



CALGARY
YOUTH
JUSTICE
COMMITTEES

Youth Community Connection Information Sheet

The Alex Youth Counseling



A CALGARY YOUTH JUSTICE
SOCIETY PROGRAM

cyjc.ca



CALGARY YOUTH JUSTICE COMMITTEES

What is a Community Connection?

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

We hope that once you learn about and are connected to the organization, you will continue to access it for any support or services you 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

Who to Contact

Jared Pittman (he/him)

Mental Health Intake Worker

Phone: 587-583-0401

Email: jpittman@thealex.ca

The Alex Youth Counseling

You have the opportunity to connect with Jared Pittman through The Alex to learn about counseling and see if you'd like to further explore the process, You will have the opportunity to access single-session counseling or ongoing counseling for up to 12 sessions

A Counselor CAN:

- Help you identify goals and work through potential solutions and strategies.
- Support with mental health concerns
- Identify coping strategies
- Improve interpersonal relationships and communication
- Promote positive changes
- Improving self-esteem
- Help with positive behavior changes

What You Have To Do

Contact Jared Pittman to schedule a time to talk with him and learn about counseling, you can talk to him in person, over zoom, or schedule a phone call.

Jared works Monday-Friday. If he doesn't answer, leave a voicemail with your first and last name and your phone number so he can call you back.

To Prove Completion

Once you talk to Jared you will need to send him a follow up email to jpittman@thealex.ca. CC' your File Chair, you will need to send the email to both of them showing you did complete the meeting. You can copy and paste the email below and fill in your own information.

"Hello Jared,

Thank you for meeting with me on (Date you met with Jared) at (Time you met with Jared), I have cc'ed my File Chair as proof of completion.

Thank you,
(Your Name)"

