

Counselling is for everyone.

Regardless of what you're going through, you're not alone and we are here to guide and support you.



START TODAY
CALL OR CONTACT US AT
833.827.4230
counsellingalberta.com

Online counselling available anywhere in Alberta, plus in-person counselling available in:

- Edmonton
- Fort McMurray
- Grande Prairie
- Lethbridge
- Medicine Hat
- Red Deer

Regular Hours

MONDAY–THURSDAY 8:30 a.m. – 7:30 p.m.
FRIDAY 8:30 a.m. – 5:00 p.m.
SATURDAY 9:00 a.m. – 3:30 p.m.
SUNDAY Closed



“Just because it’s an injury you can’t see, doesn’t mean it’s any less deserving of healing.”

— GARRETT

WITH THE GENEROUS SUPPORT OF



COUNSELLING ALBERTA IS A DIVISION OF CALGARY COUNSELLING CENTRE
SUITE 1000, 105 – 12 AVE SE, CALGARY, AB CANADA T2G 1A1
P 403.265.4980 F 403.265.8886 COUNSELLINGALBERTA.COM
Alberta Society #50003951 Charitable Registration #10809 1950 RR0001

Effective and affordable counselling for everyone.

Online counselling available to everyone in Alberta.

No financial barriers

No waitlist

833.827.4230 counsellingalberta.com

Why choose Counselling Alberta?

1

No waitlist

Get the help you need
when you need it.

2

No financial barriers

Fees are determined according
to income and ability to pay.

3

Get results

Our clients achieve
meaningful results.

Life comes with challenges. But you don't have to face them alone.

We all need help sometimes.

When we experience hardship, whether physical, financial, social or otherwise, our mental health is impacted. During those times its critical to prioritize your mental health. Taking care of your mental health will ensure you have the tools you need to face current and future challenges.

Counselling that is right for you.

Individuals, couples, family, and
group counselling available.

"The quality of the counselling
was excellent. In my time there
I gained skills that I continue to
find helpful"

— MADISON

We can help you through life's challenges.

- Addictions
- Anger problems
- Anxiety
- Attention deficit disorder
- Bereavement/grief
- Bullying
- Child behaviour problems
- Couple/marital relations
- Depression
- Postpartum depression
- Domestic abuse
- Eating disorders
- Elder abuse
- Family relationships
- Gender issues
- Health issues
- Job loss/termination
- Parent-child conflict
- Parenting
- Personal growth
- Physical & sexual abuse
- Relationship problems
- Self-esteem
- Separation/divorce
- Sexuality/intimacy
- Stress
- Trauma
- Victim of crime
- Violence in intimate relationships
- Workplace conflict