



CALGARY
YOUTH
JUSTICE
COMMITTEES

Volunteer Community Connection Information Sheet

The Alex Youth Counseling



A CALGARY YOUTH JUSTICE
SOCIETY PROGRAM

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CALGARY YOUTH JUSTICE COMMITTEES

What is a Community Connection?

A Community Connection is an opportunity for youth to visit a youth serving organization and learn about all the different ways they can help.

We hope that once youth learn about and are connected to the organization, they will continue to access it for any support or services they might need in the future.



Location

Youth Health Centre

Ages 12 - 24

Monday - Friday, 10:30am - 5:15pm

#104, 2840 2nd Avenue SE

Accessible through Calgary Transit Blue Line
LRT—Franklin Station

Contact

Jared Pittman (he/him)

Mental Health Intake Worker

Phone: 587-583-0401 (Call or Text)

Email: jpittman@thealex.ca

The Alex Youth Counseling

Youth have the opportunity to connect with Jared Pittman through The Alex to learn about counseling and see if they'd like to further explore the process.

A counselor can help youth identify goals and work through potential solutions and strategies. They can provide support with mental health concerns, identifying coping strategies, improving interpersonal relationships and communication to promote positive changes, improving self-esteem, positive behavior changes and tools in optimizing mental health.

Referral Information

You do not need to put in a referral, the youth will be responsible to contact Jared Pittman either by phone or email to set up a time to discuss what counseling looks like and how to book an appointment in they are interested. Youth will be given all information and resources to book this initial meeting with Jared or booking an actual counseling session.

What Youth Have To Do

Contact Jared Pittman to schedule a time to either visit him at The Alex, complete a phone call, or zoom.

When the youth connect with Jared they will learn about counseling at The Alex, the different areas they can support them and teach them skills they may want to learn.

If youth identify that they have a need for mental health supports that could benefit from counseling they can self-refer. Youth will have the opportunity to access single-session counseling or ongoing counseling for up to 12 sessions

Completion

After the Youth meets with Jared they will be responsible for sending him and cc'ing you as the File Chair an email stating what date and time they met with Jared. The only time Jared will respond to these emails is if the youth is not being truthful and they did not meet with Jared at said date.



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