

# The Children's Link Society

Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3  
Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)  
Website: [www.childrenslink.ca](http://www.childrenslink.ca)

## Counselling Resource List

The following is a list of agencies offering counselling services in the Calgary Rocky View Area. Both private agencies and agencies that base fees on sliding scale are listed below. Please call for dates and times as these are always changing depending on the time of year and the type of counselling.

### Agencies offering Counselling Options:

#### Sliding Scale:

---

**Aboriginal Resource Center Association** (403) 204-0083  
Provides support to Aboriginal children, youths and families to enhance social, emotional, intellectual, spiritual and mental development and well being.

---

**Adoption Supports – Calgary Family Service Bureau** (403) 205-5257  
Professional support and counselling  
Contact: Gail Smillie

---

**Airdrie Family Services** (403) 912-8451  
Provides support services to families in Airdrie and surrounding areas.

---

**Alberta Alcohol & Drug Abuse Commission (AADAC)** (403) 297-4664  
**-Youth Services Center**  
Problems with alcohol, other drugs, gambling. Offers counselling and treatment services, community support home program. Referral information – intake counsellor. Programs and resources – community programs consultant.

---

**Alexandra Community Health Center** (403) 266-2622  
Services offered to parents, children and families in the Eastern area of downtown, serving the tri-area only; Inglewood, Ramsay and Victoria Park. Services include, social skills groups, self esteem group, anger management, children of divorce/separation, family counselling, school counselling and support, and play therapy.

---

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

# The Children's Link Society

Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3  
Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)  
Website: [www.childrenslink.ca](http://www.childrenslink.ca)

---

**Calgary Association of Self Help** (403) 266-8711

**Community Mental Health Rehabilitation Center**

For adults. The association provides client centered, flexible services promoting the abilities of adults who are diagnosed with a mental illness.

---

**Calgary Catholic Immigration Society (CCIS)** (403) 262-2006

Family Place – A host of programs offered for immigrants and refugees of southern Alberta – including employment, community, family and children's support.

Contact: Tatiana 266-6686 ext 221

---

**Calgary Counselling Center** (403) 265-4980

Counselling, education and preventative services for personal difficulties, loss, family relationship problems, family violence, sexual abuse, etc.

---

**Calgary Family Services** (403) 269-9888

Provides individual, family and group counselling and workshops. Also, adaptive counselling and care giving services.

---

**Calgary Region Community Mental Health Services** (403) 297-7345

Treatment services for young people up to 18 years of age and their families, who are experiencing serious emotional, behavioural or social concerns.

---

**Calgary Urban Project society (C.U.P.S)** (403) 221-8799

**Community Health Center**

Calgary Urban Project Society can help financially challenged families to build strong healthy lives for their children and themselves. Parenting classes, parental and postnatal care, peer support, cooking club, healing circle, addictions education and counselling. Most services are free. Anyone parenting a young child can come, or anyone actively pursuing joint/full custody of children.

---

**Calgary Women's Health Collective** (403) 265-9590

Counselling for women.

---

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

# The Children's Link Society

Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3  
Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)  
Website: [www.childrenslink.ca](http://www.childrenslink.ca)

**Catholic Family Service** (403) 233-2360  
Outreach program for young mothers. Individual, marital, family and group counselling.  
Multicultural therapy, child sexual abuse treatment.

---

**Community Resource Team** (403) 299-9699  
24 hour telephone and mobile Crisis Response  
Short term family and individual counselling available by appointment

---

**Community Services Center** (403) 220-4709  
Fee for service – children's services (RCD or CW or employee assistants)  
Community Inclusion Support Team

---

**Connections Counselling and Consulting** (403) 209-1100  
Long term in home support to parents who have developmental disability, counselling,  
support groups and training as well. Also do assessments of parenting skills.

---

**Distress Center** (403) 266-1601  
24 hour Crisis line for people in the rural areas, seniors, teens and youths. Face to face  
counselling, individual, couple, family and group.

---

**Early Psychosis Treatment & Prevention Program** (403) 944-4836  
**Calgary Health Region**  
Early identification and treatment of primary symptoms of psychotic illness. Treat,  
educate and support patient and family. Referrals accepted from physicians and mental  
health workers. They client must be admitted to the program and the family may receive  
treatment. Age: 16 +

---

**Eastside Family Center** (403) 299-9696  
Toll Free # 1-800-563-6106  
Walk-in counselling for parents and youths, information about community resources.  
Legal clinic, budgeting clinic, in-home support services. No cost.

---

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

# **The Children's Link Society**

**Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3**  
**Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)**  
**Website: [www.childrenslink.ca](http://www.childrenslink.ca)**

**Family Adolescent and Children's Services (FACS) (403) 297-2038**  
Three locations in Calgary – Foothills Professional Building, 280, 1620 – 29<sup>th</sup> Street N.W

---

**The Family Psychology Center (403) 282-8288**  
Counselling and psychological services to a wide range of clientele in the legal, corporate, social service, health care, and ministry sectors. Family therapy, play therapy, psychological assessments. Sliding scale.

---

**Family Therapy Program - (403) 802-1680**  
**University of Calgary**  
Professional therapists work with families whose children are experiencing emotional or behavioural problems, with the primary goal being to enable families to develop their own methods of managing these problems more effectively.

---

**Heartland Counselling Services (403) 541-0277**  
Fees on sliding scale. Family counselling and trauma therapy. Emotional issues or vocational issues.

---

**Janus Associates Psychological Services (403) 269-9600**  
Newsletter, workshops, assessments. Specializes in working with children and families, psycho-educational assessments, children with ADD and helping parents develop more effective parenting skills.

---

**Jewish Family Services (403) 287-3510**  
Individual, couple and family counselling/therapy. Family life education. Resettlement services. Vocational and job placement services. Interpreting/translations can be arranged.

---

**New Hope Counselling (403) 259-0010**  
Individual and family therapy, play therapy, conflict resolution, psychological assessment, and group therapy. Fees between \$60.00 and \$100.00 per hour (Christian based).

**The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.**

# The Children's Link Society

Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3  
Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)  
Website: [www.childrenslink.ca](http://www.childrenslink.ca)

---

## **North Central Community Resource Center**

**(403) 275-6666**

Wellness group, The Good Food Box, support and advocacy, Lone Parents focus group, Best Beginnings, support and counselling, childcare registry, employment services, Food Bank Depot, Moms and Tots group, information and referral, and The Community Coordinating Council.

---

## **Outpatient Mental Health Program – Calgary Health Region**

**(403) 943-2464**

The Program provides change oriented and focused clinical therapy services with the most appropriate health care provides in conjunction with the client's primary care physician. Referrals are accepted from psychiatrists and family physicians.

---

## **Raymond Early Parenting Center**

**(403) 242-3533**

Family support counselling, classes, daytime playtime, in-home or school behaviour consultation. Has pre-school program, will accept children with special needs. Also provides parenting seminars.

Website: [www.raymondparenting.com](http://www.raymondparenting.com)

---

## **Sonshine Community Services**

**(403) 243-2002**

Transitional women's shelter (can live there up to one year). Christian organization. Provides counselling and family counselling services.

---

## **Southern Alberta Brain Injury Society (SABIS)**

**(403) 521-5212**

Counselling, support groups, one-to-one support, family support, referrals, advocacy, social functions, and resource library. Resource/information service only for 18 and up.

---

## **Sunrise Community Link Resource Center**

**(403) 204-8280**

Resource Center for the Sunrise Communities.

---

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

# The Children's Link Society

Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3  
Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)  
Website: [www.childrenslink.ca](http://www.childrenslink.ca)

**Spectrum Youth and Family Services** (403) 247-5003  
Child and youth programs, mediation, counselling, in-home family support. Aboriginal resources, in home support and community based programs. Parents may access information on supervision and custody issues.

---

**YWCA Sheriff King Family Support Center** (403) 294-3677  
24 hour Crisis Line – 266-0707  
Programs for women, men, children and adolescents who have witnessed, experienced and/or perpetrated abuse in a relationship. Preventative services, shelter and shelter and counselling. Parent groups.

---

**Private :**

---

**Blackmore and Acton** (403) 245-3211  
Psychologists with experience in Gifted, ADD, LD, anger, anxiety, depression, self esteem, parent – child conflict, for children and adults.

---

**Cecile Fraser Clinical Social Worker** (403) 777-1270  
**Counselling and Consulting Services**  
Individual counselling assists clients with a wide range of emotional health and life management issues. Areas of specialty and interest are depression, anxiety, healing from trauma, and healthy relationships.

---

**Eckert Center for Learning and Wellness** (403) 230-2959  
Home to a team of professionals including psychologists, counsellors, speech language pathologists and occupational therapists.

---

**Ferber Consulting Services** (403) 225-4008  
Private practice of Clinical Social Work. Counselling adults and children. Individual, relationship and family therapy. Help families with divorce. Treatment of addictions.

---

**Foothills Educational Psychological Consultants** (403) 270-9331

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

# The Children's Link Society

Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3  
Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)  
Website: [www.childrenslink.ca](http://www.childrenslink.ca)

Diagnostic assessments, individual, couple, family, group, disability and behaviour management counselling. Learning strategies program for students with mild learning difficulties, learning disabilities and ADD. Fees vary, may be covered by medical plans.

---

## **Footprints Counselling Services**

**(403) 286-2822**

Counselling services for families facing divorce and change.

---

## **Dr. Tim Hall**

**(403) 289-2651**

Certified Hypno-therapist with an extensive in personal counselling of adults, children, and physically and mentally disabled individuals, cancer patients, and people with a variety of rehabilitation objectives. Dr. Hall has a degree of Doctor of Social Work and has a Masters in Public Administration. Also provides individual or group training, lectures/workshops and group demonstrations.

---

## **Sandra Mann – Psychologist, Educator, Mediator**

**(403) 777-7240 etc.  
2276**

Psycho-educational assessment and consultation services. Counselling, groups, running parent and sibling groups for families of children with special needs. Consulting to schools, agencies and parents on the development and implementation of differential programs for exceptional learners.

---

## **Dr. Douglas Murdoch**

**(403) 249-5335**

Psychological services to children and their families. Specializes in anxiety disorders (OCD), depressive disorders, conduct problems, ADD and obesity.

---

## **Peter Chotes & Associates**

**(403) 262-7365**

Counselling in the following areas: ADD, family and marital issues, parenting and life transitions. Can do court assessments.

---

## **Pistel & Associates**

**(403) 245-0550**

Counselling and assessment for children and adults with ADD.

---

## **Ricketts & Associates**

**(403) 289-9385**

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

# **The Children's Link Society**

**Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3**

**Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)**

**Website: [www.childrenslink.ca](http://www.childrenslink.ca)**

Psychological services for children, adolescents and families. Workshops include “Anger Busters, & Teens taking Charge of Anger”, as well as “Confidence Builders”, psychotherapy groups, mental health assessments, play therapy, and parenting. No referral required. Fee for service.

---

**Dr. Teeya Scholten –**

**(403) 230-2959**

**Eckert Center for Learning and Wellness**

Counselling for teen depression. ADD Discovery Seminars (\$10.00). ADD Parenting program(\$75.00/hr). Assessment and consultation (\$100.00/hr). Books for understanding ADD. Fees may be covered by private insurance/employee benefits plan.

---

**Spiritual Directions**

**(403) 210-2802**

Art therapy counselling services. Art therapy is a way to express feelings, wishes and thoughts when words are inadequate or unavailable. It provides a supportive and non-judgmental environment for exploring inner feelings. Ideal for all ages when experiencing emotional difficulties.

---

---

**This listing of counselling options offers parenting course. Please see attached information for additional parenting programs.**

**\*Some extended health plans cover the cost of counselling.**

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.

# The Children's Link Society

Suite 245, 720 - 28<sup>th</sup> Street N.E Calgary, Alta. T2A 6R3  
Phone: 230-9158/ Fax: 230-3252/ E-mail: [child@nucleus.com](mailto:child@nucleus.com)  
Website: [www.childrenslink.ca](http://www.childrenslink.ca)

## The Family Psychology Centre

*Registered Psychologists, Mediators, and Family Therapists*

Jeff Chang, M.A., R.Psych, Director

---

1940-37<sup>th</sup> Street SW ● Calgary, AB T3E 3A3 ● voice: (403) 282-8288 ● fax: (403) 228-9452

The Family Psychology Centre (FPC) is an association of independent practices of counselling and psychology formed in the year 2000. Our team of practitioners provides psychological and counselling services to a wide range of clientele in the legal, corporate, social service, health care, and ministry sectors.

Due to the recent demand for **Specialized Services Clinical Coordinators** and **Administrators**, as well as for **counselling support** to families, FPC would like to advise families with existing FSCD Specialized Services contracts and professional teams of our availability to provide these services.

### **Clinical Coordination and Administration for Specialized Services**

David Sereda, registered provisional psychologist with FPC, is available to provide the *clinical coordination* and *administration* of your Specialized Services. If you are a family with an already existing team of professionals and require coordination services, ask to speak to David at 282-8288. Families seeking clinical coordination and administration for their specialized services ideally have an existing team of non-psychology professionals (ST, OT, Behavioural/ Developmental aides), as noted in their contract with FSCD.

### **Counselling Services for Parents, Individually or as a Couple**

Milena Meneghetti, registered provisional psychologist with FPC, is available to provide individual and couple counselling to the parents of children with disabilities. Milena has a daughter with special needs, and so understands the complex needs of your family. If you and/or

The Children's Link Society neither endorses nor recommends any programs, services, supports, therapies, treatments, etc. but provides impartial and, to the best of our knowledge, factual information for families of children with special needs and service providers in the Calgary Rocky View Region.