

KEY MESSAGES

Every Albertan should have access to highly effective counselling without waiting or financial barriers. Counselling Alberta makes this possible.

Counselling Alberta provides online counselling throughout Alberta including rural and remote areas, as well as in-person counselling in cities across Alberta including Edmonton, Lethbridge, Grand Prairie, Red Deer, Fort McMurray and Medicine Hat.

The Alberta Government selected Calgary Counselling Centre (CCC) to develop and implement a provincial online and in-person counselling program in response to the growing need for mental health services across our province.

QUESTIONS AND ANSWERS

Does online counselling work?

Research shows that online counselling is equally effective as in-person care, and feedback from clients has been overwhelmingly positive.

Since March 2020 CCC and Counselling Alberta have delivered over 100,000 hours of counselling to individuals, couples, families, children, and youth with client results being equally or more effective to in-person counselling.

Some of the advantages of online counselling is that it eliminates barriers for access. Barriers such as time, mobility, stigma, anxiety, etc.

WHY CALGARY COUNSELLING CENTRE?

For over 60 years, Calgary Counselling Centre has been addressing community needs and making a positive impact in the lives of thousands of Calgarians. Through ought that time CCC has proven to be able to scale to meet increased demand while maintaining the quality of service delivery and increasing client results. Today, Calgary Counselling Centre delivers the highest client results in the industry with no waitlist and a sliding fee scale.