

## Community Based Family Supports and Resources

In addition to the mental health supports listed above:

|                                                     |                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                             |
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| <b>Community Connections directory</b>              | 211<br><a href="https://ab.211.ca/">https://ab.211.ca/</a>                                                                                                           | 211 helps you find the right community and social services.                                                                                                                                                                                                                                                                 |
| <b>Carya</b>                                        | <a href="https://caryacalgary.ca/">https://caryacalgary.ca/</a><br>403-205-5244 (counselling)<br>403-269-9888 (general inquiries)                                    | Focus on creating strong families through support for mental, physical, emotional and financial wellbeing.                                                                                                                                                                                                                  |
| <b>Calgary Family Therapy Centre</b>                | <a href="https://www.familytherapy.org/">https://www.familytherapy.org/</a><br>phone: 403-802-1680<br>fax: 403-270-7446<br>email: cftc@familytherapy.org             | Free counselling for families whose children are experiencing psychological, emotional, and/or behavioral problems. No referral needed.                                                                                                                                                                                     |
| <b>Calgary Immigrant Women's Association (CIWA)</b> | 403 263 4414<br><br><a href="https://ciwa-online.com/">https://ciwa-online.com/</a>                                                                                  | CIWA is a culturally diverse settlement agency that recognizes, responds to, and focuses on the unique concerns and needs of immigrant and refugee women, girls. Family counselling among 50 other programs are offered.                                                                                                    |
| <b>Resilient Families</b>                           | <a href="https://hullservices.ca/services/resilient-families/">https://hullservices.ca/services/resilient-families/</a><br>403-207-2557                              | in-home support to help preserve and strengthen families.                                                                                                                                                                                                                                                                   |
| <b>Hull Services</b>                                | <a href="https://hullservices.ca/our-services/self-referral-programs/">https://hullservices.ca/our-services/self-referral-programs/</a>                              | Self-referral programs designed around a continuum of mental health and behavioural supports.                                                                                                                                                                                                                               |
| <b>McMann Calgary</b>                               | <a href="https://mcmancalgary.ca/">https://mcmancalgary.ca/</a><br><br><a href="https://mcmancalgary.ca/youth-programs/">https://mcmancalgary.ca/youth-programs/</a> | Uses an evidence-based model to support youth and families in various different programs.                                                                                                                                                                                                                                   |
| <b>Strongest Families Institute</b>                 | <a href="https://strongestfamilies.com/">https://strongestfamilies.com/</a>                                                                                          | mental health services for youth, adults, and their families.                                                                                                                                                                                                                                                               |
| <b>Trellis Society</b>                              | <a href="https://www.growwithtrellis.ca/families">https://www.growwithtrellis.ca/families</a><br><br>403-472-0373                                                    | Programs include:<br><ul style="list-style-type: none"> <li>• family counselling</li> <li>• Individualized supports for parents/caregivers</li> <li>• Positive Parenting Program classes</li> <li>• Indigenous parenting programs</li> <li>• Psycho-educational workshops</li> <li>• Ages and stages assessments</li> </ul> |

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| <b>Woods's Homes</b>                | 403 270 5696                                                                                                                        | Various support for youth and families.                                                                                                                                                                         |
| <b>YWCA Family Resource Network</b> | <a href="https://www.ywcalgary.ca/programs/family-resource-network/">https://www.ywcalgary.ca/programs/family-resource-network/</a> | Offers support for the whole family to strengthen family relationship, teaching children and teens to cope with trauma and improve child and youth development by building resilience and fostering well-being. |