online) Strongest Families Family Resource Networks Families Matter	www.triplep-parenting.ca http://strongestfamilies.com https://www.alberta.ca/family-resource-networks https://familiesmatter.ca/
Other General	Kelty Mental Health Kickstand	https://keltymentalhealth.ca/ https://mykickstand.ca/

Financial Supports

- Family Supports for Children with Disabilities (FSCD): <https://www.alberta.ca/fscd-supports-and-services>
- Child Health Benefit: <https://www.alberta.ca/alberta-child-health-benefit>
- Families can call to discuss medication needs and financial challenges:
 - Concerta – BioAdvance Programme at 1-833-972-2420
 - Vyvanse – Vyvanse Support Program at 1-855-422-9395
 - Intuniv XR at www.intunivxpsupport.ca or call 1-855-442-9395

Psycho-Educational Assessments

Information about assessments, funding, etc. can be found at the Learning Disabilities Association of Alberta: <https://www.ldalberta.ca/>

Agencies known to complete Psycho-Educational Assessments:

- University of Calgary, department of psychology: <http://werklund.ucalgary.ca/ise/>
- Foothills Academy: <https://www.foothillsacademy.org/community/psychservices/assessment>
- CanLEARN: <https://canlearnsociety.ca/psychoeducational-assessments/>

Private Practice Therapists known to provide Psycho-Educational Assessments:

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| • Krista Forand | https://compasspsychology.ca/ | 403-710-3151 |
| • Jennifer Crawford | https://crawfordpsychological.com/ | 403-984-1252 |
| • Tamara Pettigrew | http://www.pettigrewpsychology.com/ | 403-589-9424 |
| • Kara Jolin | https://www.jolinpsychology.com/ | 403-651-9023 |
| • Kathy Humbke | https://www.humbkepsychologicalservices.com/ | 403-503-9005 |
| • Leona Doig | https://www.littleoakpsychology.com/ | 403-906-2100 |
| • Fercho Psychology Group: | https://www.ferchopsychologicalservices.com/ | 403-245-3211 |

Agencies in Calgary (and area) offering Psychology / Therapeutic Services

The following are publicly funded or non-profit community-based agencies that offer no- and low-cost psychological services.

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|------------------------------|-------------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------|
| • Alberta Health Services | Access Mental Health | 403-943-1500 | |
| • CARYA | https://caryacalgary.ca/ | 403-205-5244 | or intake@caryacalgary.ca |
| • Kindred | https://www.kindred.ca/ | 403.205.5294 | or intake@kindred.ca |
| • Woods Homes | https://www.woodshomes.ca/ | 403-299-9699 | |
| • Calgary Counselling Center | https://calgarycounselling.com/ | 403-691-5991 | |
| • Distress Center | https://distresscentre.com/ | | |
| • Kickstand | https://mykickstand.ca/ | | |
| • Insight | https://insightcentre.org/ | | |

Rating Scales

If your primary care provider has asked you to complete online rating scales using www.childmentalhealth.ca on the main page you will see the rating scales section, select 'get started' and then 'I am completing a scale'. From there, choose your provider from the listing, select your scale, and complete all sections. Upon completion, you may choose to complete another scale or be finished, and your information will be passed on to the care provider that you have chosen (Note: as a user, there is no need for you to create an account).

PRIVATE PRACTICE

*** Note: There are many private therapists (psychologists and social workers) in clinical practice who offer a variety of assessment and treatment services and individuals / families are encouraged to do their own research to ensure they find a therapist who is a 'good fit' for them.

NAME	CONTACT	PRACTICE AREAS
Cheryl Gilbert, Marlis Krueger, Anna MacKinnon, Heather Harding, Lisa Skriver	FAMILY PSYCHOLOGY PLACE Website: https://familypsychologyplace.com/ North: 403.477.0902 Location: 405, 400 Crowfoot Cres. NW South: 403.250.7792 Location: 10333 Southport Rd. SW	Varied areas of specialty across children, youth, and adults. Full spectrum practice.
Bernadene Weskin, Ashley Jones, Jennifer Hoy	NORTH WEST PSYCHOLOGY Ph: 403.444.3394 Web: www.northwestpsychology.ca/ Location: 320 - 1716 16 th Ave NW	Child, Youth, Family, Parent, Adult Mental Health Concerns, Trauma Full spectrum practice
Vanessa Chen, Amy Patterson, Lauren Chan	NDIGO PSYCHOLOGY Ph: 403.648.8585 Web: https://indigopsychology.com/ Location: 320 - 1167 Kensington Cres. NW	Child, Youth, Family, Parent, Adult Mental Health Concerns
Michele Fercho	Ph: 403.245.3211 Web: www.ferchopsychologicalservices.com/ Location: 209 – 5005 Elbow Dr. SW	Child, Youth, Family, Adults Anxiety, Depression, Trauma, Stress
Andrea Bliss & Joanne Park	Ph: 825.449.7030 Web: https://www.childforward.ca/about/ Location: 300 - 4515 Bow Trail SW	Child, Youth, Family Anxiety, OCD, Selective Mutism
Lisa Pascal	Ph: 825-484-6443 Web: https://growingmindpsychology.ca/ Location: 205 - 259 Midpark Way SE	Child, Youth, Adults Anxiety, OCD, Tics
Tasha Belix, Melanie Badour	Ph: 403.922.9799 Web: www.tashabelix.com Location: 124 - 42 Ave. SW	Child, Youth, Family, Parent, Anxiety, Emotional Regulation, Attachment
Lindsay Huculak	Ph: 403.870.6446 Web: www.lindsayhuculakcounselling.ca Location: A9F - 6120 2 nd Street SE	Youth, Parents, Adults, Couples Anxiety, Eating Disorders, Esteem, Trauma
Susan Ferguson	Ph: 403.819.5492 Web: www.fergusonpsychology.ca Location: 300 – 1130 Kensington Rd. NW	Children and Youth (and parents) Anxiety, OCD, ADHD, Anger, Depression
Shelley Bergman	Ph: 403.710.9172 Web: https://forkidzsake.com/ Location: 228 – 1982 Kensington Rd. NW	Children and Youth (and parents) Anxiety, OCD, ADHD, Anger, Depression
Rhonda Kent	Ph: 403.863.0114 Web: https://regenerationcounselling.ca/ Location: 1842 – 14 th Street SW	Children and Youth (and parents) Grief, Loss, Trauma, Anxiety, Depression
Sandie Forsythe	Ph: 403.615.4345 Web: http://www.sforsythecounseling.com/ Location: 1528 12 th Ave SW	Children and Youth (and parents) Trauma, Loss, Anxiety, Depression, Conflict
Kyla Vieweger	Ph: 587.870.6472 Email: kyla.counselling@gmail.com Location: 5920 Macleod Trail SW	Child, Youth, Family, Parenting Emotions and Behaviors, CBT, Divorce
Jessica Dawson	Ph: 587.331.4464 Web: www.creativeskypsychology.com Location: 5-2005 37 th St. SW	Child, Youth, Parenting Anxiety, ASD, Depression, ADHD
Nicole Gillis - Copping	Ph: 403.998.9013 Web: www.solacecounselling.com Location: 401 - 1660 16 th Ave NW	Child, Youth, Family, Parent, Adult Mental Health and Trauma
Natasha Thibodeau	Ph: 403.454.4988 Web: https://monarchpsychology.com/ Location: 1725 10 th Ave SW	Child, Youth, Family, Parent, Adult Attachment, Trauma, Behavior, Anxiety
Theanna Bischoff	Ph: 403.473.7115 Web: www.heartstringspsychology.com Location: 917 19 th Ave SE	Child, Youth, Family, Parenting Anxiety, ASD, ODD, ADHD
Jessica Dawson	Ph: 587.331.4464 Web: www.creativeskypsychology.com Location: 5-2005 37 th St. SW	Child, Youth, Parenting Anxiety, ASD, Depression, ADHD
Shervin Vakili	Ph: 403.836.1967 Web: https://ourtherapist.com/ Location: 501 – 1550 8 th St. SW	Adolescents and Adults Addictions, ADHD, Anxiety
Samina Khan	Ph: 587.500.8048 Web: https://www.sjkcounselling.ca/ Location: 600 Crowfoot Cres. NW	Child, Youth, Family, Adults, Couples ASD, Trauma, CBT, EMDR

Near Calgary
Cochrane, AB
Airdrie, AB

Jayla Schmidt Web: www.jaylaschmidtpsychology.com/
Diana Izard Web: www.bumblebeerycounselling.com

Andrea Poon Web: <https://hexagonpsychology.ca/>