

COUNSELLING SUPPORTS for Children and Families

Counselling can be administered by a number of trained professionals for a variety of different needs. For example, these professionals can assist with:

- Attention deficit disorder
- Child behavior problems
- Anxiety
- Parent-child conflict
- Bullying
- Parenting
- Separation and divorce
- Physical and sexual abuse of children
- Depression
- Eating Disorders

Both private and Alberta Health funded options are available. Many individuals with extended health benefits have coverage for psychology supports; it is advised to speak directly to your insurance provider to determine amount of funding and specific coverage available.

Publicly Funded / Alberta Health Services

Access Mental Health <https://www.albertahealthservices.ca/services/Page11443.aspx>

Mental Health Clinicians complete a clinical interview over the telephone your child/family's needs. These clinicians are familiar with both Alberta Health Services and community-based programs and will explore all options in order to refer individuals to the most appropriate resources.

Call 403-943-1500 (Ext 1 – Pediatrics).

*Please note that even if your pediatrician refers to Access Mental Health, you still must call to complete the above process.



Calgary Counselling Center <https://calgarycounselling.com/>

("Sliding scale, pay what you can afford")

- Has many very specific programs

Private Psychologists

To look up a list of varied practitioners, please refer to the Community Support Page on Children's Link Society.

<https://childrenslink.ca/community-support/>

Here is a short and incomplete list of providers in the Calgary area –

Evolve Psychology - <https://evolvepsychology.ca/>

Fishcreek Psychology - <http://www.fishcreekpsychology.com/>

Insight Psychological - <https://www.insightpsychological.ca/>

Koru Psychology - <http://koruppsychology.ca/>

Moroz Psychology - <http://morozchildpsychology.com/>

The Family Psychology Place - <https://familypsychologyplace.com/>

Rocky Mountain Psychological Services - <https://www.calgarychildpsychologist.com/>

Yellow Kite Child Psychology - <http://www.yellowkite.ca/>

Kids-Based Resources

Kids Help Phone <https://kidshelpphone.ca/>

[Call a counsellor: 1-800-668-6868](https://kidshelpphone.ca/)





☎ 403-252-6651 📠 403-640-0710

📍 258, 1011 GLENMORE TRAIL SW
CALGARY, AB T2V 4R6

KALEIDOSCOPEPEDIATRICS.COM

Urgent Supports

In an emergency, please call 911.

NOTE: If you are in immediate distress, please go to the nearest urgent care or emergency department. If you are in need of immediate support and are not in imminent danger, please contact the Distress Centre at 403-266-HELP (4357).

<https://www.distresscentre.com/>

For Urgent “walk-in services”, please see the following 2 sites. Due to COVID restrictions, same day appointments are required.

South Health Calgary Health Centre
31 Sunpark Plaza SE, Calgary, Alberta, T2X 3W5

Single Session Therapy by APPOINTMENT ONLY as part of Covid-19 management. No Walk In available.

Clients seeking a single session of counselling can call 403-943-9374 to schedule an appointment. They will be asked basic screening questions for COVID-19 risk. Please call between 08:00 – 15:30 pm to book for the next available same day appointment.

Eastside Community Mental Health Services (ECMHS)

SINGLE SESSION THERAPY (BY APPOINTMENT) AND EXTENDED SERVICES

During COVID-19, registered professionals are available to support families, couples and individuals virtually via Virtual Therapy Sessions (phone or video).

Team of professionals – including psychiatrists, psychologists, social workers and family therapists – help children/teens/families develop ideas designed to support your mental health. Families can access mobile family crisis support or single session therapy via 403-299-9699.



DR. AMY CHOW MD, FRCPC
DR. GARY CHOW MD, FRCPC, FAAP
DR. SYEDA ABBAS MBBS, MD, FRCPC

DR. KATE CULMAN MD, FRCPC
DR. MICHELE KALNY MD, FRCPC
DR. JENNIFER MACPHERSON MD, FRCPC

DR. DARRELL PALMER MD, FRCPC
DR. MELANIE PURTZKI MD, FRCPC