



## AIFY Programs & Services

### Resource Guide

2024-2025

V.1



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## Academic Supports

<b>AGENCY</b>	<b>Roots2Stem</b>	
<b>PROGRAM</b>	<i>STEM Based in-school and after school programs</i>	
<b>PROGRAM description</b>	Our STEM programs provide for school programs and after-school programs that give students some STEM education. These programs can be tailored to a specific group, School or course. Working with Chinook Rotary members we can support mentoring and educational STEM programs.	
<b>ELIGIBILITY Requirements</b>	<a href="https://roots2stem.ca/">https://roots2stem.ca/</a>	
<b>CONTACT person(s)</b>	Dean White	
<b>CONTACT email</b>	<a href="mailto:dean@roots2stem.ca">dean@roots2stem.ca</a>	
<b>CONTACT phone</b>	403-257-4200	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Academics	

<b>AGENCY</b>	<b>Roots2Stem – CAPSTONE Engineering Academy</b>	
<b>PROGRAM</b>	<i>Distant Education Program - STEM</i>	
<b>PROGRAM description</b>	Our Engineering and Technology programs are accredited and funded by Alberta Education. These school programs are hands on programs that give students some much needed STEM education. These programs can be tailored to local community requirements with in-person or on-line. We can deliver to your school or community by bringing our Lab of Discovery to your facility.	
<b>ELIGIBILITY Requirements</b>	<a href="http://capstoneacad.ca">Home - STEM Education (capstoneacad.ca)</a>	
<b>CONTACT person(s)</b>	Dean White	
<b>CONTACT email</b>	<a href="mailto:dean@capstoneacad.ca">dean@capstoneacad.ca</a>	
<b>CONTACT phone</b>	403-930-3535	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Academics, Post Secondary	

<b>AGENCY</b>	<b>SAIT- Summer Camps</b>	
<b>PROGRAM</b>	<i>Summer Camps</i>	
<b>PROGRAM description</b>	<p>Known for it's hands-on learning environment and non-traditional offerings, our summer camps encourage children and youth in Grades 4-12 to explore interests and future career options, learn new things and make connections.</p> <p>Please visit our site to view all available summer camps.</p> <p><a href="https://www.sait.ca/youth-programs/summer-camps">https://www.sait.ca/youth-programs/summer-camps</a></p>	
<b>ELIGIBILITY Requirements</b>	Please view above link to learn more about eligibility.	
<b>CONTACT person(s)</b>	Intake Coordinator	
<b>CONTACT email</b>	<a href="mailto:Youth.programs@sait.ca">Youth.programs@sait.ca</a>	
<b>CONTACT phone</b>	403-210-5650	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Academics	

<b>AGENCY</b>	<b>SSY - Stars for Scholarly Youth (University of Calgary)</b>	
<b>PROGRAM</b>	<i>1 on 1 Tutoring</i>	
<b>PROGRAM description</b>	Free 1-on-1 tutoring with a university student and community youth (Grades 5 – 12) to provide equal access despite financial or social circumstances.	
<b>ELIGIBILITY Requirements</b>	<p>The following youth (Grades 5 – 12) can access our services:</p> <ul style="list-style-type: none"> <li>• Anyone who is in financial need (unable to afford tutoring otherwise)</li> <li>• Is/has recently been in a social intervention (including but not limited to shelters or foster homes)</li> <li>• New immigrants</li> <li>• Refugees</li> </ul> <p>While priority is given to youths described above, we also provide our services to students seeking additional academic support, subject to the availability of our tutors.</p> <p><a href="https://www.starsforyouth.ca/">https://www.starsforyouth.ca/</a></p>	
<b>CONTACT person(s)</b>	Laiba Kahloon Michelle Hussian Genesis Ocampo	
<b>CONTACT email</b>	<a href="mailto:tutoring@starsforscholarlyyouth.com">tutoring@starsforscholarlyyouth.com</a>	

<b>CONTACT phone</b>	Note: SSY does a criminal record check on our volunteers (with our 1-on-1 tutoring program) as they work directly with vulnerable youth.  Tutoring is currently being offered virtually, but SSY is working out the logistics to offer drop-in in-person tutoring sessions throughout the semester.	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Academic	

<b>AGENCY</b>	<b>YMCA</b>	
<b>PROGRAM</b>	<i>Math and Science Tutoring</i>	
<b>PROGRAM description</b>	<p>The YMCA Math Tutoring Table offers free tutoring services for local youth ages 14 to 21. Under All In For Youth initiative, the program aims to remove the financial barrier of private tutoring to assist students in passing their registered math programs. Volunteer tutors serve as a guide in the students’ learning, assisting students with challenging concepts and enhancing their confidence in problem-solving. Volunteers also act as positive role-models and mentors, often providing students with career advice and personal experience and knowledge.</p> <p>Sessions are offered over the fall and winter semesters each year.</p> <ul style="list-style-type: none"> <li>• Mathematics courses offered: 10-C, 10-3, 20-1, 20-2, 30-1, and 30-2.</li> <li>• Science courses</li> </ul> <p><a href="https://www.ymcacalgary.org/tutoring-table-program">https://www.ymcacalgary.org/tutoring-table-program</a></p>	
<b>ELIGIBILITY Requirements</b>	Priority will be given to students with financial needs, academic needs and willingness to learn	
<b>CONTACT person(s)</b>	Bailey Martineau (Youth Engagement Manger) Clifford Turtle(Lead Tutor supervisor) Ivan Cruz (Lead Tutor Supervisor)	
<b>CONTACT email</b>	<a href="mailto:bailey.martineau@calgary.ymca.ca">bailey.martineau@calgary.ymca.ca</a>	
<b>CONTACT phone</b>	403-826-2757 (Bailey) 403 660-0465( Ivan Cruz)	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Academic	

<b>AGENCY</b>	<b>YMCA</b>	
<b>PROGRAM</b>	<i>Alternative to Suspension Program</i>	
<b>PROGRAM description</b>	Alternative Suspension is for students who are at risk of suspension and can be supported through early intervention or students who are suspended from school. There are five approaches through which youths can be referred to the program	

	<ol style="list-style-type: none"> <li>1. The program is used as a preventative measure prior to a suspension</li> <li>2. A suspension normally results in a referral to the program</li> <li>3. The program is part of the regular options the school considers, and referrals are made on a case-by-case basis.</li> <li>4. The program is generally used when other options have failed</li> <li>5. The program is the last resort</li> </ol>
<b>ELIGIBILITY Requirements</b>	<a href="https://www.ymcacalgary.org/alternative-suspension-program">https://www.ymcacalgary.org/alternative-suspension-program</a>
<b>CONTACT person(s)</b>	Bailey Martineau (Youth Engagement Manger) Scott Caithcart ( Youth worker ASP) Tessa O’Byrne (Youth Worker Asp)
<b>CONTACT email</b>	<a href="mailto:bailey.martineau@calgary.ymca.ca">bailey.martineau@calgary.ymca.ca</a>
<b>CONTACT phone</b>	403-826-2757(Bailey) 403 899-4125 (Scott) 403 463-2448 (Tessa)
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Academic

## Self-Care & Resiliency Supports

### 1. Mentorship

<b>AGENCY</b>	<b>Miskanawah</b>
<b>PROGRAM</b>	<i>Diamond Willow Youth Lodge</i>
<b>PROGRAM description</b>	Diamond Willow Youth Lodge is a youth inspired and youth led, gathering space for Indigenous youth. In this community setting, youth can come hang out, connect with culture, participate in a variety of programs, and access resources.  <a href="https://miskanawah.ca/diamond-willow-youth-lodge">https://miskanawah.ca/diamond-willow-youth-lodge</a>
<b>ELIGIBILITY Requirements</b>	Diamond Willow Youth Lodge is open to youth ages 12 to 29 years.
<b>CONTACT person(s)</b>	Meghan Eaglespeaker
<b>CONTACT email</b>	meaglespeaker@miskanawah.ca diamondwillow@miskanawah.ca
<b>CONTACT phone</b>	Information Line: 403.262.5050 or 403.247.5003
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Indigenous Well-Being Support



<b>AGENCY</b>	<b>Miskanawah</b>
<b>PROGRAM</b>	<i>TAWAW Family Resource Network (FRN)</i>
<b>PROGRAM description</b>	<p>Tawaw Family Resource Networks offer a wide range of supports ranging from in home parenting support to Indigenous language classes and more. Family Resource Networks are open to the public, no formal referral is required.</p> <p><a href="https://miskanawah.ca/files/documents/Brochure_-_Tawaw_Family_Resource_Networks.pdf">https://miskanawah.ca/files/documents/Brochure_-_Tawaw_Family_Resource_Networks.pdf</a></p>
<b>ELIGIBILITY Requirements</b>	None
<b>CONTACT person(s)</b>	<p>Northeast – Linda Collins 403.700.8440</p> <p>Northwest – Lynette Presaud 403.714.4895</p>
<b>CONTACT email</b>	<p><a href="mailto:neconnector@miskanawah.ca">neconnector@miskanawah.ca</a></p> <p><a href="mailto:nwconnector@miskanawah.ca">nwconnector@miskanawah.ca</a></p>
<b>CONTACT phone</b>	403.247.5003
<b>FOCUS OF WORK – Parenting, Mental Health, Cultural Connection</b>	Self-care, General Well-Being

<b>AGENCY</b>	<b>Trellis Society</b>
<b>PROGRAM</b>	<i>Success Coach</i>
<b>PROGRAM description</b>	<p>Trellis Success Coaches operate in fourteen high schools across Calgary, seeking to remove barriers for youth to increase high school completion rates. Success Coaches collaborate with school administrative and support teams to identify youth experiencing challenges which may prevent them from completing high school, returning to school, and/or successfully transitioning out of high school. Using a relationship-based, trauma-informed and harm reduction approach, through case management Success Coaches help youth identify these barriers, create and work to achieve goals, connect youth to AIFY community partner agencies, and ultimately aim to reduce risk factors and increase protective factors for them. This work can occur in school or out in the community. Success Coaches continue to engage youth throughout school breaks and summer months.</p> <p>More intentionally and strategically, AIFY Success Coaches provide youth the opportunity to create meaningful relationships with a diverse group of supportive adults. AIFY supports youth by identifying, navigating and/or removing barriers to school completion, ensuring access to basic needs, addressing academic needs, and connecting to other physical and emotional supports.</p>

	<a href="https://www.growwithtrellis.ca/youth-programs/education-employment-support/all-in-for-youth">https://www.growwithtrellis.ca/youth-programs/education-employment-support/all-in-for-youth</a>	
<b>ELIGIBILITY Requirements</b>	Students registered at an All In For Youth High School with a designated Success Coach.	
<b>CONTACT person(s)</b>	Suzanne Risley Kate Heney	
<b>CONTACT email</b>	<a href="mailto:srisley@growwithtrellis.ca">srisley@growwithtrellis.ca</a> <a href="mailto:kheney@growwithtrellis.ca">kheney@growwithtrellis.ca</a>	
<b>CONTACT phone</b>	Suzanne Risley: 403-973-9232 Kate Heney: 403-966-1630	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, Mentorship	

<b>AGENCY</b>	<b>Trellis Society</b>	
<b>PROGRAM</b>	<i>Junior High Navigator</i>	
<b>PROGRAM description</b>	<p>The Junior High Navigator is located directly within the school to help youth grow their capacity to navigate stresses and challenges. The Navigator works in the school full-time during school hours and can work with youth out in the community or on evenings and weekends when planned in advance and when there is Guardian consent to do so. All In For Youth operates year round, which means that your Navigator can connect with you over school breaks to help you work toward your goals.</p> <p><a href="https://www.growwithtrellis.ca/youth-programs/education-employment-support/all-in-for-youth">https://www.growwithtrellis.ca/youth-programs/education-employment-support/all-in-for-youth</a></p>	
<b>ELIGIBILITY Requirements</b>	Students registered at an All In For Youth Jr High School with a designated Junior High Navigator.	
<b>CONTACT person(s)</b>	Suzanne Risley Kate Heney	
<b>CONTACT email</b>	<a href="mailto:srisley@growwithtrellis.ca">srisley@growwithtrellis.ca</a> <a href="mailto:kheney@growwithtrellis.ca">kheney@growwithtrellis.ca</a>	
<b>CONTACT phone</b>	Suzanne Risley: 403-973-9232 Kate Heney: 403-966-1630	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, Mentorship	

<b>AGENCY</b>	<b>SSY - Stars for Scholarly Youth (University of Calgary)</b>
<b>PROGRAM</b>	<b>Star Gate Mentorship</b>
<b>PROGRAM description</b>	A mentorship program where University students are paired with Jr. High or High School students to mentor them with life, school (advising them on their academic path), and interests (such as sports, hobbies, and extracurriculars)  <a href="https://www.starsforyouth.ca/calgary">https://www.starsforyouth.ca/calgary</a>
<b>ELIGIBILITY Requirements</b>	This program is for every youth in Grades 5 – 12.
<b>CONTACT person(s)</b>	Laiba Kahloon Michelle Hussian Genesis Ocampo
<b>CONTACT email</b>	<a href="mailto:mentoring@starsforscholarlyyouth.com">mentoring@starsforscholarlyyouth.com</a>
<b>CONTACT phone</b>	Note: SSY does a criminal record check for volunteer tutors (with our 1-on-1 tutoring program) as they work directly with vulnerable youth. For the tutoring and mentorship program – they are both currently virtual but SSY are working out the logistics to offer in-person tutoring in mid-October
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, Mentorship

## 2. Financial Support

<b>AGENCY</b>	<b>Burns Memorial Fund</b>	
<b>PROGRAM</b>	<i>High School Bursary Program</i>	
<b>PROGRAM description</b>	<p>This program is for Calgary high school students who are within two semesters of graduating from grade 12 and who are at risk of dropping out of school for financial reasons. A basic living allowance is provided to assist students in covering expenses such as rent, food and transportation. Students submit an application package that includes documentation of income eligibility and a referral from their high school counsellor. Students are interviewed by the Grants Manager. Attendance and marks are monitored monthly.</p> <p><a href="https://burnsfund.com/programs/childrens-fund/high-school-students/">https://burnsfund.com/programs/childrens-fund/high-school-students/</a></p>	
<b>ELIGIBILITY Requirements</b>	<p>To qualify for support, student must: be under 21 years of age, be a resident of Calgary for at least the past 6 months, be within 2 semesters of graduating grade 12, be enrolled in a full-time program of at least 3 courses each semester, be able to show documentation of current finances, demonstrate the ability to consistently participate in classes during the school year, and be living independently or living in a family that is experiencing severe financial stress that is negatively impacting the student's school success, putting them at possible risk of dropping out or not completing high school.</p> <p><a href="http://www.burnsfund.com/programs/childrens-fund/high-school-students/">www.burnsfund.com/programs/childrens-fund/high-school-students/</a></p>	
<b>CONTACT person(s)</b>	Tre Ostroski	
<b>CONTACT email</b>	<a href="mailto:tre.ostroski@burnsfund.com">tre.ostroski@burnsfund.com</a>	
<b>CONTACT phone</b>	587-579-5443	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Financial Support	

<b>AGENCY</b>	<b>JASA – Junior Achievement Southern Alberta</b>	
<b>PROGRAM</b>	<i>Personal Finance</i>	
<b>PROGRAM description</b>	<p>This program helps students become financially literate and develop strong leadership and communication skills by creating their own risk-free business. Given the events of the last few years these skills are more important than ever for the young adults in grades 9-12 to prepare them before entering the career world.</p> <p>Program resources can be shared with teachers for them to run it at their own preference, or students can sign up for an extra-curricular version run by JA South Alberta.</p> <p><a href="https://jasab.ca/programs/details/personal-finance.html">https://jasab.ca/programs/details/personal-finance.html</a></p>	
<b>ELIGIBILITY Requirements</b>	Must be within grades 9-12	
<b>CONTACT person(s)</b>	Maia Adam	
<b>CONTACT email</b>	<a href="mailto:m.adam@jasouthalberta.org">m.adam@jasouthalberta.org</a>	
<b>CONTACT phone</b>	587-896-4363	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Financial Literacy	

<b>AGENCY</b>	<b>Momentum</b>	
<b>PROGRAM</b>	<i>Money Management Financial Literacy</i>	
<b>PROGRAM description</b>	<p><b>Money Management</b> workshops include Budgeting, Assets, Consumerism, Banking, and Credit. These 2-hour workshops can be delivered in-person, tailored for a CALM class, or accessed free online.</p> <p><a href="https://momentum.org/program-departments/manage-your-money">https://momentum.org/program-departments/manage-your-money</a></p> <p><b>Matched Savings for Youth</b> will teach you how to save and manage your money during 2-hour evening workshops, twice a month, for 6 months. Momentum will match the money you save 4:1, which you can spend on tuition, textbooks, a laptop for school, tools for work, RESP, RDSP, or starting your own business. If you save the maximum \$75/month for 6 months, you will have <b>\$450</b> of your own funds and <b>\$1,800</b> of Momentum’s funds. That’s a combined savings of <b>\$2,250</b> towards your future!</p> <p><a href="https://momentum.org/programs/matched-savings-youth">https://momentum.org/programs/matched-savings-youth</a></p>	
<b>ELIGIBILITY Requirements</b>	Money Management – none Matched Savings for Youth- ages 16 to 24	

<b>CONTACT person(s)</b>	Tabatha Wallace	
<b>CONTACT email</b>	<a href="mailto:tabathaw@momentum.org">tabathaw@momentum.org</a>	
<b>CONTACT phone</b>	403-204-2688	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Finance literacy	

<b>AGENCY</b>	<b>Prospect Human Services</b>	
<b>PROGRAM</b>	<i>Youth Assessment Services</i>	
<b>PROGRAM description</b>	Assessment and Service Management services for 16-20 year old learners experiencing barriers to attendance and seeking financial supports via Foundational Learning Assistance program, to attend high school across the Calgary, Central regions and Southern Alberta. These collaborative services are carried out in partnership with Alberta Community and Social Services. <a href="https://www.prospectnow.ca/youth-assessment-services/">https://www.prospectnow.ca/youth-assessment-services/</a>	
<b>ELIGIBILITY Requirements</b>	Ages 16 – 20	
<b>CONTACT person(s)</b>	Shaundell Curran (primary)	
<b>CONTACT email</b>	shaundell.curran@prospectnow.ca	
<b>CONTACT phone</b>	403-835-3294	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Finance	

### 3. Counselling

<b>AGENCY</b>	<b>Carya</b>
<b>PROGRAM</b>	<i>Family Counselling and Therapy</i>
<b>PROGRAM description</b>	<p>We know that strong, healthy relationships build strong, healthy communities and our team of skilled therapists help Calgarians develop the skills and support networks they need.</p> <p>We walk alongside people in times of crisis with wraparound care, and work together to build strength, resiliency, and social connection</p> <p><a href="https://carya.wpenginepowered.com/get-support/mental-health-and-well-being/">https://carya.wpenginepowered.com/get-support/mental-health-and-well-being/</a></p>
<b>ELIGIBILITY Requirements</b>	We offer counselling for families, older adults and language specific counselling.
<b>CONTACT person(s)</b>	Intake Department
<b>CONTACT email</b>	<a href="mailto:intake@caryacalgary.ca">intake@caryacalgary.ca</a>
<b>CONTACT phone</b>	403-205-5244
<b>Focus of Work-Academics, Self-Care, Post Secondary</b>	Self-Care, Counselling

<b>AGENCY</b>	<b>FearIsNotLove</b>
<b>PROGRAM</b>	<i>Child, Youth and Family Therapy</i>
<b>PROGRAM description</b>	<p>The Child, youth and family therapeutic program is a place where scared kids get a voice, where their parents see how brave and brilliant they are and can be, and where adults learn and children teach.</p> <p><b>Maximum 5 months 1:1 counselling for children aged 6-11;</b> In person, phone or virtual options available. <i>FREE OF CHARGE</i></p> <p><b>Parent(s)/supportive adult receive individual sessions</b> focusing on attachment, parenting stressors and how to support their child through or after a violent or abusive family event. Dyad sessions available if appropriate.</p> <p><b>Creative Freedom Art Therapy Group</b> : ages 8-11, 6 week <b>art and</b> emotion-focused group processing for children living in scary or abusive family situations.</p> <p><b>Referrals</b> through our Helpline at 403.234.7233; email <a href="mailto:helpforchildyouthfams@fearisnotlove.ca">helpforchildyouthfams@fearisnotlove.ca</a></p>

	<a href="https://fearisnotlove.ca/child-youth-and-family-therapy-program/">https://fearisnotlove.ca/child-youth-and-family-therapy-program/</a>	
<b>ELIGIBILITY Requirements</b>	Ages 6-11 ( parental consent required unless legal document currently in place ) One parent must be engaged alongside the child. Parents who are victims of violence or have used fear or intimidation in their parenting are supported.	
<b>CONTACT person(s)</b>	Mandy Robinson	
<b>CONTACT email</b>	<a href="mailto:Mandy.robinson@fearisnotlove.ca">Mandy.robinson@fearisnotlove.ca</a>	
<b>CONTACT phone</b>	403.290.3300	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-care, Counselling	

<b>AGENCY</b>	<b>FearIsNotLove</b>	
<b>PROGRAM</b>	<i>Healthy Relationships Program</i>	
<b>PROGRAM description</b>	<p>This program provides a therapeutic space for youth to explore how to build/choose to live in respectful relationships with their friends/family. <b>Maximum 4 months 1:1 counselling for youth aged 12-21;</b> In person, phone or virtual options. <i>FREE OF CHARGE</i> <b>Parents/supportive adults receive 4 sessions</b> focusing on stressors, communication &amp; how to best support their teen. Dyad sessions available if appropriate. <b>Interactive presentations:</b> teachers/guidance teams can choose from the following 4 topics: *Healthy vs. Unhealthy Relationships *Coping *Emotional regulation *Communication <b>Referrals</b> through schools guidance team or our Helpline at 403.234.7233; email <a href="mailto:helpforchildyouthfams@fearisnotlove.ca">helpforchildyouthfams@fearisnotlove.ca</a></p> <p><a href="https://fearisnotlove.ca/healthy-relationships-program/">https://fearisnotlove.ca/healthy-relationships-program/</a></p>	
<b>ELIGIBILITY Requirements</b>	Ages 12-21 ( parental consent required for ages 12-17 ) No mature minors Focus on violence prevention & healthy relationships as primary concern	
<b>CONTACT person(s)</b>	Mandy Robinson	
<b>CONTACT email</b>	<a href="mailto:Mandy.robinson@fearisnotlove.ca">Mandy.robinson@fearisnotlove.ca</a>	
<b>CONTACT phone</b>	403.290.3300	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-care, counselling	



<b>AGENCY</b>	<b>HULL Services</b>	
<b>PROGRAM</b>	<i>Mental Health and Addiction Navigator</i>	
<b>PROGRAM description</b>	<p>System Navigation is a service for parents and caregivers of children and youth or youth themselves, looking for mental health and/or addiction supports. This free service helps children, youth and families better identify and access mental health and addiction services in our community through the use of a Mental Health and Addiction Navigator.</p> <p>Families or professionals can reach out to the navigator who will assess the needs of the young people requiring support, offer their clinical assessment, and recommend the best type of resources and supports that are best suited to meet their needs. The resources and supports identified by the Navigator will be specific in nature including the name and location of the Agency, program, or individual as well as, contact information. The parents and caregivers will be encouraged to reach out to the resources and supports immediately. The Mental Health and Addiction Navigator will follow up with the family in a timely manner as an additional support.</p> <p>In the event that there are access barriers including such things as excessive waiting lists, transportation challenges or unanticipated financial costs, the Navigator will help identify other resources and support options to better meet the families' needs.</p> <p><a href="https://hullservices.ca/services/mental-health-and-addictions-navigator/">https://hullservices.ca/services/mental-health-and-addictions-navigator/</a></p>	
<b>ELIGIBILITY Requirements</b>	This free service is open to all caregivers, youth, and children looking for support accessing mental health or addiction services	
<b>CONTACT person(s)</b>	Chad Dalley	
<b>CONTACT email</b>	<a href="mailto:cdalley@hullservices.ca">cdalley@hullservices.ca</a> or <a href="mailto:navigator@hullservices.ca">navigator@hullservices.ca</a>	
<b>CONTACT phone</b>	403-207-2513	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self – care, counselling	

<b>AGENCY</b>	<b>HULL Services</b>	
<b>PROGRAM</b>	Bridging The Gap (BTG)	
<b>PROGRAM description</b>	<p>BTG’s mission: work alongside young adults who experience mental health struggles, to build resilience by strengthening their connections, improving wellness and reducing barriers to success.</p> <p>Bridging the Gap (BTG) is a community-based program that provides support to 16 – 24 year olds who struggle with mental health concerns (self-identified or diagnosed), and who experience barriers that impact important areas of their life. The individuals we support, often feel isolated and may lack the resources to work toward their goals</p> <p><a href="https://hullservices.ca/services/bridging-the-gap/">https://hullservices.ca/services/bridging-the-gap/</a></p>	
<b>ELIGIBILITY Requirements</b>	<p>Individuals served by Bridging the Gap:</p> <ul style="list-style-type: none"> <li>Are 16 – 24 years at the time of intake</li> <li>Are wanting to work on identified mental health concerns</li> <li>Have the ability to identify personal goals and be willing to work to address these</li> <li>Are not currently receiving supports through Persons with Developmental Disabilities (PDD) or Children’s Services (CS)</li> </ul> <p>Note: For those who require immediate stabilization or a more intensive intervention, the program will look to explore service options that are more appropriate to their level of need.</p>	
<b>CONTACT person(s)</b>	Lyndsay Allen	
<b>CONTACT email</b>	<a href="mailto:BTGintake@hullservices.ca">BTGintake@hullservices.ca</a>	
<b>CONTACT phone</b>	403-216-0660	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self Care, counselling	

<b>AGENCY</b>	<b>HULL Services</b>	
<b>PROGRAM</b>	Resilient Families	
<b>PROGRAM description</b>	<p>Resilient families is a program that provides in-home support to help preserve and strengthen families. Our Facilitators work together with families to help them reach their goals and address the challenges they are facing. We help to teach parenting skills and build on family resiliency so that parents are able to parent their children more effectively and independently.</p> <p>We also work with our <a href="#">Provincial Family Resource Networks</a> partners to ensure that families have access to the services and supports they need</p> <p><a href="https://hullservices.ca/services/resilient-families/">https://hullservices.ca/services/resilient-families/</a></p>	
<b>ELIGIBILITY Requirements</b>	<p>The Resilient Families program provides support to families who may be having difficulties with parenting their child/youth and feel they could benefit from strengthening their parenting skills or increasing their knowledge on healthy child development.</p> <p>We support families that may be experiencing stress or are worried about their own wellness or that of their child/family. We also serve families who need more connection to community services/supports to help them meet their needs.</p>	
<b>CONTACT person(s)</b>	Christen Terakita	
<b>CONTACT email</b>	<a href="mailto:cterakita@hullservices.ca">cterakita@hullservices.ca</a>	
<b>CONTACT phone</b>	403-207-2505	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self care, counselling	

<b>AGENCY</b>	<b>HULL Services</b>	
<b>PROGRAM</b>	Braiding The Sweetgrass	
<b>PROGRAM description</b>	<p>Braiding the Sweetgrass is a program supporting Indigenous families in Calgary to help prevent the transmission of intergenerational trauma to their children and future generations. Participating families are guided on their healing journey through a blending of traditional Indigenous and Western ways of knowing.</p> <p>Program activities include two groups per month, home visits, cultural ceremonies, social gatherings, and Elder support. This program works with</p>	

	<p>urban Indigenous families with children (Grade 1 to Grade 12), their parents and siblings who are:</p> <ul style="list-style-type: none"> <li>• Searching for information and/or a connection to Indigenous culture.</li> <li>• Open to gaining knowledge about Intergenerational trauma and its impacts on Indigenous families.</li> <li>• Wanting to establish better community connections and gain a support network.</li> <li>• Not experiencing acute crisis, (i.e., domestic violence, active addictions, child abuse, homelessness) at the time of intake.</li> </ul> <p><a href="https://hullservices.ca/services/braiding-the-sweetgrass/">https://hullservices.ca/services/braiding-the-sweetgrass/</a></p>
<b>ELIGIBILITY Requirements</b>	Referrals are open to Indigenous families in the Calgary community
<b>CONTACT person(s)</b>	Coordinator: Ken Bluogh, Director: Valerie Sipos
<b>CONTACT email</b>	<a href="mailto:kblough@hullservices.ca">kblough@hullservices.ca</a> <a href="mailto:vsipos@hullservices.ca">vsipos@hullservices.ca</a>
<b>CONTACT phone</b>	403-560-0440 587-830-2475
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self care, counselling, indigenous supports

<b>AGENCY</b>	<b>Kindred (Formerly Catholic Family Services)</b>	
<b>PROGRAM</b>	<i>Early Parenthood Support</i>	
<b>PROGRAM description</b>	<p>Our program supports expectant and parenting youth who are struggling to complete high school and/or who require parenting supports. We offer counselling, outreach and in-home parent-child coaching to increase parenting skills and knowledge of child development. We also provide support around housing, financial literacy, nutrition, and navigating pathways to post-secondary education and employment.</p> <p><a href="https://www.kindred.ca/need-help/new-parent/#eps">https://www.kindred.ca/need-help/new-parent/#eps</a></p>	
<b>ELIGIBILITY Requirements</b>	Young parents under the age of 30.	
<b>CONTACT person(s)</b>	Melanie Grylls, Director, Early Parenthood and Infant Mental Health	
<b>CONTACT email</b>	<a href="mailto:Melanie.grylls@kindred.ca">Melanie.grylls@kindred.ca</a>	
<b>CONTACT phone</b>	403.607.2351	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-care, Counselling	

<b>AGENCY</b>	<b>Kindred (Formerly Catholic Family Services)</b>	
<b>PROGRAM</b>	<i>Rapid Access Counselling</i>	
<b>PROGRAM description</b>	<p>Rapid Access Counselling is about having the right conversation at the right time. The single session counselling program supports individuals, couples, and families with a 75-min counselling appointment, often available within the week so you can get the support you need when you need it! Whether a current crisis, or an ongoing challenge support is available through our goal-based and solution focused approach to counselling. While the model is “single session” clients are welcome to book with us anything they need support.</p> <p><a href="https://www.kindred.ca/need-help/personal-goals-relationships/">https://www.kindred.ca/need-help/personal-goals-relationships/</a></p>	
<b>ELIGIBILITY Requirements</b>	All are welcome.	
<b>CONTACT person(s)</b>	Family Engagement and Resource Team	
<b>CONTACT email</b>	To book online: <a href="https://www.communityconnectyc.ca/kindred">https://www.communityconnectyc.ca/kindred</a>	
<b>CONTACT phone</b>	To book by phone: 403-233-2360 OR 1-877-244-2360	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, Counselling	

<b>AGENCY</b>	<b>Lionheart Foundation</b>	
<b>PROGRAM</b>	<i>Therapeutic Support</i>	
<b>PROGRAM description</b>	<p>The Subsidy Program provides subsidies to financially disadvantaged youth, aged 8 to 28, and their families to access mild to moderate longer-term therapy, nutritional support and psycho-educational group support through an approved network of skilled therapists. Within our model, youth and their families who require financial support to access counselling to address issues related to anxiety, trauma, eating disorders, depression, self-harm and suicidal ideation.</p> <p><a href="https://lionheartfoundation.ca/mental-health-supports/">https://lionheartfoundation.ca/mental-health-supports/</a></p>	
<b>ELIGIBILITY Requirements</b>	<p>Can apply for a subsidy ranging from \$10 to \$180 session depending on their financial need. Financial need is determined through the use of a Financial <b>Eligibility</b> Criteria Screen which assesses each client's individual financial capacity (income level, insurance, savings, debt etc.) in addition to their therapeutic needs, such as estimated intensity and length of treatment required, in order to determine an appropriate subsidy level.</p> <p><a href="https://lionheartfoundation.ca/application-for-subsidy-support/">https://lionheartfoundation.ca/application-for-subsidy-support/</a></p>	
<b>CONTACT person(s)</b>	Gabi Pikacz	
<b>CONTACT email</b>	<a href="mailto:intake@lionheartfoundation.ca">intake@lionheartfoundation.ca</a>	
<b>CONTACT phone</b>	587-900-6355	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Resilience	

<b>AGENCY</b>	<b>Wood's Homes</b>	
<b>PROGRAM</b>	<i>Eastside Community Mental Health Services (ECMHS)</i>	
<b>PROGRAM description</b>	<p>Eastside Community Mental Health Services (ECMHS) is a one stop community mental health hub for families, youth and individuals.</p> <ul style="list-style-type: none"> <li>• Crisis counselling, single session therapy and mental health system navigation services</li> </ul> <p><b>Call 403-299-9699, 7 days a week, 8 am to 11 pm</b></p> <ul style="list-style-type: none"> <li>• Walk-in locations in Calgary <ul style="list-style-type: none"> <li>• Marlborough – #255 495 36 Street NE (Northgate Mall)</li> <li>• Wellness Desk <ul style="list-style-type: none"> <li>○ Central Library - 800 3 Street SE</li> <li>○ Crowfoot Library – 8665 Nose Hill Drive NW</li> </ul> </li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>○ Shawnessy Library – 333 Shawville Blvd SE</li> <li>● Integrated ethno-cultural mental health team – up to 12 languages</li> <li>● Virtual services – phone, video, text, chat, email</li> <li>● Mobile in-home family crisis visits</li> </ul>
<b>ELIGIBILITY Requirements</b>	<a href="https://www.woodshomes.ca/programs/eastside-community-mental-health-services/">https://www.woodshomes.ca/programs/eastside-community-mental-health-services/</a>
<b>CONTACT person(s)</b>	Laura Camacho
<b>CONTACT email</b>	<a href="mailto:laura.camacho@woodshomes.ca">laura.camacho@woodshomes.ca</a> <a href="mailto:cct@woodshomes.ca">cct@woodshomes.ca</a>
<b>CONTACT phone</b>	403-29909699 403-921-9304
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, Counselling

## 4. General Well-Being

<b>AGENCY</b>	<b>ANTYX Community Arts</b>
<b>PROGRAM</b>	<i>Arts Based Youth Programs</i>
<b>PROGRAM description</b>	Antyx runs FREE after-school programs in Calgary for youth to provide a unique opportunity to engage in public art projects such as murals, sculptures, videography and photography, hip-hop & rap events and more. Antyx works in communities across Calgary to provide free programming for youth aged 12-18. Antyx uses the arts to engage youth and spark their curiosity and commitment to the world around them while learning prevention skills and lifelong therapeutic tools
<b>ELIGIBILITY Requirements</b>	Open to youth ages 12-18 years old
<b>CONTACT person(s)</b>	Daniel Rodriguez
<b>CONTACT email</b>	<a href="mailto:daniel@antyx.org">daniel@antyx.org</a>
<b>CONTACT phone</b>	403-444-0500
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care

<b>AGENCY</b>	<b>NSTEP- Eat Walk Live</b>
<b>PROGRAM</b>	<i>Teen Brain and Student Wellness Chef on NSTEP</i>
<b>PROGRAM description</b>	NSTEP Teen Brain was developed to build on the elementary program NSTEP EAT WALK LIVE. Teen Brain is to help teenagers, teachers and parents

	<p>understand what is happening to teen brains once that huge cascade of hormones called puberty starts that affects the neurological and physiological development of the brain. Professional Development for teaching and support staff are key for knowledge transfer. The topics include the Neurological and Physiological change, Body Image, Ups and Downs of Sugar, Are Video Games addictive, Your Brain on Drugs, Why do Teens Take so Many Risks, plus other topics that teens pick to learn about</p> <p><a href="https://nstep.ca/programs/school-programs/">https://nstep.ca/programs/school-programs/</a></p>
<b>ELIGIBILITY Requirements</b>	Students in grades 7 - 12
<b>CONTACT person(s)</b>	Deb Hymers
<b>CONTACT email</b>	<a href="mailto:deb.hymers@nstep.ca">deb.hymers@nstep.ca</a>
<b>CONTACT phone</b>	403-870-5448
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Nutrition, physical well-being resources

<b>AGENCY</b>	<b>NSTEP- Eat Walk Live</b>
<b>PROGRAM</b>	<i>Nutrition, Physical &amp; Well-Being Resources</i>
<b>PROGRAM description</b>	<p>NSTEP offers a wide range of online resources dedicated to parents, educators and anyone who works with children and families. The resources are meant to help teach healthy habits, for life.</p> <p>This included:</p> <ul style="list-style-type: none"> <li>-Fundamental Movement Skills</li> <li>-Physical Literacy</li> <li>-Classroom Ideas</li> <li>-Additional Resources</li> </ul> <p><a href="https://nstep.ca/resources/physical-literacy/">https://nstep.ca/resources/physical-literacy/</a></p>
<b>ELIGIBILITY Requirements</b>	All ages
<b>CONTACT person(s)</b>	Deb Hymers
<b>CONTACT email</b>	<a href="mailto:deb.hymers@nstep.ca">deb.hymers@nstep.ca</a>
<b>CONTACT phone</b>	403-870-5448
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Nutrition, physical well-being resources



<b>AGENCY</b>	<b>Trellis Society</b>	
<b>PROGRAM</b>	Shelter/Housing	
<b>PROGRAM description</b>	<p><b>Sustainable Families</b> provides intensive support for families facing homelessness. We can help you with finding and keeping stable housing, accessing basic needs, developing life skills, accessing financial support and connecting to other community resources and supports. Our goal is to ensure that you and your family have the personal, social, physical, financial and human assets needed to remain housed for the long term.</p> <p><a href="https://www.growwithtrellis.ca/families/housing-support/sustainable-families">https://www.growwithtrellis.ca/families/housing-support/sustainable-families</a></p> <p><b>Home Stay</b> provides financial support, short-term case management and connection to community resources and activities for families experiencing financial instability, facing eviction, or who have recently become homeless. We can support families with children or dependants. Single people or those without dependants looking to access basic needs and financial support will be connected with our partner agency, the Distress Centre.</p> <p><a href="https://www.growwithtrellis.ca/families/housing-support/home-stay">https://www.growwithtrellis.ca/families/housing-support/home-stay</a></p>	
<b>ELIGIBILITY Requirements</b>	<p>Sustainable Families: Families must complete an assessment through a family shelter or SORCe to be placed with the Sustainable Families Program.</p> <p><a href="https://sorcelandgary.ca/contact-us">https://sorcelandgary.ca/contact-us</a></p> <p>Home Stay: Please contact program for further information.</p>	
<b>CONTACT person(s)</b>	Intake Coordinator	
<b>CONTACT email</b>	Home Stay: <a href="mailto:homestay@growwithtrellis.ca">homestay@growwithtrellis.ca</a>	
<b>CONTACT phone</b>	Home Stay: 403-219-3477 ext. 1	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>		Self-Care, General Well-Being (housing)

<b>AGENCY</b>	<b>Wood's Homes</b>	
<b>PROGRAM</b>	<i>Inglewood Opportunity Hub (IOH)</i>	
<b>PROGRAM description</b>	<p>The Inglewood Opportunity Hub is a one-stop shop for all youth and young adults. The IOH provides a combination of services in one location, removing barriers to navigating the complex systems budding adults can experience when support can be found in a number of different locations. Services are for anyone in need up to the age of 29. The IOH focuses on three pillars of support: well-being, mental and physical health, specialized employment support, and housing services and support.</p> <ul style="list-style-type: none"> <li>• Intake Coordinator and General Information – (403) 510-7468       <ul style="list-style-type: none"> <li>○ Monday to Friday, 9am – 5pm</li> </ul> </li> <li>• Addictions Specialist – (403) 888-8444</li> </ul>	

	<ul style="list-style-type: none"> <li>○ Monday to Friday, 9am – 5pm</li> <li>● Specialized Employment Support           <ul style="list-style-type: none"> <li>○ Youth Employment Counsellor – (403) 270-1759               <ul style="list-style-type: none"> <li>▪ Monday to Friday, 9am – 5pm</li> </ul> </li> <li>○ Youth Culinary Arts Program (YCAP) – (403) 510-8448               <ul style="list-style-type: none"> <li>▪ Monday to Friday, 9am – 5pm</li> </ul> </li> <li>○ YCAP Market – (403) 774-1698               <ul style="list-style-type: none"> <li>▪ Wednesday to Friday, 12pm – 6pm</li> <li>▪ Saturday, 10am – 3pm</li> </ul> </li> </ul> </li> </ul>
<b>ELIGIBILITY Requirements</b>	<a href="https://www.woodshomes.ca/our-services/opportunities-for-youth/">https://www.woodshomes.ca/our-services/opportunities-for-youth/</a>
<b>CONTACT person(s)</b>	Mischa Nagtalon
<b>CONTACT email</b>	<a href="mailto:mischa.nagtalon@woodshomes.ca">mischa.nagtalon@woodshomes.ca</a>
<b>CONTACT phone</b>	403-999-3343
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, General Well-Being (mental health supports, housing, employment)

<b>AGENCY</b>	<b>YMCA</b>
<b>PROGRAM</b>	Recreational Opportunities
<b>PROGRAM description</b>	<p>Since our inception in 1902, YMCA Calgary has evolved into a vibrant charity offering health and wellness programs, leadership and community outreach programs, child care, and day and overnight camps.</p> <p>YMCA Calgary offers six health and wellness facilities, six child development centres with licensed child care, two outdoor camp sites and dozens of community program sites across the city. We deliver programs, services and opportunities to help Calgarians connect, build life-long skills, and keep active and healthy.</p> <p>Visit YMCA’s website to learn more about the different programs made available to you and your loved ones.</p> <p><a href="https://www.ymcacalgary.org/">https://www.ymcacalgary.org/</a></p>
<b>ELIGIBILITY Requirements</b>	All ages welcome!
<b>CONTACT person(s)</b>	Front Desk at different locations of YMCA

<b>CONTACT email</b>	Brookfield YMCA Seton: <a href="mailto:seton@ymcacalgary.org">seton@ymcacalgary.org</a> Melcor YMCA Crowfoot: <a href="mailto:crowfoot@ymcacalgary.org">crowfoot@ymcacalgary.org</a> Remington YMCA Quarry Park: <a href="mailto:quarrypark@ymcacalgary.org">quarrypark@ymcacalgary.org</a> Saddletown YMCA: <a href="mailto:saddletowne@ymcacalgary.org">saddletowne@ymcacalgary.org</a> Shawnessy YMCA: <a href="mailto:shawnessy@ymcacalgary.org">shawnessy@ymcacalgary.org</a> Rocky Ridge YMCA: <a href="mailto:rockyridge@ymcacalgary.org">rockyridge@ymcacalgary.org</a> South Health Campus YMCA: <a href="mailto:southhealthcampus@ymcacalgary.org">southhealthcampus@ymcacalgary.org</a>
<b>CONTACT phone</b>	Brookfield YMCA Seton: 403-351-5262 Melcor YMCA Crowfoot: 403-547-6576 Remington YMCA Quarry Park: 403-351-6678 Saddletown YMCA: 403-237-2393 Shawnessy YMCA: 403-256-5533 Rocky Ridge YMCA: 403-351-6673 South Health Campus YMCA: 403-351-5262
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, General Well-Being

## 5. Newcomer Supports

<b>AGENCY</b>	<b>CIWA - Calgary Women's Immigrant Association</b>
<b>PROGRAM</b>	<i>Youth Program</i>
<b>PROGRAM description</b>	After school and lunch hour Clubs, homework support, crafts, educational and recreational games, activities, fieldtrips, workshops, and camps for girls aimed at developing a better sense of self-esteem and belonging
<b>ELIGIBILITY Requirements</b>	Open to all newcomer girls, 10-19 years old (Living in Canada for 5 years or less)
<b>CONTACT person(s)</b>	Jane Coronel
<b>CONTACT email</b>	<a href="mailto:JaneC@ciwa-online.com">JaneC@ciwa-online.com</a> <a href="mailto:ciwayouthprograms@ciwa-online.com">ciwayouthprograms@ciwa-online.com</a>
<b>CONTACT phone</b>	403-263-4414 ext. 148
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Self-Care and Academics

<b>AGENCY</b>	<b>CIWA - Calgary Women's Immigrant Association</b>
<b>PROGRAM</b>	<i>Civic Engagement for Girls</i>
<b>PROGRAM description</b>	Settlement supports. Learn about leadership, advocacy, volunteerism, and rights and freedoms in Canada.
<b>ELIGIBILITY Requirements</b>	Open to all immigrant girls, 14-24 years old, who have a Permanent Resident Card
<b>CONTACT person(s)</b>	Victoria Oyeniran
<b>CONTACT email</b>	<a href="mailto:VictoriaO@ciwa-online.com">VictoriaO@ciwa-online.com</a> <a href="mailto:civicengagement@ciwa-online.com">civicengagement@ciwa-online.com</a>
<b>CONTACT phone</b>	403-263-4414 ext. 199
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Academics and Community Engagement

<b>AGENCY</b>	<b>CIWA - Calgary Women's Immigrant Association</b>
<b>PROGRAM</b>	<i>One-on-One Counselling Program</i>
<b>PROGRAM description</b>	Free, culturally-sensitive, one-on-one and group counselling sessions  <a href="https://ciwa-online.com/newcomer-services/parents-seniors-youth/one-on-one-counselling-for-immigrant-women/">https://ciwa-online.com/newcomer-services/parents-seniors-youth/one-on-one-counselling-for-immigrant-women/</a>
<b>ELIGIBILITY Requirements</b>	Open to immigrant girls, 13-24 years old, who have a Permanent Resident Card
<b>CONTACT person(s)</b>	Azita Afsharnejat
<b>CONTACT email</b>	<a href="mailto:AzitaA@ciwa-online.com">AzitaA@ciwa-online.com</a> <a href="mailto:youthcounselling@ciwa-online.com">youthcounselling@ciwa-online.com</a>
<b>CONTACT phone</b>	403-263-4414 ext. 147
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Self-Care

<b>AGENCY</b>	<b>CIWA - Calgary Women's Immigrant Association</b>
<b>PROGRAM</b>	<i>Pathways to Success</i>
<b>PROGRAM description</b>	Career and academic mentorship support for girls
<b>ELIGIBILITY Requirements</b>	Open to all newcomer girls, 14-21 years old (first or second generation)
<b>CONTACT person(s)</b>	Gabrielle Rivera
<b>CONTACT email</b>	<a href="mailto:GabrielleR@ciwa-online.com">GabrielleR@ciwa-online.com</a> <a href="mailto:ciwayouthprograms@ciwa-online.com">ciwayouthprograms@ciwa-online.com</a>
<b>CONTACT phone</b>	403-263-4414 ext. 283
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Self-Care, Academics and Post-Secondary

<b>AGENCY</b>	<b>CIWA - Calgary Women's Immigrant Association</b>
<b>PROGRAM</b>	<i>Afterschool Homework Help for Immigrant Girls</i>
<b>PROGRAM description</b>	<p>This program is for Immigrant Girls is a program that supports the academic success of low income immigrant girls in high school.</p> <p>This is accomplished by providing high school immigrant girls with customized supports to address learning needs through one-on-one support from volunteers, access to basic school supplies, materials and computers in order to complete class assignments and an environment that is conducive to learning.</p> <p><a href="https://ciwa-online.com/newcomer-services/parents-seniors-youth/after-school-homework-help-for-immigrant-girls/">https://ciwa-online.com/newcomer-services/parents-seniors-youth/after-school-homework-help-for-immigrant-girls/</a></p>
<b>ELIGIBILITY Requirements</b>	Immigrant girls
<b>CONTACT person(s)</b>	Intake Coordinator
<b>CONTACT email</b>	<a href="mailto:Youthprograms@ciwa-online.com">Youthprograms@ciwa-online.com</a>
<b>CONTACT phone</b>	403-263-4414
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Academic

<b>AGENCY</b>	<b>CIWA - Calgary Women's Immigrant Association</b>
<b>PROGRAM</b>	<i>Immigrant Girls, Boys and More (IGBM)</i>
<b>PROGRAM description</b>	This program offers 3 components: one-on-one supportive counselling, healthy relationship courses and career mentorship
<b>ELIGIBILITY Requirements</b>	Open to all newcomer youth, ages 14-18 years old (first or second generation)
<b>CONTACT person(s)</b>	Kanisha Noel Modeste
<b>CONTACT email</b>	<a href="mailto:KanishaM@ciwa-online.com">KanishaM@ciwa-online.com</a> <a href="mailto:ciwayouthprograms@ciwa-online.com">ciwayouthprograms@ciwa-online.com</a>
<b>CONTACT phone</b>	403-263-4414 ext. 214
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Self-Care, Academics and Post-Secondary

<b>AGENCY</b>	<b>Stars for Scholarly Youth</b>
<b>PROGRAM</b>	<i>English Language Literacy (ELL) Connect</i>
<b>PROGRAM description</b>	The ELL program is an activity and mentorship initiative aimed at improving the literacy of newcomer, immigrant and refugee youth. Participants are paired with a tutor who works with them one-on-one over 6 weeks to develop an individualized plan and provide regular support to improve their English literacy skills.  <a href="https://www.starsforyouth.ca/ell">https://www.starsforyouth.ca/ell</a>
<b>ELIGIBILITY Requirements</b>	Youths in grades 5 – 12
<b>CONTACT person(s)</b>	Alexia Strutzenberger
<b>CONTACT email</b>	<a href="mailto:ell@starsforscholarlyyouth.com">ell@starsforscholarlyyouth.com</a>
<b>CONTACT phone</b>	
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	English Language Learning

<b>AGENCY</b>	<b>The Immigrant Education Society (TIES)</b>
<b>PROGRAM</b>	<i>System Navigation for Newcomer Youth</i>
<b>PROGRAM description</b>	This is service offered to newcomer children, youth, and families, as well as schools and service providers. This program works to connect culturally diverse individuals to relevant and appropriate mental health resources and services as well as provide support with bridging language and culture gaps.
<b>ELIGIBILITY Requirements</b>	Primarily serving newcomer youth, however, services are offered to any family, school, or agency that would benefit from a culturally nuanced approach to holistic well-being.
<b>CONTACT person(s)</b>	Ahlam Fakhri
<b>CONTACT email</b>	<a href="mailto:ahlamfakhri@immigrant-education.ca">ahlamfakhri@immigrant-education.ca</a>
<b>CONTACT phone</b>	587.707.1926
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Mental Health resource system navigation

<b>AGENCY</b>	<b>The Immigrant Education Society (TIES)</b>
<b>PROGRAM</b>	<i>Healthy Minds Counselling</i>
<b>PROGRAM description</b>	<p>Healthy Minds has implemented a low-barrier, accessible model to support stigmatized newcomer populations. However, our services are available to anyone in Calgary seeking certified mental health counseling.</p> <p>Our services include:</p> <ul style="list-style-type: none"> <li>• Mental health counselors available seven days a week, including evenings</li> <li>• Multilingual counselors with multicultural expertise</li> <li>• Access to professionally accredited language interpreters as needed</li> <li>• Services provided in-person, via video, and by telephone upon request</li> <li>• No referrals required, with multiple self-referral options available (Our website - <a href="https://www.tieshealthyminds.ca/">https://www.tieshealthyminds.ca/</a>) <ul style="list-style-type: none"> <li>• No confirmation of address or identification needed</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>• Services open to individuals, couples, and families of all ages and demographics</li> <li>• Free of charge for clients</li> </ul> <p><a href="https://www.tieshealthyminds.ca/">https://www.tieshealthyminds.ca/</a></p>
<b>ELIGIBILITY Requirements</b>	Our services are open to individuals of all ages and demographics residing in Calgary. If a client's needs do not align with our general counseling model, we will provide referrals to suitable resources outside our organization.
<b>CONTACT person(s)</b>	Jisha Mariam Philip
<b>CONTACT email</b>	<a href="mailto:Healthyminds@immigrant-education.ca">Healthyminds@immigrant-education.ca</a>
<b>CONTACT phone</b>	587-393-3414
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Counselling

<b>AGENCY</b>	<b>The Immigrant Education Society (TIES)</b>
<b>PROGRAM</b>	<i>Enhancing Youth Possibilities Program (EYP)</i>
<b>PROGRAM description</b>	<p>EYP is a fast-track program. Participants receive <b>2 weeks of online employment training</b>, followed by <b>80 hours of paid practicum (\$18 per hour)</b>.</p> <p>During paid practicum, EYP students are eligible for a <b>FREE monthly bus pass</b> and <b>funds towards childcare services</b> from a licensed facility while they are participating in the practicum. <a href="https://www.immigrant-education.ca/build-work-skills/enhancing-youth-possibilities-program#googtrans(en en)">https://www.immigrant-education.ca/build-work-skills/enhancing-youth-possibilities-program#googtrans(en en)</a></p>
<b>ELIGIBILITY Requirements</b>	<ul style="list-style-type: none"> <li>-Permanent Resident, Canadian Citizen, Conventional refugees and CUAET visa holder</li> <li>-Between ages 18 – 29 years old</li> <li>-CLB 5 or higher</li> </ul>
<b>CONTACT person(s)</b>	Zenobia Ladha
<b>CONTACT email</b>	<a href="mailto:ZenobiaLadha@immigrant-education.ca">ZenobiaLadha@immigrant-education.ca</a>
<b>CONTACT phone</b>	587-392-4178



<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Employment Support
<b>AGENCY</b>	<b>The Immigrant Education Society (TIES)</b>
<b>PROGRAM</b>	<i>Empowering Youth Through Employment (EYE)</i>
<b>PROGRAM description</b>	<p><b>There are three parts of the EYE Program:</b></p> <ol style="list-style-type: none"> <li>1. Group-based employability (GBE) skills training will teach you how to find and keep a job. You will also have the opportunity to meet different employers, who will provide presentations related to employment, hiring, and workplace culture. Class is 30 hours per week for 4 weeks.</li> <li>2. Gain Canadian work experience (WE) through job placement at a local not-for-profit organization, private business or school. You will work part-time (30 hours per week) for 12 weeks.</li> <li>3. Career counselling offers resources to help you with your finances, education, and employment.</li> </ol> <p><b>Clients will receive a living allowance while attending the Group Based Employability Skills Training and the Work Experience.</b></p> <p><a href="https://www.immigrant-education.ca/build-work-skills/empowering-youth-through-employment-eye#gooqtrans(en en)"><u>https://www.immigrant-education.ca/build-work-skills/empowering-youth-through-employment-eye#gooqtrans(en en)</u></a></p>
<b>ELIGIBILITY Requirements</b>	<ul style="list-style-type: none"> <li>-Permanent Resident, Canadian Citizen, Conventional refugees and CUAET visa holder</li> <li>-Between ages 15 – 30 years old</li> <li>-CLB 5 or higher</li> <li>-Not receiving EI or actively looking for employment</li> <li>-Committed to completing 8 weeks of Group Based Employability Skills and 3 months in the Work Experience Curriculum</li> </ul>
<b>CONTACT person(s)</b>	Zenobia Ladha
<b>CONTACT email</b>	<a href="mailto:ZenobiaLadha@immigrant-education.ca"><u>ZenobiaLadha@immigrant-education.ca</u></a>
<b>CONTACT phone</b>	587-392-4178

<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Employment Support
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<b>AGENCY</b>	<b>YMCA</b>
<b>PROGRAM</b>	<a href="#">YMAP – YMCA Achievers Program</a>
<b>PROGRAM description</b>	<p>YMAP is a free after-school program for high youth who are Newcomers to Canada, Second Generation, International students, and refugees. The program aims to integrate newcomer youth into the Canadian and Calgary culture through different weekly topics to help them adjust to life in Canada, develop skills for success, and hands-on engagement with their community such as field trips and volunteering. The program also aims to further connect youth to other youth across the city in citywide events, resources available to them by partners, and learn about the multicultural and diverse communities within our city.</p> <p><a href="https://www.ymcacalgary.org/ymca-achievement-program">https://www.ymcacalgary.org/ymca-achievement-program</a></p>
<b>ELIGIBILITY Requirements</b>	<p>Newcomer youth to Canada, including Permanent Residents, Second Generation Canadians, International Students, and refugees.</p> <p>15-18 years youth (grades 10-12) 18-25 years young adults</p>

## Post-Secondary, Career Development Employment Supports

<b>AGENCY</b>	<b>Bow Valley College (BVC)</b>	
<b>PROGRAM</b>	<i>Bissett Family Scholars Entrance Bursary Program</i>	
<b>PROGRAM description</b>	<p>The David &amp; Leslie Bissett Entrance Bursary is open to new first-year Bow Valley College students who are interested in pursuing career training programs that will set them on a track to enter the workforce after graduation. Recipients will be selected based on demonstrated financial need, potential for academic success and career planning. The program is open to Calgary high school students (who graduated within the past 2 years) entering their first year at Bow Valley College. The Bissett Bursary recipients who maintain acceptable grades will be eligible to renew their bursary for each semester of their selected program.</p> <p>Bursary amount is \$2500.00/term</p> <p><a href="#">Entrance Awards   Bow Valley College</a></p>	
<b>ELIGIBILITY Requirements</b>	<ul style="list-style-type: none"> <li>- Applicant must be registered full-time</li> <li>- Applicant must be a domestic learner</li> <li>- Applicant must have attended a Calgary high school, preference to learners from the All in for Youth program, and graduated within the last 2 years</li> <li>- Applicant must be enrolled in a certificate or diploma program</li> <li>- Applicant must be entering their program at BVC with no previous post-secondary experience</li> </ul>	
<b>CONTACT person(s)</b>	Jonathas Franz (Student Awards Officer)	
<b>CONTACT email</b>	<a href="mailto:jfranz@bowvalleycollege.ca">jfranz@bowvalleycollege.ca</a>	
<b>CONTACT phone</b>	403-410-1410 403-476-2216	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Post-Secondary	

<b>AGENCY</b>	<b>Burns Memorial Fund</b>	
<b>PROGRAM</b>	<ol style="list-style-type: none"> <li>1. <i>Open Doors Bursary</i></li> <li>2. <i>Post Secondary Scholarships</i></li> </ol>	
<b>PROGRAM description</b>	<ol style="list-style-type: none"> <li>1. The Open Door Bursary supports low-income youth between the ages of 16-25 who have no other funding options available to them to successfully transition into further education, training, or employment. <a href="https://burnsfund.com/programs/childrens-fund/young-adult-education-employment-bursary/">https://burnsfund.com/programs/childrens-fund/young-adult-education-employment-bursary/</a></li> <li>2. This scholarship is awarded to parenting students living in low-income circumstances, who are seeking assistance with post-secondary training or education expenses. Note: The number of scholarships and award amounts vary each year. This scholarship is open to parenting high school students residing in Calgary who are 21 years of age or under. Students must be graduating in June and have plans to pursue post-secondary education in the fall (September). To apply, applicants must submit a completed application form along with a counsellor recommendation form. <a href="https://burnsfund.com/programs/childrens-fund/high-school-students/">https://burnsfund.com/programs/childrens-fund/high-school-students/</a></li> </ol>	
<b>ELIGIBILITY Requirements</b>	Please look above websites for eligibility requirements.	
<b>CONTACT person(s)</b>	<ol style="list-style-type: none"> <li>1. Faye San Jose, Grant Coordinator</li> <li>2. Tre Ostroski</li> </ol>	
<b>CONTACT email</b>	<ol style="list-style-type: none"> <li>1. <a href="mailto:fe.sanjose@burnsfund.com">fe.sanjose@burnsfund.com</a></li> <li>2. <a href="mailto:tre.ostroski@burnsfund.com">tre.ostroski@burnsfund.com</a></li> </ol>	
<b>CONTACT phone</b>	<ol style="list-style-type: none"> <li>1. 403-234-9396 ext. 2</li> <li>2. 587-579-5443</li> </ol>	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Finance	

<b>AGENCY</b>	<b>Carya</b>
<b>PROGRAM</b>	<i>Financial Wellness Program- Older Adults</i>
<b>PROGRAM description</b>	CARYA's Community Financial Wellness services are free for everyone and are available in English for individuals, groups and agencies we offer Financial literacy workshops, Matched Savings programs, RESP support and Financial coaching. <a href="https://caryacalgary.ca/get-support/financial-wellness/">https://caryacalgary.ca/get-support/financial-wellness/</a>
<b>ELIGIBILITY Requirements</b>	Most offerings are for 18+ but workshop topics are suitable for youth as well. Matched Savings program has income level requirements to participate.
<b>CONTACT person(s)</b>	Sairose Kassam Financial wellness team
<b>CONTACT email</b>	<a href="mailto:sairosek@caryacalgary.ca">sairosek@caryacalgary.ca</a>
<b>CONTACT phone</b>	403-369-0880
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Finance for 18+

<b>AGENCY</b>	<b>City of Calgary</b>
<b>PROGRAM</b>	<i>Youth Employment Centre</i>
<b>PROGRAM description</b>	The Calgary Youth Employment Center (YEC) provides FREE, in-person drop-in employment services for youth between the ages of 15 to 24yrs. YEC offers support with resume targeting, job search strategies, interview preparation, career planning, connection to employers who are hiring, and more! Connect with a YEC Employment Counsellor to learn more and take your next step in your employment and career journey.
<b>ELIGIBILITY Requirements</b>	Youth between the ages of 15 to 24yrs, who reside in Calgary & local area.
<b>CONTACT person(s)</b>	YEC Coordinators: Melanie Ackerman and Michael Bester
<b>CONTACT email</b>	<a href="http://www.youthemploymentcentre.ca">www.youthemploymentcentre.ca</a>
<b>CONTACT phone</b>	403-268-2490
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Employment

<b>AGENCY</b>	ComIT
<b>PROGRAM</b>	<i>Recording Futures IT Programs</i>
<b>PROGRAM description</b>	Recoding Futures is a FREE virtual program with an aim to bring programming and creative tools training to Indigenous peoples interested in learning more about the IT world and programming. As part of the program we offer 3 intros: Intro to Programming/Web Development, Intro to Social Media Marketing, Intro to UI/UX design.
<b>ELIGIBILITY Requirements</b>	Registration and selection criteria are available website. <a href="https://comit.org/recodingfutures">https://comit.org/recodingfutures</a>
<b>CONTACT person(s)</b>	Metok Rubling
<b>CONTACT email</b>	<a href="mailto:metok.rubling@comit.org">metok.rubling@comit.org</a>
<b>CONTACT phone</b>	
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Training

<b>AGENCY</b>	Community Futures Treaty 7
<b>PROGRAM</b>	<i>Aboriginal Futures (Career Centres) Employment Program</i>
<b>PROGRAM description</b>	To assist urban Indigenous people in the enhancement of employment skills, create the opportunity for self-sufficiency and independence through access to career or employment counselling, programs and services <a href="https://t7edc.com/training-employment/youth-labour-market/">https://t7edc.com/training-employment/youth-labour-market/</a>
<b>ELIGIBILITY Requirements</b>	Please contact reception for more info.
<b>CONTACT person(s)</b>	Please contact reception
<b>CONTACT email</b>	<a href="mailto:info@aboriginalfutures.com">info@aboriginalfutures.com</a>
<b>CONTACT phone</b>	403-253-5311
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Employment

<b>AGENCY</b>	JASA – Junior Achievement Southern Alberta
<b>PROGRAM</b>	<ol style="list-style-type: none"> <li>1. <i>World of Choices</i></li> <li>2. <i>Company Program</i></li> </ol>
<b>PROGRAM description</b>	<ol style="list-style-type: none"> <li>1. World of Choices is a career exploration event that allows students to learn about the vast options in career fields for them. In these sessions, students will have the opportunity to hear from business professionals in many different industries and career paths, sharing their journey, education and where they are today. Each event is interactive and gives the students the chance to candidly ask questions, seek advise and learn about the world of choices available to them after high school. <a href="https://jasab.ca/programs/details/world-of-choices.html">https://jasab.ca/programs/details/world-of-choices.html</a></li> <li>2. Company Program offers students the opportunity to make real business decisions, develop leadership skills, make new friends and have fun! This program is offered in two formats, Company Program: After School and Company Program: In School. For more information about registering your school or volunteering for Company Program: In School, contact your Regional Coordinator <a href="https://jasab.ca/programs/details/company-program-in-school.html">https://jasab.ca/programs/details/company-program-in-school.html</a></li> </ol>
<b>ELIGIBILITY Requirements</b>	Must be within grades 9-12
<b>CONTACT person(s)</b>	Keith Ennis
<b>CONTACT email</b>	<a href="mailto:kennis@jasouthalberta.org">kennis@jasouthalberta.org</a>
<b>CONTACT phone</b>	587-700-7356
<b>FOCUS OF WORK – Academics, Self-Care, Post-Secondary</b>	Career exploration

<b>AGENCY</b>	<b>Miskanawah</b>	
<b>PROGRAM</b>	<i>Re:Vision</i>	
<b>PROGRAM description</b>	<p>Re:VISION is an innovative, culturally based program that creates connections between Indigenous youth and employers. The program is focused on supporting young people in our community to work with employers who are open to learning about the unique needs of the Indigenous community. Re:Vision offers a new approach to supporting both youth and employers to nurture a successful working relationship.</p> <p><a href="https://miskanawah.ca/files/documents/ReVision.pdf">https://miskanawah.ca/files/documents/ReVision.pdf</a></p>	
<b>ELIGIBILITY Requirements</b>	Young adults between the ages of 18-29 years old who are not currently employed with employment or school.	
<b>CONTACT person(s)</b>	Tyra Vedan	
<b>CONTACT email</b>	<a href="mailto:tvedan@miskanawah.ca">tvedan@miskanawah.ca</a>	
<b>CONTACT phone</b>	403-614-0772	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Employment	

<b>AGENCY</b>	<b>Momentum</b>	
<b>PROGRAM</b>	<i>Financial Literacy &amp; Training Programs</i>	
<b>PROGRAM description</b>	<p><b>Money Management</b> workshops include Budgeting, Assets, Consumerism, Banking, and Credit. These 2-hour workshops can be delivered in-person, tailored for a CALM class, or accessed free online.</p> <p><a href="https://momentum.org/program-departments/manage-your-money">https://momentum.org/program-departments/manage-your-money</a></p> <p><b>Matched Savings for Youth</b> will teach you how to save and manage your money during 2-hour evening workshops, twice a month, for 6 months. Momentum will match the money you save 4:1, which you can spend on tuition, textbooks, a laptop for school, tools for work, RESP, RDSP, or starting your own business. If you save the maximum \$75/month for 6 months, you will have <b>\$450</b> of your own funds and <b>\$1,800</b> of Momentum’s funds. That’s a combined savings of <b>\$2,250</b> towards your future!</p> <p><a href="https://momentum.org/programs/matched-savings-youth">https://momentum.org/programs/matched-savings-youth</a></p>	
<b>ELIGIBILITY Requirements</b>	<p>Money Management – none</p> <p>Matched Savings for Youth- ages 16 to 24</p>	
<b>CONTACT person(s)</b>	Tabatha Wallace	



<b>CONTACT email</b>	<a href="mailto:tabathaw@momentum.org">tabathaw@momentum.org</a>	
<b>CONTACT phone</b>	403-204-2688	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Finance literacy	

<b>AGENCY</b>	<b>NPower Canada</b>	
<b>PROGRAM</b>	<i>Junior IT Analyst</i> <i>Junior Data Analyst</i>	
<b>PROGRAM description</b>	NPower Canada programs provide participants with free in-demand digital and professional skills training and connects them to new and rewarding career opportunities with some of Canada’s largest employers. Through consultation with a wide range of employers, NPower Canada’s comprehensive curriculum ensures participants are equipped with the in-demand technical and professional skills most sought after by industry. NPower Canada provides employers with access to a pipeline of eager, diverse, and job-ready young talent with in-demand digital skills who are primed to succeed in the workplace. Graduates receive ongoing support and coaching from alumni for five years to ensure continued success in their careers.	
<b>ELIGIBILITY Requirements</b>	18 years old and older at the start of the program Legally eligible to work in Canada Equivalent of a high school/dogwood diploma or GED, earned inside or outside of Canada Can not be enrolled in full-time school while in the program	
<b>CONTACT person(s)</b>	Lisa Moon Tiann Nantais Callista Rothwell	
<b>CONTACT email</b>	<a href="mailto:lisa.moon@npowercanada.ca">lisa.moon@npowercanada.ca</a> <a href="mailto:Tiann.nantais@npowercanada.ca">Tiann.nantais@npowercanada.ca</a> <a href="mailto:Callista.Rothwell@npowercanada.ca">Callista.Rothwell@npowercanada.ca</a>	
<b>CONTACT phone</b>	403 536 4011 ext 310	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Post Secondary, IT Training	

<b>AGENCY</b>	<b>NSS- Neil Squire Society</b>
<b>PROGRAM</b>	<i>Creative Employment Options</i>
<b>PROGRAM description</b>	<p>We'll help you develop the skills needed to achieve your employment goals. Our program is unique, comprehensive, and, most importantly, focused on you.</p> <p><b>What We Offer:</b></p> <ul style="list-style-type: none"> <li>▪ Individualized and group-based learning environments.</li> <li>▪ Career and personal development, wellness for work, and job search support</li> <li>▪ Ergonomic and/or assistive technology assessments and solutions</li> <li>▪ Potential wage subsidy</li> </ul>
<b>ELIGIBILITY Requirements</b>	<ul style="list-style-type: none"> <li>▪ You have a self-declared disability.</li> <li>▪ You are at least 15 years old and want to find part-time employment.</li> <li>▪ You want control over your life.</li> </ul> <p>You want to make your own decisions.</p>
<b>CONTACT person(s)</b>	Shannel Boon
<b>CONTACT email</b>	<a href="mailto:shannelb@neilsquire.ca">shannelb@neilsquire.ca</a>
<b>CONTACT phone</b>	403 465-4475
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Employment

<b>AGENCY</b>	<b>Prospect Human Services</b>	
<b>PROGRAM</b>	<ol style="list-style-type: none"> <li>1. <i>Youth Employment Connections</i></li> <li>2. <i>Youth Employment Services</i></li> <li>3. <i>Youth Apprenticeship Connections Program</i></li> </ol>	
<b>PROGRAM description</b>	<ol style="list-style-type: none"> <li>1. Prospect's Youth Employment Connection Program provides comprehensive support for young people aged 16-24 in Edmonton and area who are currently or have been supported by Children's Services. The program is designed to help youth build the skills and connections needed to succeed in today's job market. <a href="https://www.prospectnow.ca/pyec/">https://www.prospectnow.ca/pyec/</a></li> <li>2. Prospect Employment Services supports individuals ages 18-24 who's looking to jumpstart their career. Prospect provides you with all the tools you need to make your job search successful. We can support you through your job search and help you get connected to the workplace. We assist a wide range of job seekers, from those who want help with resumes and interviews right through to those who are looking for support along the way. <a href="https://www.prospectnow.ca/prospect-youth-employment-services/">https://www.prospectnow.ca/prospect-youth-employment-services/</a></li> <li>3. Prospect Youth Apprenticeship Connection Program provides comprehensive support for youth in government care with Children and Family Services and young adults receiving supports from the Transition to Adulthood Program and Advancing Futures aged 16-24. The program is available in Edmonton, Calgary, and across Central Alberta. The program empowers youth and young adults to access apprenticeships and build pathways to rewarding careers in trades. Through its personalized approach, the program gives participants the freedom to explore their interests, develop their strengths, and chart their own course.  <a href="https://www.prospectnow.ca/yacp/">https://www.prospectnow.ca/yacp/</a></li> </ol>	
<b>ELIGIBILITY Requirements</b>	See above	
<b>CONTACT person(s)</b>	Carrie Axten Shaundell Curran (primary) Chris Molyneux – (principal)	
<b>CONTACT email</b>	carrie.axten@prospectnow.ca shaundell.curran@prospectnow.ca chris.molyneux@prospectnow.ca	
<b>CONTACT phone</b>	403-835-3294	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Employment	

<b>AGENCY</b>	<b>SAIT</b>	
<b>PROGRAM</b>	<i>Youth Initiatives</i>	
<b>PROGRAM description</b>	<p>We're dedicated to offering a variety of programs that aim to educate, empower and excite young minds. With offerings for youth in Grades 1 to 12, our programs provide authentic, engaging, and meaningful learning experiences for youth. Our program offerings include:</p> <p><b>High School Dual-Credit Programs</b> Our dual-credit programs and courses allow students to graduate with their high school diploma as well as a post-secondary credential or course credits. <a href="https://www.sait.ca/youth-programs/dual-credit-programs">https://www.sait.ca/youth-programs/dual-credit-programs</a></p> <p><b>Turning Points Program</b> Students are introduced to intentionally created transition strategies through a variety of program and career options while helping them build their confidence, gain hope for the future, create awareness of prospective careers, and have a support system built in at SAIT to promote their journey to post-secondary. <a href="https://www.sait.ca/youth-programs/youth-foundations-programs/foundations-programs/turning-points">https://www.sait.ca/youth-programs/youth-foundations-programs/foundations-programs/turning-points</a></p> <p><b>Foundation Programs</b> Our programs provide participants with foundational skills in the program areas and introduces them to post-secondary life. Youth Foundations programs allow students to earn high school CTS and/or work experience credits. <a href="https://www.sait.ca/youth-programs/youth-foundations-programs">https://www.sait.ca/youth-programs/youth-foundations-programs</a></p> <p><b>Digital Youth Programs</b> Art of the Possible workshops gets students to work together and engage with industry experts and virtual demonstrations to discover emerging technologies. Participants will leave with an understanding of emerging technologies, what digital means, and how digital transformation is changing the future landscape of career pathways. <a href="https://www.sait.ca/youth-programs/digital-youth">https://www.sait.ca/youth-programs/digital-youth</a></p>	
<b>ELIGIBILITY Requirements</b>	Full program details can be found online: <a href="https://www.sait.ca/youth-programs">https://www.sait.ca/youth-programs</a>	
<b>CONTACT person(s)</b>	Rozlynn Wick Ashley Vu	
<b>CONTACT email</b>	<a href="mailto:Rozlynn.wick@sait.ca">Rozlynn.wick@sait.ca</a> <a href="mailto:Ashley.vu@sait.ca">Ashley.vu@sait.ca</a> <a href="mailto:Youth.programs@sait.ca">Youth.programs@sait.ca</a>	
<b>CONTACT phone</b>	403-284-7024	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Post-Secondary Prep, Academics	

<b>AGENCY</b>	<b>SAIT – Bissett Bursaries</b>	
<b>PROGRAM</b>	<i>Bissett Bursaries</i>	
<b>PROGRAM description</b>	<p>Thanks to the generosity of Calgary philanthropist David Bissett, SAIT is able to offer full tuition annually to recent Calgary and area high school graduates who demonstrate financial need and an interest in continuing their education at SAIT.</p> <p>Once enrolled, SAIT will connect these students with a learning strategist and mentors to support their academic success. Students' progress is monitored throughout the duration of their program.</p> <p><a href="https://www.sait.ca/tuition-and-financial-aid/student-awards/scholarships-bursaries-and-awards-directory?aq=bissett">https://www.sait.ca/tuition-and-financial-aid/student-awards/scholarships-bursaries-and-awards-directory?aq=bissett</a></p>	
<b>ELIGIBILITY Requirements</b>	<p>Students are chosen for the program based on demonstrated financial need, community involvement, career planning and academic success in high school.</p> <p>There are 3 application deadlines throughout the year, with applications being reviewed once per semester for the following term. Please visit the website for exact dates.</p> <p><a href="https://www.sait.ca/tuition-and-financial-aid/student-awards/bissett-bursary-program">https://www.sait.ca/tuition-and-financial-aid/student-awards/bissett-bursary-program</a></p>	
<b>CONTACT person(s)</b>	Amanda Wilkesheski	
<b>CONTACT email</b>	<a href="mailto:bissett.bursary@sait.ca">bissett.bursary@sait.ca</a>	
<b>CONTACT phone</b>	403-284-7384	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Post-Secondary	

<b>AGENCY</b>	<b>Trellis Society</b>	
<b>PROGRAM</b>	<ol style="list-style-type: none"> <li><i>Community Coach</i></li> <li><i>Employment Services</i></li> </ol>	
<b>PROGRAM description</b>	<ol style="list-style-type: none"> <li>The AIFY Community Coach works alongside all AIFY Success Coach school students who need support in transitioning into employment and or education post high school completion. The Community Success Coach can provide up to 6 months of additional transitional supports in order to ensure students are set up to succeed post-high school.   <a href="https://www.growwithtrellis.ca/youth-programs/education-employment-support/all-in-for-youth">https://www.growwithtrellis.ca/youth-programs/education-employment-support/all-in-for-youth</a> </li> <li>The Employment Team provides free employment support for individuals 12+. Available online and in-person. The employment services offers a wide variety of supports including:           <ul style="list-style-type: none"> <li>-One-on-one case management</li> <li>-Workshops that focus on variety of topics such as resume, cover letter, job search, interview prep, employment skills</li> <li>-Paid work experiences and volunteer opportunities for individuals to gain hands-on experience in a supported and inclusive environment.</li> </ul>   <a href="https://www.growwithtrellis.ca/employment-services">https://www.growwithtrellis.ca/employment-services</a> </li> </ol>	
<b>ELIGIBILITY Requirements</b>	<ol style="list-style-type: none"> <li>Must be referred by a designated Success Coach school.</li> <li>12+ individuals are welcome.</li> </ol>	
<b>CONTACT person(s)</b>	Suzanne Risley Kate Heney  Employment Services please contact the coordinator.	
<b>CONTACT email</b>	<a href="mailto:srisley@growwithtrellis.ca">srisley@growwithtrellis.ca</a> <a href="mailto:kheney@growwithtrellis.ca">kheney@growwithtrellis.ca</a>  Employment Services: <a href="mailto:employmentservices@growwithtrellis.ca">employmentservices@growwithtrellis.ca</a>	
<b>CONTACT phone</b>	Suzanne Risley: 403-973-9232 Kate Heney: 403-966-1630	
<b>FOCUS OF WORK – Academics, Self-Care, Post Secondary</b>	Self-Care, General Well-Being & Employment support	