

Basic Needs Supports: Counselling

** Please note: all of these services have been checked to ensure that they are still providing support during these challenging times. As things develop, they may reduce or adjust services.

** If you are looking for a service that is not outlined below, please call 211 or visit <https://www.ab.211.ca/>

Calgary Counselling Centre: 403.691.5991

- Offering sliding scale fee online counselling
- If you're ready to start counselling, call or register online @ <https://calgarycounselling.com/>

The Mustard Seed

- Addictions Counselling:
 - Call Patience at 403-542-2462
- Indigenous Counselling:
 - Call Brandy at 403-463-2591
- For General Counselling:
 - Call Corinne at 403-462-5176

Wood's Homes East Side Family Center 403-299-9696

- Free counselling for youth and families over the phone or online
- If you are struggling to get through on the phone lines, email crtsupport@woodshomes.ca and someone will call you. E-therapy is also available at ecounselling@woodshomes.ca.

Centre for Sexuality

- Free, short-term counselling services to help people address challenges related to sexuality and sexual health.
- <https://www.centreforsexuality.ca/programs-workshops/counselling/>
- Currently scheduling appointments via phone and skype
- To book a counselling session, please email intake@centreforsexuality.ca
- Trans Lifeline: 1-877-330-6366

