

Children and Youth Mental Health Service Directory **Calgary**

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Children and Youth Mental Health (CYMH) project team.**

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Did you know?

The city of Calgary has many great services and agencies for youth that focus specifically on mental health and wellbeing. This Service Directory contains a list of agencies and organizations that offer programs and services for children and youth. It is intended to help connect young people to the agencies and programs who can support and assist them when needed.

This Children and Youth Mental Health Service Directory was created to help children, youth, parents, caregivers, and anyone who works with youth easily find everything from crisis supports and mental health education to recreation activities and support groups. All the agencies and organizations that are included in this guide are here because they offer services or supports that relate to children and youth mental health and wellbeing.

All information in this Service Directory was obtained from 211 Alberta, informalberta.ca, and helpseeker.org, which are online databases that list information on community, health, and social services all over Alberta.

While all the resources, supports, and agencies listed here have been narrowed down for people between the ages of 12 and 17, some services and programs are for individuals outside of the 12 to 17 age range or outside of Alberta. Check with the agency to see what age groups or geographic jurisdictions they offer services to.

We aimed to create this list to be as inclusive as possible; however, programs change from time to time. This service directory is up to date as of October 3, 2021. For any updates, please refer to individual agency's website.

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Directory Graphics

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URGENT NEEDS

EMERGENCY CONTACTS

Ambulance, Fire, Police (Text with 9-1-1 available)	911
Police Non-Emergency Line	403-266-1234
Health Advice and Information	811
City of Calgary Services	311
Poison and Drug Information	1-800-332-1414

ONLINE RESOURCES

211	https://211.ca
Anxiety Canada	https://www.anxietycanada.com
Helpseeker	https://helpseeker.org
Inform Alberta	https://informalberta.ca/
Report Hate Crimes	www.stophateab.ca

HELPLINES & CRISIS NUMBERS

24-hour Distress Centre Crisis Line	403-266-4357
Addiction Services Helpline	1-866-332-2322
Alberta Provincial Abuse Helpline	1-855-443-5722
Alberta Sexual Assault Services	1-866-403-8000
Alcoholics Anonymous in Calgary	403-777-1212
Bullying Helpline	1-800-456-2323
Child Abuse Hotline	1-800-387-5437
Child Intervention After-Hours Crisis Line	1-800-638-0715
ConnecTeen	403-264-8336
Connect Family & Sexual Abuse Network	403-237-5888
Downtown Outreach Addictions Program (DOAP)	
DOAP Outreach	403-998-7388
Encampment Team (for people sleeping outside)	403-805-7388
Family Violence Line	403-310-1818
First Nations and Inuit Hope for Wellness Helpline	1-855-242-3310
Gang Helpline	403-206-8191
Kids Help Phone	1-800-668-6868
Mental Health Helpline	1-877-303-2642
Pregnancy Help Line	403-269-3110
TransLife Line	1-877-330-6366

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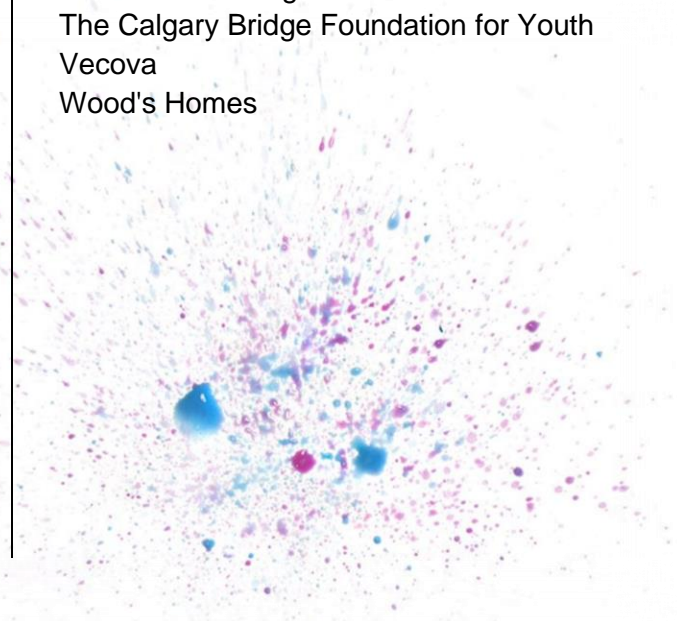
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AGENCY LISTINGS

211

<https://ab.211.ca>

- Province wide information and referral service database for a wide range of resources and supports

Ability4Good

302, 327 41 Ave NE

403-262-9445

<https://www.ability4good.com/>

- Behavioural Development Aids/Activities

Aboriginal Friendship Centre of Calgary

316 7 Ave SE

403-428-3361

<https://www.afccalgary.org/>

- Youth and Family Drumming Program
- Family Parenting Program

Addiction Centre, Alberta Health Services

1403 29 St NW

403-944-2025

<https://ab.211.ca/record/1033731/?searchLocation=Calgary&topicPath=152&latitude=51.048911170722&longitude=-113.97829679271&ss=Distance>

- Assessment and treatment for adolescents with psychiatric and addictive disorders

Addiction Help Line, Alberta Health Services

1-866-332-2322

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1008399&serviceAtFacilityID=1047128>

- 24/7, confidential service that provides support, information and referrals to any Albertan in need who is experiencing addiction and/or mental health concerns

Alberta Adolescent Recovery Centre

303 Forge Rd SE

403-253-5250

<https://www.aarc.ab.ca/>

- 12-Step Live-in Program

Alberta Children's Hospital, Alberta Health Services

28 Oki Drive NW

Children's Day Treatment Program

403-943-9044

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1066151&serviceAtFacilityID=1102701#contentStart>

Calgary Sexual Assault Response Team

403-955-6030

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1962&serviceAtFacilityID=1087580#contentStart>

Child and Adolescent Mental Health Inpatient Services

403-955-7289

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1920&serviceAtFacilityID=1023723#contentStart>

Pediatric Psychiatry, Inpatient Services

403-955-7289

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1110057>

Alberta Provincial Abuse Helpline

1-855-443-5722

- Help and information line for anyone who is experiencing or suspects someone is experiencing family violence or abuse
- Phone line offers assistance in more than 100 languages

AGENCY LISTINGS

Alberta Sexual Assault Services

1-866-403-8000

<https://aasas.ca/support-and-information/>

- Offers phone, text or online chat services on education and support for anyone who is currently, or has in the past, experienced sexual abuse and/or sexual assault
- Helps connect individuals to organizations that provide related services or supports in their location
- Call or text 1-866-403-8000 to connect with a worker

Alberta's One Line for Sexual Violence

1-866-403-8000

<https://aasas.ca/initiatives/believeyouonline/>

- Chat, text, call helpline

Alcoholics Anonymous in Calgary

403-777-1212

<https://calgaryaa.org/>

- In-Person Support Groups (Meetings held at Multiple Locations and online)
- 24hr Anonymous Helpline

Antyx

Suite 205, 4202 17 Ave SE

403-444-0500

<http://www.antiyx.org/>

- Youth Community Arts and Leadership Programs

Anxiety Canada

<https://www.anxietycanada.com>

- Offers free online, self-help and evidence-based resources for anxiety
- Tools include an app to help manage anxiety

Autism Asperger's Friendship Society of Calgary

7220-D Fairmount Dr SE

3639 26 St NE

403-246-7383

<https://www.aafscalgary.com/>

- Youth Programs

Awo Taan Healing Lodge Society

PO Box 6084, Station A

403-531-1970 Extension: 200

<https://www.awotaan.org/>

- 32 bed emergency shelter for women and children
- Family Violence Prevention Programs
- Youth Mentorship Program
- Cultural Support and Outreach for Parents and Families
- Youth Supports, Counselling, Elder Supports

Family Violence and Abuse Helpline

403-531-1972

403-531-1976

403) 531-1970 Extension: 210 or 211

Family Outreach and Parent Link Centre

4518 17 Ave SE

Healing Circles & Circle of Safety: 403-531-1880 ext. 100

Parent Link Centre: 403-531 1880 ext. 100

Best Beginning, Alberta Health Services

Suite 400, 1509 Centre St SW

403-228-8221

<https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1568>

- Pregnant teen support

Between Friends

205 8989 Macleod Trail S

403-269-9133

<https://betweenfriends.ab.ca/>

- Recreation and growth programs for youth with disabilities

AGENCY LISTINGS

Big Brothers Big Sisters of Calgary and Area

5945 Centre St S

403-777-3535

<https://bbbscalgary.ca/>

- Mentorship Programs for Youth
- Mentorship Programs for LGBTQ2S+ Youth

Black Youth Helpline

416-285-9944

<https://blackyouth.ca/>

- Phone Counselling and Coaching

Brenda Strafford Centre

325 10 St NW

403-270-7240

<http://www.brendastraffordsociety.org>

- Temp accommodation shelter for women/children experiencing family violence
- Diversity Programming

Building Bridges Counselling Services

6327 Bowness Rd NW

587-318-0018

<https://buildingbridgescounselling.ca/>

- Individual Counselling
- Therapy Dogs

Bullying Helpline

1-888-456-2323

<https://www.alberta.ca/bullying-find-supports.aspx>

- Phone or utilize the online chat to have a 30-minute session with trained staff/counsellors
- Offers support for individuals being bullied or who need advice on how to help others who are being bullied

Calgary Catholic Immigration Society

<https://www.ccisab.ca/>

Main Office

5th Floor, 1111-11 Ave SW

403-262-2006

- Youth Programs to Support Socialization and Wellbeing
- Programs for Children, Youth and Families experiencing trauma

Margaret Chisholm Resettlement Centre (MCRC)

23 McDougall Court NE

403-262-8132

- Newcomer Child & Youth Connections

Immigrant Youth Outreach Project (IYOP)

#100A, 315-10 Ave SE

403-268-8131

- Wide range of services/programs for school aged youth

Calgary Communities Against Sexual Abuse

Suite 700, 910 - 7 Ave SW

<https://calgarycasa.com/>

Crisis Intervention & Counselling

403-237-5888

Children and Youth Education Programs

403-237-6905

Calgary Counselling Centre

105 12 Avenue SE

833-827-4229

<https://calgarycounselling.com/>

- Children/Youth Groups
- Programs and Counselling for Children/Youth

AGENCY LISTINGS

Calgary Distress Centre

999 8 St SW
403-266-4357

<https://www.distresscentre.com/need-help/counselling/>

- Offers 24/7, free, phone call, text and online chat support for anyone who needs support or someone to talk to for any reason
- Call or text 403-266-4357

Calgary Foothills Medical Centre, Alberta Health Services

1403 29 St NW

Pediatric Psychiatry, Inpatient Services

403-944-1282

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1110057>

Child and Adolescent Mental Health Inpatient Services

403-943-1500

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1920&serviceAtFacilityID=1023723#contentStart>

Emergency Services, Child and Adolescent Mental Health

403-944-1110

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1032827>

Calgary Immigrant Women's Association

#200, 138 4th Ave SE

403-263-4414

<https://www.ciwa-online.com/>

- After School Homework Help
- Family Resource Networking
- Pathways to Success, Mentorship Program for Girls
- Victim Supports Outreach
- Youth Programs

Calgary Jewish Community Centre

1607 90 Ave SW
403-537-8593

<https://www.calgaryjcc.com/>

- After-School Youth Programs

Calgary John Howard Society

1000 4502 Builders Rd SE

403-266-4566

<https://www.cjhs.ca/>

- Youth Housing/Shelter
- Indigenous Programs and Mentorship
- Youth Programs
- Indigenous Youth Outreach Programs, Criminal Behaviour

Calgary Military Family Resource Centre

4225 Crowchild Trail SW

403-410-2320

<https://www.cafconnection.ca/>

- Children, Youth and Parent Development and Support, Skill-Building Programs

Calgary Police Service

5111 47 St NE

<https://www.calgary.ca/cps/youth-programs-and-resources/youth-intervention/gangs-and-youth-at-risk-development-program.html>

403-428-8191

- Gang Help Line

403-266-1234

- Gateway Initiative, youth minor offenders
- Youth at Risk Development Program, at risk youth, gang activity

AGENCY LISTINGS

Calgary Pregnancy Care Centre

205, 925 7 Ave SW
403-269-3110

<http://www.pregcare.com>

- 24 Hour Pregnancy Help Line
- Personal Development Courses
- Referrals for pregnant women experiencing homelessness, domestic violence

Calgary SCOPE Society

219 18 St SE
403-509-0200

<http://www.calgaryscope.org/services/>

- Social Knowledge in Practice group program, social skills development for teens with disabilities

Calgary Silver Linings Foundation

718 15 Avenue SW
403-536-4025

<https://www.silverliningsfoundation.ca/>

- Online Adolescent Support Group
- drop-in group for teens with eating disorders

Calgary Women's Shelter

403-234-7233

<https://www.calgarywomensshelter.com/>

- 24-hour Family Violence Helpline
- Emergency Shelter
- Healthy Relationships Program for Youth
- Therapeutic group Counselling for Youth Experiencing Family Violence

Canada Drug Rehab Addiction Services Directory

1-888-245-6887

<https://www.canadadrugrehab.ca>

- Toll Free Help Line
- Database for addiction services

Canada Suicide Prevention Service, Crisis Services Canada

Phone: 1-833 456-4566

Text: 45645

<https://www.crisisservicescanada.ca/en/>

- Offers support and a safe space to talk, free of judgement, for anyone thinking about suicide, or about a friend or loved one who is affected

Canadian Mental Health Association, Calgary Region

1040 7 Ave SW

403-297-1708

<http://www.cmha.calgary.ab.ca>

- Suicide Bereavement Group for Families

CanLearn Society

Suite 100 1117 Macleod Trail SE

403-686-9300

<https://www.canlearnsociety.ca/>

- Learning Disabilities, Autism, ADHD Assessment and Coaching

Carya

#180, 839 5 Ave SW

403-269-9888

<https://caryacalgary.ca/our-programs/teens-tweens/>

- After-School Youth Programs to Improve Mental Health
- Community Hub, Village Commons
- Individual Wellbeing Programs/Supports

Catholic Family Services

#250, 707 10 Ave SW

403-233-2360

<http://www.cfs-ab.org/families-together/>

- Family and Youth Mentorship
- Fathers Moving Forward
- Expecting and Parenting Youth Life Skills, Wellbeing
- Expecting and Parenting Youth, Counselling

AGENCY LISTINGS

Centre for Newcomers

125, 565 36 St NE
403-569-3325

<https://www.centrefornewcomers.ca/realme>

- MH Support and Gang Intervention Program
- Vulnerable Population Services
- Vulnerable Youth Settlement Program
- Mentorship Program

Centre for Online Mental Health Support

<https://www.comhs.health>

- Offers free virtual support groups and a variety of webinars on mental health related topics for youth

Centre for Sexuality

700 1509 Centre St SW
403-283-5580

<https://www.centreforsexuality.ca/about-us/>

- Youth Programs
- GSA Network Connections
- Counselling
- Medical appointments/assistance for vulnerable youth

Child Abuse Hotline

1-800-387-5437

<https://www.alberta.ca/find-supports-for-child-abuse-neglect-and-sexual-exploitation.aspx>

- Connects callers with Alberta Child Intervention supports to report concerns and/or get help for individuals who are being neglected, abused or sexually exploited

Child and Adolescent Addiction and Mental Health Specialized Services, Alberta Health Services

1820 Richmond Road SW
403-943-1500

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=1032705>

- Mood and Anxiety Stream
- Psychosis

- Community Assessment Consultation Service
- Neuropsychiatry Services: Medical Disorders combined with mental health disorders and/or behavioural issues

Child and Youth Advocacy Centre

#400, 3820 24 Ave NW
403-428-5300

<https://www.lunacentre.ca/>

- LUNA Program: advocacy, counselling, resources and supports

Children's Grief Centre

1245 70 Ave SE
403-263-4525

<https://www.hospicecalgary.ca/childrens-grief-centre/>

- Programs for Youth Grieving

Chinook Area of Narcotics Anonymous

403-991-3427

<https://chinookna.org/>

- Support Groups (Meetings held at multiple locations, and online)

Closer to Home Community Services

Suite 200, 1725 10 Ave SW
403-543-0550

<https://closerhome.com/>

- Youth Wellness Programs, Counselling
- Indigenous Programs for Youth and Healing

CNIB Foundation

#10 11A St NE
403-266-8831

<https://www.cnib.ca/>

- Youth Hang Outs, for Individuals with Vision Loss
- Children/Teen Support Groups

AGENCY LISTINGS

Community Connect YYC

<https://www.communityconnectyyc.ca/#Howitworks>

- Counselling for Children
- Children's Grief Counselling
- Language Specific Counselling
- Counselling for Immigrant Families

Community Therapy Dogs Society

151 Hawkmere View, Chestermere

587-581-5571

<https://www.ctds.ca/>

- Caring Tails (Therapy Dogs)

ConnecTeen, Calgary Distress Centre

Phone: 403-264-8336

Text: 587-333-2724

<https://calgaryconnecteen.com/about-us/>

- Connect with a teen volunteer
- Confidential peer support service for youth via phone call, text or online chat session
- Judgment free support for all issues
- youth can speak to someone who will understand their responsibilities, stresses, and unique situation or problems

Cornerstone of Hope Alberta Society

2839 Brecken Rd NW

403-289-8555

<https://www.cornerstoneofhope.ca/>

- Peer Support programs for Children and Teens (loss, death, divorce)

Cornerstone Youth Centre

904 19 St NE

403-276-5360

<https://cornerstoneyouthcentre.com/>

- Youth Recreation and Mentorship

Crisis Text Line Canada

Text: 741741

<https://www.crisistextline.org>

- Text HOME to 741 741 to receive 24/7 crisis support and connect with a Crisis Counsellor

CUPS Family Development Centre

1001 10 Ave SW

403-221-8780

<https://www.cupscalgary.com/>

- Social/Emotional Programs for Parents and Families

Discovering Choices, Outreach High Schools, Calgary Board of Education

<https://school.cbe.ab.ca/school/discoveringchoices/pages/default.aspx>

- Alternate Learning
- Behavioural, psychological, social supports at multiple locations

Downtown

#206, 315 10 Ave SE

403-268-3265

Westbrook Outreach

2nd Floor, #3, 1002 37 St SW

403-777-8020

Marlborough

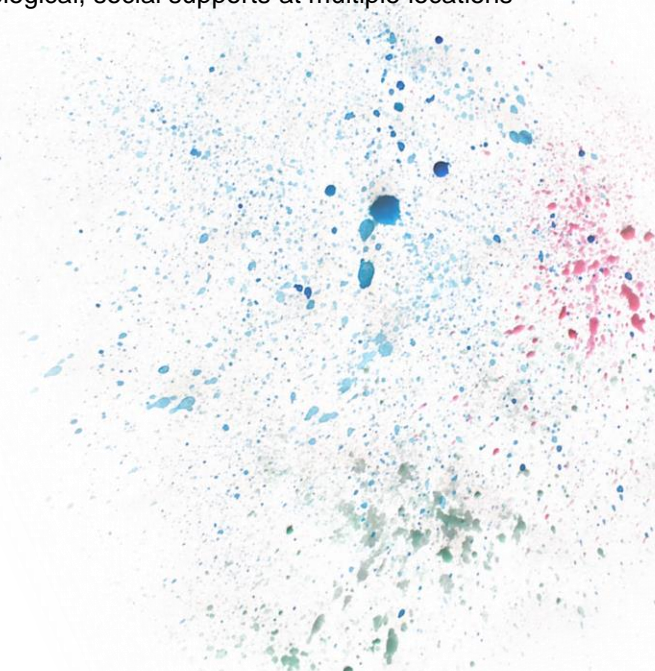
#101, 495 36 St NE

403-777-8384

Start Outreach Bowness

4110 79 St NW

403-777-6107



AGENCY LISTINGS

Diversecities

1406 Centre St NE
403-233-0070

<https://www.diversecities.org/>

- Family Activities Groups, Youth Camps

Early Start Parent Information Line, Alberta Health Services

403-244-8351

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1605&serviceAtFacilityID=1070270#contentStart>

- 24/7 Helpline - Post-partum information helpline (babies under 2 months)

Ecssen Career School

112 Edgedale Dr NW
587-997-5977

- Chinese Emotional Support Hotline

Elizabeth Fry Society of Calgary

1731 10 Ave SW
403-294-0737

<https://elizabethfrycalgary.ca/>

- Mentorship Supports for At-Risk Youth

Elizabeth House

120, 17 Ave SW
403-228-9724

<https://www.elizabethhousecalgary.ca/>

- Transitional Housing for expectant mothers
- Peer supports, skill building

Emerging Adult Treatment Clinic, Alberta Health Services

1820 Richmond Road SW
403-955-8389

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1089492>

- Transition from Adolescent Mental Health Services to Adulthood

Emma Maternity House Society

PO Box 74012 Strathcona Postal Outlet Calgary
403-612-2351

<https://www.emmahouse.ca/>

- Transitional Housing for expectant mothers
- peer supports, skill building

Enviros

#220 3115 12 St NE
403-219-3499

<https://www.enviros.org/about-us/our-services/>

- ExCel Discovery
- Addictions, mental health, education programming for adolescent young offenders

Families Matter, Horizon

https://familiesmatter.ca/successful-young-parent-classes/?location_select=successful-young-parents

- Successful Young Parents Classes, Supports for Dads

Horizon Family Centre

3404 25 St NE
403-205-5194

Midnapore Family Centre

101, 239 Midpark Way SE
403-205-5180

AGENCY LISTINGS

Family and Community Resource Centre, Alberta Children's Hospital, Alberta Health Services

28 Oki Drive NW

<http://fcrc.albertahealthservices.ca/>

403-955-5900

- Child Development Services

403-955-7252

- Well on Your Way: Helping Youth Transition to Adult Healthcare Program
- Youth Resources

Family Information Liaison Unit

Toll Free: 310-0000 then 780-644-9825

<https://www.alberta.ca/family-information-liaison-unit.aspx>

- Offers support, information, and counselling for families of missing and murdered Indigenous women and girls
- Information about the justice system and legal processes, updates on criminal investigations, court proceedings and inquiries
- Connections to counselling, spiritual support and Elders

Family Violence Information Line

403-310-1818

<https://www.alberta.ca/family-violence-find-supports.aspx>

- Phone or utilize the online chat anonymously for a 30-minute session to receive help and support related to family violence or domestic violence
- Learn about your rights for protection

First Nations Health Consortium

1-844 558 8748

<https://www.abfnhc.com/index.php/services>

- Province wide advocacy for services for First Nations and Inuit children

Foothills Academy

745 37 St NW

403-270-9400

<https://www.foothillsacademy.org/>

- Group for kids with Learning Disabilities/ADHD

Four Directions Foster Parent Association of Calgary

4885 Hubalta Rd SE

403-273-4026

- Indigenous Youth Mentorship Program

Haven's Way, Safe Haven Foundation

Box 609, 7620 Elbow Drive SW

403-230-2613

<https://www.safehavenfoundation.ca/>

- Housing for At-Risk and Homeless Teenage Girls

Health Link

811

<https://www.albertahealthservices.ca/assets/healthinfo/link/index.html>

- Offers health advice, information and assistance in finding health care supports and resources for individuals of all ages

Highbanks Independent Living for Parenting Youth Society

317 19 St NW

403-521-0082

<http://www.highbankssociety.ca>

- Housing program for young single mothers

HIV Community Link

110 - 1603 10 Ave SW

403-508-2500

<https://hivcl.org/strong-voices/>

- Prevention, Support, Advocacy for Indigenous
- Peer Support Programs

AGENCY LISTINGS

Hope for Wellness Help Line

1-855-242-3310

<https://www.hopeforwellness.ca>

- Indigenous Help Line - Canada Wide

Hope Homes, McMan Calgary & SORCe

316 7 Ave SE

587-779-5015

<https://mcmancalgary.ca/hh/>

- Hope Homes Program, Housing Program
- Wichitowin, Housing Program for Indigenous Youth

Hull Services

2266 Woodpark Ave SW

403-251-8000

<https://hullservices.ca/>

- Clinical Services
- Psychological Services
- Therapy and Assessment Service
- Prevention and Early Intervention Indigenous Family Programs
- Prevention and Early Intervention Family Programs
- FASD Program
- Bridging the Gap: Community Support Program for Youth with Mental Health Concerns
- Safe Directions Crisis/Secure Services Programs

William Roper Hull School/Calgary Board of Education

403-251-8022

<https://hullservices.ca/services/william-roper-hull-school/>

Immigrant Services Calgary

#1200, 910 7 Ave SW

403-265-1120

<https://www.immigrantservicescalgary.ca/>

- Healthy Start Program, Pregnancy and Post-natal
- Core Connections
- Youth Social Connections
- Therapy and Support Centre
- Roots Mentoring Program

Impact Society

Suite 830, 105 - 12 Ave SE

403-280-1856

<https://www.impactociety.com/programs>

- Youth Leadership/Wellness Programs
- Indigenous Youth Leadership/Wellness Programs

Inn from the Cold

#106, 110 11 Ave SE

403-263-8384

<https://innfromthecold.org/>

- Child, Youth and Family Homelessness

Kara Life Program, Calgary Catholic School District

1010 21 Ave SE

403-500-2012

<https://www.cssd.ab.ca/kara-life>

- For pregnant/parenting students (academic support, access to medical care, skill development programs)

Kids Cancer Care Foundation of Alberta

5757 4 St SE

1-888-554-2267

<https://www.kidscancercare.ab.ca/>

- Recreational and Therapeutic Groups
- Peer Support Groups, Activities and Programs

Kids Help Phone

Phone: 1-800-668-6868

Text: 686-868

<https://kidshelpphone.ca/>

- Offers text, phone call, Facebook messenger, and live chat through their website to connect youth with a crisis responder or counsellor for any issues or concerns
- Offers information on emotional well-being, bullying, abuse, school and work, sex and relationships, friends and family, identity, and physical health

AGENCY LISTINGS

Kids Uncomplicated

2520 Capitol Hill Crescent NW
1-833-242-5437

<https://kidsuncomplicated.com/>

- Specialized Family Supports

McMan Calgary

1538 25 Ave NE
403-280-6293

<https://mcmancalgary.ca/>

- Milestones, Program for Youth/Families with Disabilities
- Youth Alternative Program
- Support and Advocacy for at-risk youth
- FASD MAPS (Mentorship, Advocacy, Partnerships, Support) Program
- COPE (Collaborative Outreach Preventing Exploitation Program)
- Family Development Program
- YTA Youth Transition to Adulthood Program

Mental Health Help Line, Alberta Health Services

1-877-303-2642

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=6810&serviceAtFacilityID=1047134>

- 24/7 anonymous and confidential service that provides support, information and referrals to all Albertans experiencing mental health concerns

Metis Calgary Family Services

Little Sundance Early Learning Centre: 352 Sunvale Dr SE
Native Network Family Centre: 19 Erinwoods Drive SE
Little Metis Early Learning Centre: 500-6505 Huntridge Hill NE
403-240-4642

<http://www.mcfs.ca/home.html>

- Youth Supports and Programs
- Programs for Indigenous Youth and Families

Metis Nation of Alberta

1530 27 Ave NE
403-569-8959

<https://albertametis.com/>

- Youth Programming (Life Skills, Cultural)

Millican Ogden Community Association

6901 20A St SE
403-279-3973

<http://www.millicanogdencommunity.com>

- After School Programs, Skill-Building and Resource Programs

Miskanawah

East Hub: 2716 Sunridge Way NE

West Hub: 2340 1 Ave NW

403-247-5003

<https://miskanawah.ca/>

- Cree Agency: Offers culturally appropriate supports for family intervention, visitation, counselling, and family/youth wellbeing programs
- Regional After-Hours Youth Crisis Support
- Oskapewis and Nipisis Youth Program
- Diamond Willow Youth Lodge

Mobile Response Team, Alberta Health Services

1213 4 St SW

403-266-4357

- Crisis Response Phone/Mobile, psychiatric assessment

Muslim Families Network Society

Unit 1129, 3961 52 Ave NE

403-466-6367

<http://www.muslimfamilynetwork.org/our-programs/>

- Youth Empowerment Programs, Wellness Programs

AGENCY LISTINGS

National Eating Disorder Information Centre

1-866-633-4220

<https://nedic.ca/help-for-youth/>

- Offers support, strategies and online resources for individuals struggling with eating disorders, or who have concerns related to eating disorders
- Offers phone and online chat sessions to provide individuals, or their loved ones, with information and support

Native Counselling Services of Alberta

910 7 Ave SW

403-237-7850

<https://www.ncsa.ca/>

- Calgary Aboriginal Youth Restorative Justice Programs

New Heights Calgary

2521 Dieppe Ave SW

403-240-1312

<https://www.newheightscalgary.com/programs/school-aged/>

- School Supports for Individuals with Autism (social behaviour, emotional challenges, build peer relationship skills)

Nisa Helpline

1-866-315-6472

<https://nisahelpline.com>

- Anonymous, confidential phone line for Muslim women that offers support, help and assistance related to a variety of concerns including domestic abuse, marital matters, mental health, self-esteem, addiction, sexuality and Islamophobia
- Options for faith-based counseling

North East Family Connections Society

95 Falshire Dr NE

403-293-0424

<https://www.nefcs.ca/indigenous-programming/>

- Indigenous Family Support Program

Opening Gaits Therapeutic Riding Society of Calgary

322133 Hwy 552 W, De Winton

403-254-4184

<https://openinggaits.ca/>

- Therapeutic Riding Program

PALS: Pet Access League Society

3019 21 St NE

403-250-7257

<https://www.palspets.com/>

- Pet Therapy

Peter Lougheed Centre, Alberta Health Services

3500 26 Ave NE

403-943-4555

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1032827>

- Emergency Services, Child and Adolescent Mental Health

Portail De L'Immigrant Association

#830, 840 7 Ave SW

403-668-0299

<https://www.pia-calgary.ca/>

- Youth Programs

Prairie Sky Equine Assisted Therapy

250079 Range Rd 32

403-966-4431

<http://www.pseat.ca/>

- Equine Therapy

PREP Society for Individuals with Down Syndrome

2004 12 Ave NW

403-282-5011

<https://prepprogram.ca/teen-program/>

- Teen Program

AGENCY LISTINGS

Protection Against Children Abusing Drugs

1-866-332-2322

<https://www.albertahealthservices.ca/amh/Page2547.aspx>

- Protection of Children Abusing Drugs Program involves detoxification, stabilization, and assessment
- Referral required

PurposeMed

<https://www.purposemed.com/for-patients>

- Offers free, online, doctor's clinic sessions for any individual with an Alberta Health Care number

Renfrew Educational Services

2050 21 St NE

403-291-5038

<https://www.renfreweducation.org/>

- Wellness Empowerment Program
- Assessment and Therapy

Reset Society of Calgary

#260 7220 Fisher St SE

403-918-7311

<https://resetcalgary.ca/about-us/>

- Housing Programs for Sexually Exploited Women
- Trauma Informed Counselling

Rockyview General Hospital, Alberta Health Services

7007 14 St SW

403-943-3000

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1032827>

- Emergency Services, Child and Adolescent Mental Health

Sexual and Reproductive Health Clinical Services, Alberta Health Services

1213 4 St SW

403-955-6500

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1671>

- Urban Clinic for Youth

Sheldon M. Chumir Urgent Care Centre, Alberta Health Services

1213 4 St SW

403-955-6030

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1962&serviceAtFacilityID=1087580#contentStart>

- Calgary Sexual Assault Response Team

Skipping Stone

#1250 407 2 St SW

587-333-4342

<https://www.skippingstone.ca/>

- Peer Mentor Program, Resources, Support Groups for Trans Youth

Society for Treatment of Autism

404 94 Ave SE

403-253-2291

<https://www.sta-ab.com/>

- Residential Treatment Programs (Behaviour)
- Adolescent and Adult Program
- Mental Health and Autism Counselling Services

Sonshine Community Services

PO Box 34067 RPO

<http://sonshine.ca/>

403-243-2002

- Safe House for Women/Children feeling domestic violence
- 403-705-3474
- Community Counselling

South East Calgary Community Resource Centre

2734 76 Ave SE

403-720-3322

<http://www.secalgarycrc.ca/>

- After School Programs, Skill-Building and Resource Programs

AGENCY LISTINGS

South Health Campus, Alberta Health Services

4448 Front St SE

403-956-2300

<https://www.albertahealthservices.ca/findhealth/Service.aspx?serviceAtFacilityID=1032827>

- Emergency Services, Child and Adolescent Mental Health

Spirited Connections Counselling

301 14 St NW

587-581-6705

<http://www.spiritedconnections.ca>

- Equine Facilitated Psychotherapy

St. John Ambulance

7236 10 St NE

1-800-665-7114

<https://portal.sja.ca/en>

- Therapy Dog Program

Stardale Women's Group

#1600, 144-4 Ave SW

403-243-6615

<https://www.stardale.org/>

- Indigenous Empowerment Support Groups and Youth Programming

Teen Challenge, Alberta Men's Centre

PO Box 24010 RPO Evergreen

403-931-3501

<https://www.tcalberta.ca/>

- 12-month in-residence, faith-based, alcohol and drug rehabilitation program

Text4Hope

Text: 393939

<https://www.albertahealthservices.ca/topics/Page17019.aspx>

- Free service providing three months of daily Cognitive Behavioural Therapy based text messages written by mental health therapists
- Receive daily messages via text that help support and encourage healthy personal coping skills and resiliency
- Text COVID19HOPE to 393939 to subscribe to the daily message program

Additional programs:

- Text Open2Change to 393939 to subscribe to the addiction program
- Text CancerCare to 393939 to subscribe to the cancer program

The Alex

#104 2840 2 SE

403-520-6270

<https://www.thealex.ca/program/youth-health-centre/>

- Medical appointments/assistance for vulnerable youth
- Harm Reduction Support
- LGBTQ2S+ Supports
- Counselling
- Drop-in Centre

403-689-9196

- Mobile Youth Health Bus (meets at schools)

The Calgary Bridge Foundation for Youth

403-230-7745

<https://cbfy.ca/>

Suites 203 and 205, 602 11 Ave SW

- Mentorship Programs
- Settlement/Integration Programs for Individual, Group, Programs, Mentoring

Suite 700, 5920 Macleod Trail SW

- After-School Program for Immigrant Students

AGENCY LISTINGS

Togetherall, Alberta Health Services

<https://togetherall.com/en-ca/>

- Online platform that allows members access to resources and peer-support groups for anxiety, depression and other common mental health issues

TransLife Line

877-330-6366

<https://translifeline.org/hotline/>

- Anonymous peer support phone service run by trans and non-binary individuals who can offer support and listen to individuals who are questioning or have concerns about their gender identity or sexuality

Trellis Society

<https://www.growwithtrellis.ca/>

- Housing Programs for Youth
- Youth Outreach Programs
- Indigenous Youth Outreach Programs
- Youth Clubs and After-School Programs

Main Office

Suite 200, 2609 15 St NE

403-219-3477

Renfrew Club

731 13 Ave NE

403-276-9981

1000 Voices Community Hub

7556 Falconridge Blvd NE

403-930-3370

- Building Youth Connections, Newcomers to Canada

Avenue 15 Youth Emergency Shelter

938 15 Ave SW Calgary

403-543-9651

Urban Society for Aboriginal Youth

Suite 211, 811 Manning Road NE

403-233-8225

<https://usay.ca/>

- Programs that support wellbeing and self-discovery

Vecova

3304 33 St NW

403-284-1121

<https://vecova.ca/programs/youth/>

- Youth Programs, Youth with Disabilities

Wellness Together Canada

Text: WELLNESS to 686868

<https://ca.portal.gs>

- Offers free mental health and substance use supports and resources, free text support and counselling to individuals who want to improve their mental wellness

Women's Centre of Calgary

403-264-1155

<https://www.womenscentrecalgary.org/>

- Girl's Programming

AGENCY LISTINGS

Wood's Homes

<https://www.woodshomes.ca/>

- Lighthouse Program: live-in program for youth with very complex needs and behaviours
- Prepping for Independence Programs
- Community Stabilization Program (403-774-1686)
- FASD Support Program (403-263-3447)

Inglewood Opportunity Hub (formerly Exit Youth Hub)

1008 14 Street SE

403-262-9953

- Crisis and counselling services (403-299-9699)
- Addictions support (403-888-8444)
- Specialized employment support (403-270-1759)
 - Youth Culinary Arts Program (YCAP)
 - Linking Employment Abilities and Development (LEAD) (403-510-7468)
- Calgary Adolescent Treatment Services (C.A.T.S) Clinic: medical treatment for vulnerable young people (403-510-7468)
- Housing services and support
- Wellness opportunities (i.e. yoga and hair appointments)
- Mentorship and skill development through peers and volunteers

Eastside Community Mental Health Services

255, 495 36 St. NE

403-299-9699

- Mental health system navigation
- Mobile family crisis support and extended services
- Single session therapy, extended services, and E-therapy (By email)

Elbow Springs Counselling

2424 4 St. SW

403-454-0166

- Private counselling

Calgary Central Library - Wellness Desk

800 3 Street SE

Crowfoot Library - Wellness Desk

8665 Nose Hill Dr NW

YMCA Calgary

Indigenous Programs

180, 7555 Falconridge Boulevard NE

403-537-1723

<https://www.ymcacalgary.org/community-ymca/indigenous/>

- Indigenous Youth Leadership and Mentorship Skill Program

Y-Mind

Saddletowne YMCA: 180 - 7556 Falconridge Blvd NE

Shawnessy YMCA: 400 - 333 Shawville Blvd SE

403-300-0997

<https://www.ymcacalgary.org/ymind/>

- A free 7-week introductory mental wellness program for youth

Youth Central

Suite 820, #105, 12 Ave SE

403-266-5448

<https://youthcentral.com/>

- Youth Resources, Outreach Programs and Volunteer Opportunities

Youth Health Program, Alberta Health Services

3820 24 Ave NW

403-955-5955

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1076451&serviceAtFacilityID=1118802#contentStart>

- Consultative service for adolescents struggling with complex adolescent issues such as body image, peer relationships, sexual health, etc.

Youth Substance Use and Mental Health Services, Alberta Health Services

1005 17 St NW

403-297-4664 (Switchboard)

<https://www.albertahealthservices.ca/findhealth/facility.aspx?id=68#contentStart>

- Recovery, Stabilization and Detox Program
- Adolescent Day Treatment Program
- Youth Outpatient Counselling
- Youth Recovery Program

AGENCY LISTINGS

Youth Unlimited Calgary

Bay #15 1725 30 Ave NE

403-291-3179 / Toll Free: 1-888-753-8575

<https://yucalgary.ca/>

- StreetLight Mobile Drop-in Trailer
- Youth Guidance Programs (Street Youth, Young Parents)

24/7 Crisis Line

403-470-9322

403-710-2879 (Sexually Exploited)

YW Calgary

1715 17 Ave SE

403-536-2844

<https://www.ywcalgary.ca/>

- Child and Family Counselling

24-Hour Crisis Lin

403-266-0707

YW Calgary, Sheriff King Home

2003 16 St SE

403-266-0707

<https://www.ywcalgary.ca/programs/domestic-violence-shelter/>

- Domestic Violence Shelter for Women and Children

