

COUNSELLING SERVICES

Alberta Employment, Immigration & Industry (AEII)

Suite 301, 800 Railway Avenue, Canmore, AB T1W 1P1

Tel: 403-678-2363, Fax: 403-678-6730

1-403-297-2995 Call collect for after hours emergency services

Provides financial and health benefits to Albertans who do not have the resources to meet their basic needs. The level of assistance depends on each individual's situation, including financial resources, special needs, ability to work and the number of children in the family. Provides people with up-to-date career, workplace and labour market information, career planning, workplace training and training for work.

Alberta Health Services - Addiction Services

101 – 743 Railway Avenue, Canmore, AB T1W 1P2

Tel: 403-678-3133, Fax: 403-678-3138

Banff and Lake Louise – by appointment only – call 403-678-3133

Banff Office : Suite 320, Cascade Plaza, 31 7 Banff Avenue, Banff, AB

Lake Louise Office : 200 Hector, Lake Louise, AB

Addiction Help Line: 1-866-332-2322

Web: www.albertahealthservices.ca

Addiction services offers workplace training, community education and prevention services as well as confidential treatment to individuals with substance abuse or gambling problems, and to their family members or friends. Appropriate referrals can be made to one of a number of available inpatient treatment programs. The Canmore office provides a wide range of written and audio/visual resources on alcohol, other drugs, tobacco and gambling issues for use by professionals and the general public.

Alberta Health Services - Banff Mental Health

Box 1266, 303 Lynx St. Banff, Alberta T1L 1B3

Tel: 403-762-4451, Fax: 403-762-5570

Website: amhb.ab.ca

Offers free, confidential therapy to people of all ages experiencing personal or family difficulties in daily living. Regular hours 8:30- 4:30 Monday to Friday. Urgent Care Mental Health, walk-in basis available at Mineral Springs Hospital Emergency Department 7 days/week. Services are provided free of charge.

Alberta Health Services - Canmore Mental Health Clinic

302 – 800 Railway Avenue, Canmore, AB T1W 1P1

Tel: 403-678-4696 Fax: 403-678-1951

Calgary Health Link 1-866-408-5465

Alberta Health Services – Canmore Mental Health Clinic provides a range of community based mental health services, including assessment, treatment, referral and consultation for individuals and families of all ages who are experiencing a range of mental health problems. Urgent walk-in counseling is also offered after hours at Canmore Hospital. Services are provided free of charge.

Alcoholics Anonymous

Tel: 403-762-2222 (Hospital)

Tel: 1-877-678-3811 Information Recording (includes info on additional meetings in Canmore, Banff, and Lake Louise)

Web: www.calgaryaa.org

Banff Meetings: Mon, Tues & Fri - 8pm at the Mineral Springs Hospital Cafeteria

Canmore meetings: Sun - 8pm Provincial Building
Tues noon Scout Hall 918 - 8th St.
Wed & Thurs 8pm and Sat 8:30pm Ralph Connor Church 617 - 8th St. Side entrance
Fri 10 pm Boardwalk Building 743 Railway Ave, enter left of Evita restaurnat

Banff YWCA Community Resource Centre

Box 520, 102 Spray Avenue, Banff Alberta T1L 1A6
Tel: 403-760-3200/1 -800-813-4138 Fax: 403-760-3234
[Email: crc@ywcabanff.ab.ca](mailto:crc@ywcabanff.ab.ca)

To provide reasonably priced, entry-level accommodation on a daily, weekly and monthly basis. A volunteer program is available on a limited basis, designed for emergency situations. Depending on availability individuals can volunteer to cover accommodation. Meeting rooms are available for nonprofits at discounted rates.

Volunteer opportunities: Special events and programs.

Bow Valley Cares Centre

302 Buffalo Street (Banff Rotary Community Hub, across from CIBC)
Box 3160, Banff, Alberta T1L 1C8
Tel: 403.762.0690 or 1-877-440-2437 (toll free)
E-mail: info@aidsalgary.org
Website: www.aidsalgary.org

What can we do for you? The Bow Valley Cares Centre provides non-judgmental, compassionate and confidential support for people at risk for, living with or affected by HIV/AIDS. We offer:

- Prevention information and resource referrals
- Free condoms (male and female), dental dams and lubricant
- Workshops and education for the Bow Valley Area
- Information booths at health fairs
- Bar Blitzes and outreach

Bow Valley Parent Link

600-9th Street
Tel: 403-678-2535

Parent Link is available to meet one on one with families to provide support in their role of parents with children aged 0-6years old.

Bow Valley Victim Services Association

Box 959, Banff, Alberta T1L 1 K3
Tel: 403-760-01 97 Peter Quinn, Program Director
Fax: 403-762-3120
[Email: Peter.G.Quinn@rcmp-grc.gc.ca](mailto:Peter.G.Quinn@rcmp-grc.gc.ca)
Website: www.bowvalleyvictimservices.org

The BVVSA promotes and advocates the right and entitlements of victims of crime and trauma in the Bow Valley through support, referral, assistance, community liaison and education.

Number of members/volunteers: 45

Volunteer opportunities: Board Member or as Victim Advocates

Distress Line of Southwestern Alberta

Tel: Toll-free 1-888-787-2880

Confidential 24-hour telephone support for individuals needing emotional or mental health support or links to community resources. Sponsored by Canadian Mental Health Association, Alberta South Region.

Kids Help Phone

Tel: Toll-free 1-800-668-6868

www.kidshelpphone.ca

Kids Help Phone is Canada's only toll-free, 24-hour, bilingual and anonymous phone and web counselling, referral and information service for children and youth. Every day, professional counselors provide immediate, caring support to young people in urban and rural communities across the country. Kids contact Kids Help Phone about every issue imaginable – from school, dating and family problems, to depression, abuse and suicide. In 2006, Kids Help Phone

helped young people in need from almost 3,000 Canadian communities more than 1.5 million times through its phone and online services.

Men's Line

Tel: 403-266-4357

The Men's Line provides support, information and referrals for men who may be in any stressful situation, personal or domestic. The Line is available 24 hours per day and 7 days per week.

Psychologists:

Dr. Torie Carlson, Registered Psychologist
212-1240 Railway Avenue, Canmore, AB T1W 1P4
Phone : 403-688-5323 Fax: 888-783-3691

Email : tcarlson@newleafps.com

Website: www.newleafps.com

Dr. Charl de Wet, Registered Psychologist
1205 Bow Valley Trail, Canmore, AB T1W 2Z3
Tel: 403-678-8891

Patricia Doucette, Registered Psychologist
1205 Bow Valley Trail, Canmore, AB T1W 2Z3
Tel: 403-678-8891

Sue Gillies-Bradley, M.Ed., Registered Psychologist

202 – 56 Lincoln Park, Canmore, AB T1W 3E9

Tel: 403-609-7979

Email: dsbradley1@yahoo.ca

Heather W MacFadyen, Ph.D., Chartered Psychologist
1306 Bow Valley Trail, Suite 4
Canmore, AB T1W 1N6
Tel: 403-609-3421, Fax: 403-678-6443

Renee Meggs, Registered Psychologist
#100, 205 Bear St., Box 1501, Banff, AB T1L 1B4
Tel: 403-762-3040

Email: reneemeggs@focusedsolutionscounselling.com

Web: www.focusedsolutionscounselling.ca

Stoney Health Centre – Morley

Box 8, Morley, AB T0L 1 N0

Tel: 403 881-3920, Fax: 403 881-2710

Services to the people of Morley include homecare, public health, medical/dental/optometry visits, pharmacy, x-ray, mental health, counselors, transportation and community services.

Town of Banff Family & Community Support Services – Family School Liaison Program

110 Bear Street, Box 1260 Banff, AB T1L 1A1

Tel: 403-762-1255 Fax: 403-762-1 264

Email: shawn.carr@banff.ca

The Family School Liaison Worker (FSLW) provides free, confidential counselling and referral services for children, youth and parents. Issues addressed include anger management, social skills, anxiety, separation/divorce and parent-child conflict. Access to services can be made through the Banff Elementary and Banff Community High School or directly through contact details above. The FSLW program is also responsible for providing early intervention and prevention programs in the schools such as Roots of Empathy and Rainbows.

Town of Canmore Family and Community Support Services

902 – 7 Avenue, Canmore, AB T1W 3K1

Tel: 403-609-3743, Fax: 609-8271

FCSS provides early intervention; prevention and solution focused counselling to individuals and families.

Town of Canmore Family and Community Support Services Resource Centre

902 – 7 Avenue, Canmore, AB T1W 3K1

Tel: 403-609-3743, Fax: 609-8271

The Resource Centre can assist you in getting the appropriate agency referral in the Bow Valley.

Trident Mediation Counselling and Support Foundation

Contact: Dr. Jen Geary (MEd, MDE)

Registered Social Worker and Family Mediator

Box 8148, Canmore, AB T1W 2T9

Tel: 403-678-2918, Fax: 636-216-0941

[Email: info@tridentfoundation.net](mailto:info@tridentfoundation.net)

Website: www.tridentfoundation.net

This agency offers education and training including conflict management (negotiation, mediation, online dispute resolution), counseling, marriage and family therapy, employee family assistance programs, consultancy and research. Services are offered on-line and/or face-to-face. These services are usually covered through health insurance. Please remember that we are only an email, fax and/or a phone call away!

Violence Against Women Prevention & Counselling

YWCA Community Resource Centre

Tel: 403-760-3225 or 403-760-3234

[Email: iwilson@ywcabanff.ab.ca](mailto:iwilson@ywcabanff.ab.ca)

Offers anti-violence prevention and education as well as free support, information and referral to women and families who experience domestic violence or who have been assaulted or abused in the past. We also facilitate access to shelter services for those fleeing abusive relationships.

Wood's Homes (Home Connections Program)

Tel: 403-678-9484

Website: www.woodshomes.ca

Home Connections is a Wood's Homes program offering intensive in-home family support services for children and their families.

YWCA Family Violence Prevention Centre and Sheriff King Home

2003 – 16 Street SE Calgary, AB T2G 5B7

Tel: 403-266-0707 (24 Hour Crisis Phone), 403-266-4111 (Information/Registration) Fax: 403-262-1743

The YWCA Family Violence Prevention Centre and Sheriff King Home serves women, men and children who have witnessed, experienced, and/or perpetrated abusive behaviour in an intimate relationship. We provide preventative services, shelter and counseling intervention for the Calgary and area community. Women with or without children who are in an abusive relationship may stay up to 21 days. The Outreach Program is available to women in the community. Individual and group counseling services are available to women, children and men.