

VENT OVER TEA

ADDITIONAL RESOURCES IN CALGARY

Alcohol and Addiction Support

Alcoholics Anonymous

<http://calgaryaa.org/meetings/>

A list of group meetings around the city aiming to support alcoholics recover from the disease of addiction. In the free meetings alcoholics share their experience, strength, and hope with one another.

Al-anon Family Groups

<https://al-anon.ab.ca/>

Al-Anon Family Groups provides a support group for friends and families of people suffering from alcoholism. At regular meetings, friends and family members share their experiences and learn how to apply the principles of the Al-Anon program to their own situations. There are “Ala-teen” meetings available for younger family members and friends. Meetings are free.

Refuge Recovery

<https://refugerecoverybeltline.com/>

Refuge Recovery is a meditation based program of recovery from all types of addiction and suffering. Meetings are based on the book “[Refuge Recovery](#)” by Noah Levine. Meetings last one hour and include readings from this and other books as well as meditation practice and group sharing, with an emphasis on providing community support for its members. These meetings are also free.

Homewood Health

<http://www.homewoodhealth.com/clinics/anxiety-addiction-trauma-depression-treatment-calgary/>

Immediate access to outpatient treatment for post-traumatic stress disorder, depression, anxiety, addiction, and co-occurring conditions.

Edgewood Health Network

<https://edgewoodhealthnetwork.com/locations/outpatient-centres/calgary/>

An outpatient program for addiction involving addiction education, therapy, prevention techniques, assessments, and plans for recovery. Edgewood works with families, employers, friends and the individual to establish healthy recovery within a supportive community.

Assault and Sexual Assault

Connect Family & Sexual Abuse Network

<http://www.connectnetwork.ca/>

24-hour crisis line: 403-237-5888 or toll-free 1-877-237-5888

One phone call connects you to Calgary’s network of services and support. Provides access to comprehensive services and support for those impacted by domestic violence, sexual violence and sexual abuse.

Counselling and Therapy

Calgary Counselling Centre

<https://calgarycounselling.com/>

An organization committed to providing professional, affordable, and compassionate individual and group counselling.

Calgary Immigrant Women’s Association

<https://www.ciwa-online.com/>

Telephone: 403-263-4414

Professional, culturally-sensitive counselling for immigrant women and their families who are experiencing transition challenges, relationship problems, abuse and trauma.

Distress Centre

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

403-266-4357 (HELP)

24/7 free and confidential crisis line providing compassionate, assessable crisis support for anyone in need.

East Side Family Centre

<https://www.woodshomes.ca/#WalkInModal>

Free Walk in counselling from Wood's Homes

Kids Help Phone

<https://kidshelpphone.ca/>

24-hour crisis line: 1-800-688-6868

24-hour online and counseling available for those 5-20 years old.

Domestic Violence**Calgary Women's Emergency Shelter 24 hr Helpline**

403-234-7233 (SAFE)

Helping women, children, and youth create lives free of abuse.

Meditation**I Meditate Calgary**

<http://imeditatecalgary.org/>

Access to meditation opportunities across Calgary including free drop-in and online meditations.

Yoga Mandala

Tel. 403 243-8830

info@vogamandala.ca

Our goal is to make Yoga accessible to every person of every age in a safe and welcoming environment.

Miscellaneous**Canadian Mental Health Assoc Calgary**

Tel. 403 297-1700

Email info@cmha.calgary.ab.ca

Provides education and support for individuals and families with mental health and/or addiction concern, or a loss by suicide

Elements Calgary Mental Health Centre

Tel. 403 266-8711

Email info@elementscmhc.ca

Offers an approach that understands mental illness and provides adults with support, learning opportunities to develop new skills and recreational opportunities in a climate of acceptance and hope.

Opportunity Works

Email enquiries@opportunitywork.ca

A registered nonprofit agency that provides self employment and mental health support to any individual in Calgary community who identifies as a mental health consumer.



Suicide and Crises Intervention

Centre for Suicide Prevention

<https://www.suicideinfo.ca/>

Resources such as workshops, statistics, and articles related to suicide intervention and prevention.

Crisis Services Canada

<http://www.crisisservicescanada.ca/>

1-833-456-4566

Phone, text, or online chat with someone immediately if you are in distress.

Distress Centre

403-266-4357 (HELP)

24/7 free and confidential crisis line providing compassionate, assessable crisis support for anyone in need.