



Ready when
you are.



Rapid Access Counselling

Change. One conversation at a time.

Book online at communityconnectyyc.ca and click on Rapid Access Counselling, or call 403-233-2360.



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Change. One conversation at a time.

You can have a supportive, change-focused conversation to help with a challenge you're facing right now. Daytime and evening appointments for individuals, couples, and families are available Monday to Friday. Pay what you can afford.

Information and booking at communityconnectyyc.ca and click on Rapid Access Counselling, or call [403-233-2360](tel:403-233-2360).

FAQs

Who's eligible for Rapid Access Counselling?

The service is for everyone. If you think a supportive and change-focused conversation could help you resolve a current stressor, or move through an ongoing struggle, Rapid Access Counselling is for you.

You can book an appointment as an individual, couple, or family.

Is one conversation enough?

Rapid Access Counselling is a single-session service, and often one session is enough. Our outcomes show that 85% of clients reported their degree of hopelessness, anxiety and distress was reduced as a result of participating in just one single session appointment.

If the issue persists, or you're facing a new challenge, you can book another appointment.

What can counselling help me with?

We can support you with a variety of concerns, including parenting, relationships, mental health, grief, stress, and more.

If you're not sure if Rapid Access Counselling is for you, contact our Family Engagement and Resource Team. They can provide you with advice, coaching, support and information about our counselling and other services. Reach them at [403-233-2360](tel:403-233-2360) or intake@cfs-ab.org.

What is a change-focused conversation?

During your 75-minute appointment, we'll work with you to assess what conversation we need to have. The change-focused part means we'll work to identify solutions, build on your existing strengths, and guide you to deal with what's troubling you. You'll leave the session with strategies you can continue using on your own.

How long will I have to wait?

We're ready when you are. Our online booking service lets you see all the available appointments. With multiple daytime and evening spaces from Monday to Friday, you can usually book one within a week.

What does "pay what you can afford" mean?

We never want cost to be a barrier to support. You choose the session fees that are comfortable and manageable for you. We trust you know your circumstances best. Some clients pay no fee, while others pay the full rate (\$185); others pay something in the middle. Clients with insurance pay the full fee until their benefits run out. Then they pay what they can afford.



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Functional Family Therapy

a carya and Catholic Family Service partnership

If your family is dealing with challenges, Functional Family Therapy is here for you.

We'll work with you to create real and lasting change, leaving you equipped to handle whatever life throws at you. Functional Family Therapy (FFT) is a short term, evidence-based program that works with families over 12 to 14 sessions. This team focuses on working with youth between the ages of 11 and 18.



We know family relationships can be hard, but we will look for your family's strengths and will help you to build a foundation of acceptance and respect. FFT works with the **whole** family to acknowledge the hurt and pain families are going through, while holding people accountable, and teaching families new ways of doing things. **It isn't always easy, but we are there to help guide you through the process and on to better days ahead.**

Is FFT for me?

FFT is for you if you are a family with a child between the ages of 11 and 18 and are dealing with any of the following challenges:

- involvement with juvenile justice system
- family conflict
- problems at school
- mental health

What can I expect from FFT?

Over the course of three to five months, your therapist will work with your whole family to understand the family dynamics, and will work with you to personalize the service to meet your family's needs.

As a result, you will:

- build trust and respect
- learn supportive parenting practices
- build communication skills
- strengthen family relationships



FFT Criteria

To participate in this program, the presenting child must be between the ages of 11 and 18 years, and:

- the child must be living at home or planning on returning to home
- the family must be willing to participate in the therapy. No individual sessions will be offered
- for optimal outcomes, the family must also not be in active crisis

Frequently Asked Questions



Where will I see my FFT therapist?

Since the onset of COVID-19, our program has been offered in a hybrid model of virtual and in-person sessions (at our office and/or home). This will continue to change as we move through this global pandemic. The FFT therapist will work with you to ensure the best fit for your family, ensuring the safety of all participants. Since this program runs in partnership, you may be assigned to a qualified therapist at either **carya** or Catholic Family Service.



What is the cost of FFT?

carya or Catholic Family Service will work with you to ensure finances are not a barrier to service. In some situations, fees will be waived.

How often will I meet with my therapist?

You will meet with your therapist about once per week. In the beginning, as the therapist is getting to know you and your family, they may request more frequent sessions.

What is the availability of my therapist?

Your therapist has flexible appointment times, including some evenings. However, due to the high demand for evening appointments, your therapist may not have this availability immediately for you. They will work with you to accommodate your needs.

Who needs to be present in my sessions?

Because FFT involves the entire family, your therapist will ask that as many family members be involved for as many sessions as possible. Individual therapy sessions are not part of this program. We are happy to refer families to individual counseling programs if that is what they are looking for.

If you feel like FFT is right for you and your family, contact us.

Call **carya's** intake line at **403-205-5244** or online at **caryacalgary.ca** or **cfs-ab.org**



Families Together



Strengthening family resiliency, empowering parents, and building connections through fun and educational activities

CONNECTION • FAMILY • COMMUNITY

FAMILIES TOGETHER PROGRAM:

- 9-weeks for ~1 hour
- Families with school-aged children and youth
 - Family time & Parent Group
 - All supplies provided

OPTIONS FOR JOINING:

VIRTUAL*

IN-PERSON

Ongoing recruitment in 2022!

For more information please contact:

Kelly Suppes

p: 403.616.8105

e: kelly.suppes@cfs-ab.org

**Don't have the technology to connect to the program?
Let us know and we can help you get connected!*

