



**Calgary Board
of Education**

**Queen Elizabeth
High School**

Counselling & Support Services in Calgary (June 2016)

For information only

Name	Description	Contract Info
INFORMATION:		
City of Calgary Information and Referral Line	Information on a broad range of community and social services	Dial 311 P.O. Box 2100, Station. M T2P 2M5
Access Mental Health	Information, service options, and intake (some services only)	403-943-1500 1-866- 408-5465 www.calgaryhealthregion.ca/mh/schc.htm 10125 - Southport Road S.W. T2W 3N2
Calgary Youth Justice	Providing programs to support young people who are vulnerable to risk-taking activities. Youth Justice Committee are an alternative to going to court.	403-261-9861 www.calgariyouthjustice.ca #900, 620 - 7 Avenue S.W.
Alberta Child Welfare Services		402-297-2995 811 -14 Street N.W.
WALK-IN COUNSELLING:		
Distress Centre	24-hour support, free crisis counselling and resource referral services to Calgary and the surrounding area. Crisis phone line; up to 5 in-person sessions; Mobile Crisis Response Team	403-266-4357 (HELP) www.distresscentre.com Suite 300, 1010 - 8 Avenue S.W. T2P 1J2
Eastside Family Centre	Walk in counselling and referrals. Mon. – Thur.: 11 a.m. – 7 p.m. Fri.: 11 a.m. – 6 p.m. Sat.: 11 a.m. – 2 p.m.	403-299-9696 www.woodshomes.ca #255, 495 - 36 Street N.E. T2A 6K3
Airdrie Mental Health Clinic	Therapy for all ages, related to abuse/violence, addiction, grief, stress, aging, relationships, anxiety, and or depression, suicidal thoughts, severe mental illness. Group therapy depending on need and availability.	403-948-3878 www.albertahealthservices.ca 104 – 1 Avenue N.W. Airdrie T4B 0R2
Cochrane Addiction and Mental Health	Individual, family, group, mental health, relationships, addictions. Walk-ins: Mon. – Thur.: 11 a.m. – 5 p.m. Fri.: 11 a.m. – 3 p.m.	403-851-6100 www.albertahealthservices.ca 60 Grand Blvd Cochrane T4C 2B9
GENERAL COUNSELLING (INDIVIDUAL, FAMILY, GROUPS, SPECIALITIES):		

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Calgary Association of Self-Help	Mental health support services	403-266-8711 www.calgaryselfhelp.com
Carya (Formerly Calgary Family Services)	Groups, individuals, family	403-269-9888 http://caryacalgary.ca 1000 - 8 Avenue S.W.
Catholic Family Service	Groups, individuals, family	403-233-2360 www.cfs-ab.org 707-10 Avenue S.W.
Calgary Counselling Centre	Groups, individuals, family (includes family violence)	403-691-5991 or 403-265-4980 www.calgarycounselling.com Suite 200, 940 - 6 Avenue S.W. T2P 3T1
Calgary Immigrant Women's Association	First language counselling	403-264-4414 www.ciwa-online.ca #200, 138 - 4 Street S.E. T2G 4Z6
Jewish Family Services	South Calgary	403-287-3510 www.jfsc.org 5920 1A St SW T2H 0G3
Kids Help Phone Line	Free, bilingual, national, confidential, and anonymous 24 hour help line	1-800-668-6868 www.kidshelpphone.ca
Native Counselling Services		403-237-7850 www.ncsa.ca #1010, 910 - 7 Avenue S.W. T2P 3N8
The Calgary Family Therapy Program (formerly known as The University of Calgary Family Therapy Program)	Family therapy services	403-802-1680 www.familytherapy.org Sixth floor, One Executive Place #600, 1816 Crowchild Trail N.W. T2M 3Y7
MENTAL HEALTH:		
Mental Health Help Line	Free, confidential, 24 hour phone line. Can access Mobile Response Team.	1-877-303-2642 www.albertahealthservices.ca
Urgent Care Mental Health	24 hour service. Can access Mobile Response Team.	Sheldon M Chumir Health Centre 403-955-6200 www.albertahealthservices.ca 1213 - 4 Street S.W. T2R 0X7
Airdrie Mental Health Clinic	Therapy for all ages, related to abuse/violence, addiction, grief, stress, aging, relationships, anxiety, and or depression, suicidal thoughts, severe mental illness. Group therapy depending on need and availability.	403-948-3878 www.albertahealthservices.ca 104 – 1 Avenue N.W. Airdrie T4B 0R2
Cochrane Addiction and Mental Health	Individual, family, group, mental health, relationships, addictions. Walk-ins: Mon – Thurs.: 11 a.m. – 5 p.m. Fri.: 11 a.m. – 3 p.m.	403-851-6100 www.albertahealthservices.ca 60 Grand Blvd Cochrane T4C 2B9

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ADDICTIONS:		
Adult Addiction Services: Alberta Health Services		403-297-3071 24 hr helpline: 1-866-332-2322 www.albertahealthservices.ca 2nd floor, 1177 - 11 Avenue S.W. T2R 1K9
Addiction Help Line: AHS	Includes smoking cessation	1-866-332-2322 www.albertahealthservices.ca
Addiction Services: Youth Program: AHS	Groups, individuals, family. Available for youth aged 12 - 17	403-297-4664 www.albertahealthservices.ca 1005 - 17 Street N.W. T2N 2E5
Sunrise Native Addiction Services Society	Holistic, aboriginal based addictions program	403-261-7921 www.nass.ca 1231 – 34 Avenue N.E. T2E 6P4
Alcoholics Anonymous		404-777-1212 (24 hour line) www.calgaryaa.org #2, 4014 - 1 Street S.E. T2G 4X7 33 Avenue S.W. T2T 1Z7 403-246-9916
Al-Anon Family Groups	Recovery from another's drinking	403-266-5850 1-888-425-2666 www.al-anon.org McCraig Building 303 Forge Road S.E. T2H 0S9
Food Addicts in Recovery Anon.	Various meetings. Check website for details.	www.foodaddicts.org Suite 1700 400 W. Cummings Park Woburn, MA, USA 01801
Gamblers Anonymous		403-237-0654 www.chinookna.org
Narcotics Anonymous	Chinook area of Narcotics Anonymous	403-991-04327 public.relations@chinookna.org www.chinookna.org BOX 611 34 Kensington R PO T2N 4S6
FAMILY:		
Aspen Family Services	Support, parenting	403-219-3477 www.aspenfamily.org
AHS Family Caregiver Centre	Support to caregivers	403-303-6027 www.albertahealthservices.ca
Canadian Mental health Association	Support for family of those with mental illness	403-297-1700 400, 105 - 12 Avenue S.W. 403-297-1420 – 723 – 14 Street N.W. www.cmha.ca

Name	Description	Contract Info
Cochrane FCSS Community Resource Centre	Workshops, parenting resources	403-851-2250 www.cochrane.ca
Families Matter	Support (not counselling), postpartum depression support, phone support, parenting classes, dads group, family resources centres in Bowness and Forest Heights for preschoolers drop-in, in-home support, referrals	403-205-5178 or 403-205-5191 www.familiesmatter.ca
Parent Support Association	Self-help and support for parent- youth conflict	403-270-1809 201, 4321 - 23B Street N.E. www.psa.calgary.ab.ca
Woods Community Resource Team	Crisis support. Will come to family home.	403-299-9699 1-800-563-6106 www.woodshomes.ca
Alberta Health Services		403-297-4664 www.ahs.ca 1005 17 St NW Fax 403-297-4668
GRIEF:		
Canadian Mental Health Association	Suicide bereavement support 3 locations	403-297-1700 400-105 12 Avenue 403-297-1420 723 - 14 Street N.W. 403-289-6204 2418 - 6 Street N.W: www.cmha.ca
Hospice Calgary	Individual, family, group	403-263-4525 www.hospicecalgary.com
ABUSE/VIOLENCE:		
Calgary and Area Child and Family Services	24 hour crisis line	403-297-2995 (24 hr line) 403-297-6100 (office) 300 - 1240 Kensington Road N.W. www.calgaryandareacfsa.gov.ab.ca
Calgary Communities Against Sexual Abuse	Male/female ages 12+	403-237-6905 or 403-237-5888 (24 hr crisis line) www.calgarycasa.com #700, 910 - 7 Avenue S.W. T2P 3N8
Brenda Strafford Centre	Women and their children	403-270-7240 www.brendastraffordsociety.org BOX 61141 Kensington PO T2N 4S6
AwoTaan Calgary Native Women's Shelter		403-531-1970 www.awotaan.org PO BOX 6084 Stn. A T2H 2L3

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Calgary Women's Emergency Shelter		403-234-7233 (SAFE) 24 hour info line www.calgarywomensshelter.com 201, 2616 - 18 Street N.E. T2E 7R1
Discovery House		403-670-0467 www.discoveryhouse.ca PO BOX 85058 Alberta Park T2A 7R7
Sherriff King Home	Violence, women and their children (24 hour family violence crisis line)	403-266-0718 (24 hour crisis line) www.ywcaofcalgary.com 2003 - 16 Street S.E. T2G 5B7
Kerby Rotary House (Seniors)		403-705-3250 www.kerbycentre.com 1133 - 7 Avenue S.W. T2P 1B2
YWCA Services/Shelter	21 days	403-266-4111 www.ywcaofcalgary.com 320 - 5 Avenue S.E. T2G 0E5
IMMIGRANTS/NEWCOMERS TO CANADA;		
Calgary Mennonite Centre for Newcomers		403-569-3325 www.centrefornewcomers.ca #1010, 999 - 36 Street N.E. T2A 7X6
Calgary Catholic Immigration Society		403-262-2006 www.ccisab.ca 1111 - 11 Avenue S.W. T2R 0G5
Calgary Immigrant Women's Association		403-263-4414 www.ciwa-online.com #200, 138 - 4 Avenue S.E. T2G 4Z6
SHELTERS:		
Boys and Girls Clubs of Calgary (Avenue 15/Safe House)	Provides temporary shelter and basic needs for homeless youth 12 - 17 Open 24 hours a day.	403-276-9981 www.boysandgirlsclubsofcalgary.ca 731 - 13 Avenue N.E. T2E 1C8
Wood's Homes (Exit Youth Shelter)	Provides temporary shelter, support, and basic needs for youth 12 - 17. Stay up to 15 days. Access through Child Welfare.	403-509-2323 www.woodshomes.ca 112 - 16 Avenue N.E. T2E 1J5
Sherriff King Home	Provides basic shelter to vulnerable women and their children who are homeless or fleeing family violence.	403-266-0718 (24 hour crisis line) www.ywcaofcalgary.com 2003 16 St SE T2G 5B7
HOSPITALS:		

Name	Description	Contract Info
Alberta Children's Hospital Foothills Medical Centre		403-955-7211 2888 Shaganappi Trail N.W. T3B 6A8 403-944-1110 (Switchboard) 1403 - 29 Street N.W T2N 4W4
Rockyview General Hospital		403-943-3000 7007 14 Street SW. T2V 1P9
Peter Lougheed Centre		403-943-4555 3500 - 26 Avenue N.E. T1Y 6J4
South Health Campus		403-956-1111 4448 Front Street S.E. T3M 1M4