



AIFY Programs & Services Resource Guide 2025-2026



Karen King, Manager, Youth Programs & Education
United Way Calgary and Area

Karen.King@calgaryunitedway.org
(403) 231-2619

Agency Breakdown by Focus Area

Academic Supports	6
Roots2Stem	6
<i>STEM based in-school and after school programs.....</i>	6
Southern Alberta Institute of Technology (SAIT).....	6
<i>SAIT Summer Camps</i>	6
Stars for Scholarly Youth (SSY) - University of Calgary chapter	7
<i>1 on 1 Tutoring</i>	7
YMCA Calgary	8
<i>Tutoring Table Program</i>	8
<i>Back on Track by YMCA</i>	9
Self-Care & Resiliency Supports	10
1. Mentorship	10
Miskanawah	10
<i>Diamond Willow Youth Lodge</i>	10
<i>TAWAW Family Resource Network (FRN)</i>	10
Trellis Society.....	11
<i>Success Coach.....</i>	11
Big Brothers Big Sisters of Calgary and Area	12
<i>Community Mentoring.....</i>	12
<i>In-School Mentoring.....</i>	12
2. Financial Support.....	13
Burns Memorial Fund	13
<i>High School Bursary Program</i>	13
Junior Achievement Southern Alberta (JASA)	14
<i>Personal Finance</i>	14
Momentum	14
<i>Matched Savings for Youth.....</i>	14
Prospect Human Services	15
<i>Youth Assessment Services</i>	15
3. Counselling	15

Carya	15
<i>Family Counselling and Therapy</i>	15
FearIsNotLove	16
<i>Child, Youth and Family Therapy</i>	16
<i>Healthy Relationships Program</i>	17
HULL Services	18
<i>Mental Health and Addiction Navigator</i>	18
<i>Bridging The Gap (BTG)</i>	19
<i>Resilient Families</i>	20
<i>Braiding The Sweetgrass</i>	21
Kindred (formerly Catholic Family Services)	22
<i>Rapid Access Counselling</i>	22
<i>Early Parenthood Support</i>	22
Lionheart Foundation	23
<i>Therapeutic Support</i>	23
Wood's Homes	24
<i>Eastside Community Mental Health Services (ECMHS)</i>	24
4. General Well-Being	25
ANTYX Community Arts	25
<i>Arts Based Youth Programs</i>	25
NSTEP - Eat Walk Live	25
<i>Teen Brain and Student Wellness Chef on NSTEP</i>	25
<i>Nutrition, Physical & Well-Being Resources</i>	26
Trellis Society	27
<i>Shelter/Housing</i>	27
Wood's Homes	28
<i>Inglewood Opportunity Hub (IOH)</i>	28
YMCA	29
<i>Recreational Opportunities</i>	29
5. Newcomer Supports	30
Calgary Women's Immigrant Association (CIWA)	30
<i>iGLOW (Immigrant Girls Leading our Way) Program (formerly Youth Program)</i>	30

<i>Culturally Responsive Counselling for Youth and Seniors Program (formerly One-on-One Counselling)</i>	30
<i>Pathways to Success.....</i>	31
<i>Immigrant Girls, Boys and More (IGBM)</i>	31
<i>Change Leaders Program</i>	32
Stars for Scholarly Youth (SSY) - University of Calgary chapter	32
<i>English Language Literacy (ELL) Connect</i>	32
The Immigrant Education Society (TIES).....	33
<i>System Navigation for Newcomer Youth.....</i>	33
<i>Healthy Minds for Families</i>	33
<i>Healthy Minds Counselling.....</i>	34
<i>Enhancing Youth Possibilities Program (EYP)</i>	35
<i>Empowering Youth Through Employment (EYE).....</i>	36
YMCA Calgary	37
<i>YMCA Achievement Program (YMAP)</i>	37
Post-Secondary, Career Development & Employment Supports	38
Bow Valley College (BVC)	38
<i>BVC - Bissett Family Scholars Entrance Bursary Program.....</i>	38
Burns Memorial Fund	39
<i>Open Doors Bursary.....</i>	39
City of Calgary.....	39
<i>Youth Employment Centre.....</i>	39
ComIT	40
<i>3-Month Coding Bootcamp.....</i>	40
Aboriginal Futures.....	40
<i>Aboriginal Futures (Career Centres) Employment Program</i>	40
Junior Achievement Southern Alberta (JASA)	41
<i>World of Choices</i>	41
<i>Company Program</i>	41
<i>Be Entrepreneurial – Junior Achievement Canada (JA Canada)</i>	41
Miskanawah	42
<i>Re:Vision</i>	42
Momentum	42

<i>Money Management Financial Literacy</i>	42
NPower Canada	43
<i>Junior IT Analyst</i>	43
<i>Junior Data Analyst</i>	43
Neil Squire Society (NSS)	44
<i>Creative Employment Options</i>	44
Prospect Human Services	44
<i>Youth Apprenticeship Connections Program</i>	44
Southern Alberta Institute of Technology (SAIT)	45
<i>SAIT Youth Initiatives</i>	45
<i>SAIT - Bissett Bursary Program</i>	46
Trellis Society	47
<i>Employment Services</i>	47

Academic Supports

AGENCY	Roots2Stem
PROGRAM	<i>STEM based in-school and after school programs</i>
PROGRAM description	STEM programs include in-school and after-school opportunities that provide students with STEM education. These programs can be tailored to a specific group, school or course. By working with Chinook Rotary members, additional support is offered through mentoring and STEM education programs.
ELIGIBILITY Requirements	https://roots2stem.ca/
CONTACT person(s)	Dean White
CONTACT email	dean@roots2stem.ca
CONTACT phone	403-690-4847
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Academic	

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

AGENCY	Stars for Scholarly Youth (SSY) - University of Calgary chapter
PROGRAM	<i>1 on 1 Tutoring</i>
PROGRAM description	Free 1-on-1 tutoring with a university student and community youth (Grades 5 – 12) to provide equal access despite financial or social circumstances.
ELIGIBILITY Requirements	<p>The following youth (Grades 5 -12) can access services:</p> <ul style="list-style-type: none"> • Anyone who is in financial need (unable to afford tutoring otherwise) • Is/has recently been in a social intervention (including but not limited to shelters or foster homes) • New immigrants • Refugees <p>While priority is given to youths described above, services are also provided to students seeking additional academic support, subject to the availability of tutors.</p> <p>SSY does a criminal record check on volunteers (with 1-on-1 tutoring program) as they work directly with vulnerable youth.</p> <p>Tutoring is currently being offered virtually, but SSY is working out the logistics to offer drop-in in-person tutoring sessions throughout the semester.</p> <p>https://www.starsforyouth.ca/tutoring</p>
CONTACT person(s)	Laiba Kahloon Michelle Hussian Genesis Ocampo
CONTACT email	tutoring@starsforscholarlyyouth.com
CONTACT phone	
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Academic	

AGENCY	YMCA Calgary
PROGRAM	<i>Tutoring Table Program</i>
PROGRAM description	<p>The YMCA Math Tutoring Table offers free tutoring services for local youth ages 14 – 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"> • Mathematics courses offered: 10-C, 10-3, 20-1, 20-2, 30-1, and 30-2 • Science courses <p>https://www.ymcacalgary.org/tutoring-table-program</p>
ELIGIBILITY Requirements	Priority will be given to students with financial needs, academic needs and willingness to learn
CONTACT person(s)	Clifford Turtle (Youth Engagement Manager) Leshadeep Gill (Tutoring Supervisor- North) Jayniel Cabia (Tutoring Supervisor- South)
CONTACT email	clifford.turtle@ymcacalgary.org leshadeep.gill@ymcacalgary.org jayniel.cabia@ymcacalgary.org
CONTACT phone	Clifford Turtle (403) 968-9622 Leshadeep Gill (403) 899-4120 Jayniel Cabia (403) 899-4115
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Academic	

AGENCY	YMCA Calgary
PROGRAM	<i>Back on Track by YMCA</i>
PROGRAM description	<p>Back on Track by YMCA is an out-of-school intervention program. The program fosters bonds of trust and establishes a support network for students in grades 7-12 who have been suspended from school or are at risk of suspension due to problematic behaviour, while also promoting a consistent and strong academic focus.</p> <p>It aims to reduce future suspensions and disciplinary sanctions by offering participants an opportunity to transform their time away from school into a positive experience that fosters personal growth, social skill development, and autonomy. Students may be referred for any of the following concerns:</p> <ul style="list-style-type: none"> • Absenteeism/lack of participation in classes • Apathy and lack of motivation • Issues related to substance misuse • Disruptive and impulsive behaviour • Physical, verbal or psychological violence • Theft or vandalism • Academic struggles or needing an adult to guide them with time management and motivation • Needing additional support to help with mental health needs
ELIGIBILITY Requirements	https://www.ymcacalgary.org/programs-and-services/youth-engagement/back-on-track
CONTACT person(s)	Cliff Turtle (Youth Engagement Manager) Scott Caithcart (Youth Worker - South) Tessa O'Byrne (Youth Worker - NE) Jessica Leigh (Youth Worker - NW)
CONTACT email	clifford.turtle@ymcacalgary.org scott.caithcart@ymcacalgary.org tessa.obyrne@ymcacalgary.org jessica.leigh@ymcacalgary.org
CONTACT phone	Clifford Turtle (403) 968-9622 Scott Caithcart (403) 899-4125 Tessa O'Byrne (403) 463-2448 Jessica Leigh (403) 651-6434
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Academic	

Self-Care & Resiliency Supports

1. Mentorship

AGENCY	Miskanawah
PROGRAM	<i>Diamond Willow Youth Lodge</i>
PROGRAM description	<p>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.</p> <p>https://miskanawah.ca/diamond-willow-youth-lodge</p>
ELIGIBILITY Requirements	Diamond Willow Youth Lodge is open to youth ages 12 to 29 years.
CONTACT person(s)	Candice Klebe
CONTACT email	cklebe@miskanawah.ca
CONTACT phone	403-262-5050 or 403-247-5003
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Indigenous Well-Being Support	

AGENCY	Miskanawah
PROGRAM	<i>TAWAW Family Resource Network (FRN)</i>
PROGRAM description	<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>https://miskanawah.ca/files/documents/Brochure_-_Tawaw_Family_Resource_Networks.pdf</p>
ELIGIBILITY Requirements	None
CONTACT person(s)	Linda Collins (Northeast) 403-700-8440 Lynette Presaud (Northwest) 403-714-4895
CONTACT email	neconnector@miskanawah.ca nwconnector@miskanawah.ca
CONTACT phone	403-247-5003
FOCUS OF WORK – Parenting, Mental Health, Cultural Connection	
Self-care, General Well-Being	

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

AGENCY	Big Brothers Big Sisters of Calgary and Area
PROGRAM	<i>Community Mentoring</i> <i>In-School Mentoring</i>
PROGRAM description	<p>Community Mentorship is the longest-running and most recognized program. It connects a young person (ages 6 – 24) with a caring adult who consistently shows up. Together, they build a real, trusting relationship that is rooted in support, curiosity, and fun. https://bbbscalgary.ca/mentoring/community-mentoring/</p> <p>In-School Mentoring is designed for children in grades 1-9 (ages 6 – 15) who could benefit from extra support and encouragement during the school day. Each student is paired with a caring mentor who provides consistent, one-to-one time in a safe and familiar setting. Mentors meet with their mentee once a week for one hour, always on the same day and time (for example, Tuesday mornings at 9 a.m.). All visits take place on school property and focus on fun, engaging activities that help build confidence and connection. https://bbbscalgary.ca/mentoring/in-school-mentoring/</p>
ELIGIBILITY Requirements	<p>Community Mentoring The young person is between 6 – 24 years old, is voluntarily interested in the program, and has the ability to communicate in English; There is an adult in the house willing and available to support the mentoring relationship; There are no plans to move outside of Calgary or Airdrie for one year; All legal guardians consent to the young person participating in the program.</p> <p>In-School Mentoring The young person must be attending a school that has the BBS mentoring program; The young person must be attending a school that has the BBBS mentoring program; There is an adult in the house willing to consent to a mentoring relationship; There are no plans to move outside of Calgary for one year; Legal guardians consent to the young person participating in the program; The young person is voluntarily interested in the program and has the ability to communicate in English.</p>
CONTACT person(s)	BBS Calgary Enrollment
CONTACT email	bbbs.calgary@bigbrothersbigsisters.ca
CONTACT phone	403-777-3535
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Mentorship, Self-Care, Mental Health Supports, Resilience, Social-Emotional Skills	

2. Financial Support

AGENCY	Burns Memorial Fund
PROGRAM	<i>High School Bursary Program</i>
PROGRAM description	<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>https://burnsfund.com/programs/childrens-fund/high-school-students/</p>
ELIGIBILITY Requirements	<p>To qualify for support, student must be:</p> <ul style="list-style-type: none"> • under 21 years of age • a resident of Calgary for at least the past 6 months • within 2 semesters of graduating grade 12 • enrolled in a full-time program of at least 3 courses each semester • able to show documentation of current finances • demonstrate the ability to consistently participate in classes during the school year • 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
CONTACT person(s)	Tre Ostroski
CONTACT email	tre.ostroski@burnsfund.com
CONTACT phone	587-579-5443
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Financial Support	

AGENCY	Junior Achievement Southern Alberta (JASA)
PROGRAM	<i>Personal Finance</i>
PROGRAM description	<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>https://jasab.ca/programs/details/personal-finance.html</p>
ELIGIBILITY Requirements	Must be within grades 9-12
CONTACT person(s)	Christine Leger
CONTACT email	cleger@jasouthalberta.org
CONTACT phone	587-896-4363
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Financial Literacy	

AGENCY	Momentum
PROGRAM	<i>Matched Savings for Youth</i>
PROGRAM description	<p>Matched Savings for Youth teaches youth how to save and manage money during 2-hour evening workshops, twice a month, for 6 months. Momentum will match the money saved 4:1, which youth can spend on tuition, textbooks, a laptop for school, tools for work, RESP, RDSP, or starting their own business. If you save the maximum \$75/month for 6 months, that's \$450 of your own funds and \$1,800 of Momentum's funds. That's a combined savings of \$2,250 towards your future!</p> <p>https://momentum.org/programs/matched-savings-youth</p>
ELIGIBILITY Requirements	Matched Savings for Youth- ages 16 to 24, citizen or PR, low-income household
CONTACT person(s)	Rae-Lynn Homan
CONTACT email	Rae-lynnh@momentum.org
CONTACT phone	403-204-2688
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Finance literacy	

AGENCY	Prospect Human Services
PROGRAM	<i>Youth Assessment Services</i>
PROGRAM description	<p>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.</p> <p>https://www.prospectnow.ca/youth-assessment-services/</p>
ELIGIBILITY Requirements	Ages 16-20
CONTACT person(s)	Shaundell Curran
CONTACT email	shaundell.curran@prospectnow.ca
CONTACT phone	403-835-3294
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Finance	

3. Counselling

AGENCY	Carya
PROGRAM	<i>Family Counselling and Therapy</i>
PROGRAM description	<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>https://caryacalgary.ca/get-support/family-functioning/ https://caryacalgary.ca/get-support/mental-health-and-well-being/</p>
ELIGIBILITY Requirements	We offer counselling for families, older adults and language specific counselling
CONTACT person(s)	Intake Department
CONTACT email	intake@caryacalgary.ca
CONTACT phone	403-205-5244
Focus of Work- Academics, Self-Care, Post Secondary	
Self-Care, Counselling	

AGENCY	FearIsNotLove
PROGRAM	<i>Child, Youth and Family Therapy</i>
PROGRAM description	<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>1:1 counselling for children aged 6 – 11; In-person, phone or virtual options available. FREE OF CHARGE.</p> <p>Parent(s)/supportive adult receive individual sessions 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>Creative Freedom Art Therapy Group: ages 8 – 11, 6-week art and emotion-focused group processing for children living in scary or abusive family situations.</p> <p>Referrals through Helpline at 403-234-7233; email helpforchildyouthfams@fearisnotlove.ca https://fearisnotlove.ca/child-youth-and-family-therapy-program/</p>
ELIGIBILITY Requirements	<ul style="list-style-type: none"> • 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.
CONTACT person(s)	Carrie Pohl
CONTACT email	Carrie.Pohl@fearisnotlove.ca
CONTACT phone	403-290-3300
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-care, Counselling	

AGENCY	FearIsNotLove
PROGRAM	<i>Healthy Relationships Program</i>
PROGRAM description	<p>This program provides a therapeutic space for youth to explore how to build/choose to live in respectful relationships with their friends/family.</p> <p>One-on-one counselling for youth aged 12 – 21; In person, phone or virtual options. FREE OF CHARGE.</p> <p>Parents/supportive adults receive 4 sessions focusing on stressors, communication & how to best support their teen. Dyad sessions available if appropriate.</p> <p>Interactive presentations: teachers/guidance teams can choose from the following 4 topics:</p> <ul style="list-style-type: none"> • Healthy vs. Unhealthy Relationships • Coping • Emotional Regulation • Communication <p>Referrals through schools' guidance team or Helpline at 403-234-7233; email: helpforchildyouthfams@fearisnotlove.ca</p> <p>https://fearisnotlove.ca/healthy-relationships-program/</p>
ELIGIBILITY Requirements	<ul style="list-style-type: none"> • Ages 12 – 21 (parental consent required for ages 12 – 17) • No mature minors • Focus on violence prevention & healthy relationships as primary concern
CONTACT person(s)	Carrie Pohl
CONTACT email	Carrie.Pohl@fearisnotlove.ca
CONTACT phone	403-290-3300
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-care, Counselling	

AGENCY	HULL Services
PROGRAM	<i>Mental Health and Addiction Navigator</i>
PROGRAM description	<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>https://hullservices.ca/services/mental-health-and-addictions-navigator/</p>
ELIGIBILITY Requirements	This free service is open to all caregivers, youth, and children looking for support accessing mental health or addiction services
CONTACT person(s)	Kayla Caracan
CONTACT email	navigator@hullservices.ca
CONTACT phone	403-207-2513
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-care, Counselling	

AGENCY	HULL Services
PROGRAM	<i>Bridging The Gap (BTG)</i>
PROGRAM description	<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>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>https://hullservices.ca/services/bridging-the-gap/</p>
ELIGIBILITY Requirements	<p>Individuals served by Bridging the Gap:</p> <ul style="list-style-type: none"> • Are 16 – 24 years at the time of intake • Are wanting to work on identified mental health concerns • Have the ability to identify personal goals and be willing to work to address these • Are not currently receiving supports through Persons with Developmental Disabilities (PDD) or Children's Services (CS) <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>
CONTACT person(s)	Makenzie Swinamer
CONTACT email	BTGintake@hullservices.ca
CONTACT phone	403-216-0660
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, Counselling	

AGENCY	HULL Services
PROGRAM	<i>Resilient Families</i>
PROGRAM description	<p>Resilient families is a program that provides in-home support to help preserve and strengthen families. Facilitators work together with families to help them reach their goals and address the challenges they are facing. Families learn parenting skills and build on family resiliency so that parents are able to parent their children more effectively and independently.</p> <p>Resilient Families also partners with Provincial Family Resource Networks to ensure that families have access to the services and supports they need.</p> <p>https://hullservices.ca/services/resilient-families/</p>
ELIGIBILITY Requirements	<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>Support is available to families that may be experiencing stress or are worried about their own wellness or that of their child/family. Services also available for families who need more connection to community services/supports to help them meet their needs.</p>
CONTACT person(s)	Kayla Thomson
CONTACT email	resilientfamiliesprogram@hullservices.ca
CONTACT phone	403-542-6102
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-care, Counselling	

AGENCY	HULL Services
PROGRAM	<i>Braiding The Sweetgrass</i>
PROGRAM description	<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.</p> <p>This program works with urban Indigenous families with children (Grade 1 to Grade 12), their parents and siblings who are:</p> <ul style="list-style-type: none"> • Searching for information and/or a connection to Indigenous culture • Open to gaining knowledge about Intergenerational trauma and its impacts on Indigenous families • Wanting to establish better community connections and gain a support network • Not experiencing acute crisis, (i.e., domestic violence, active addictions, child abuse, homelessness) at the time of intake <p>https://hullservices.ca/services/braiding-the-sweetgrass/</p>
ELIGIBILITY Requirements	Referrals are open to Indigenous families in the Calgary community
CONTACT person(s)	Peter Daniels
CONTACT email	bts@hullservices.ca
CONTACT phone	587-438-5428
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, Counselling, Indigenous Supports	

AGENCY	Kindred (formerly Catholic Family Services)
PROGRAM	<i>Rapid Access Counselling</i>
PROGRAM description	<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>https://www.communityconnectyyc.ca/rapid-access-counselling</p>
ELIGIBILITY Requirements	All are welcome
CONTACT person(s)	Family Engagement and Resource Team
CONTACT email	To book online: https://www.communityconnectyyc.ca/
CONTACT phone	To book by phone: 403-233-2360 OR 1-877-244-2360
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, Counselling	

AGENCY	Kindred (formerly Catholic Family Services)
PROGRAM	<i>Early Parenthood Support</i>
PROGRAM description	<p>To strengthen children and families by building on the connections to their schools and neighborhoods. These services are offered in the communities where our clients live, work and to make access as easy as possible. These include our Parent-Infant Relationship Team (PIRT), Parent Support Workers, and POST Prenatal Outreach Support Team.</p> <p>https://www.kindred.ca/need-help/nurturing-relationships/</p>
ELIGIBILITY Requirements	<p>Based on program</p> <ul style="list-style-type: none"> • PIRT - prenatal to infants 3 years old • PSW - prenatal to children 6 years old • POST - Prenatal Outreach Support Team
CONTACT person(s)	Intake Coordinator
CONTACT email	intake@kindred.ca post.referrals@kindred.ca for POST
CONTACT phone	403-205-5294 or 403-233-2360 (Main line)
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, Counselling	

AGENCY	Lionheart Foundation
PROGRAM	<i>Therapeutic Support</i>
PROGRAM description	Lionheart Foundation's Subsidy and Therapy Program provides youth, aged 12 – 25, and their families to access community-based individual counselling with an approved network of experienced and well-respected therapists who specialize in adolescent mental health. In addition, the program focuses on mild to moderate anxiety-related mental health issues such as eating disorders (must be stable), trauma, anxiety, self-harm, depression.
ELIGIBILITY Requirements	Interested families/individuals who meet program criteria but require financial aid to access therapy can apply for subsidy support. Subsidy support can range on \$10 to \$180/hr depending on their financial need. Subsidy eligibility is determined from household family income and family size, benefits/insurance; documentation is required. A formal subsidy offer will be provided to individuals in advance of their first appointment. Applications are self-referral and can be completed online: https://lionheartfoundation.ca/treatment-inquiry/
CONTACT person(s)	Gabi Pikacz
CONTACT email	intake@lionheartfoundation.ca
CONTACT phone	403-978-5866
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Mental Health Support, Self-Esteem, Academics, Self-Care, Post-Secondary, Anxiety, Depression, Resilience, Wellness	

AGENCY	Wood's Homes
PROGRAM	<i>Eastside Community Mental Health Services (ECMHS)</i>
PROGRAM description	<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"> • Crisis counselling, single session therapy and mental health system navigation services • Integrated ethno-cultural mental health team – up to 12 languages • Virtual services – phone, video, text, chat, email • Mobile in-home family crisis visits <p>Call 403-299-9699, 7 days a week, 8:00 am – 11:00 pm</p> <p>Walk-in location #255 459 36 St. NE</p> <ul style="list-style-type: none"> • Tuesday & Thursday: 11:00 am – 7:00 pm • Saturday: 11:00 am – 5:00 pm <p>The Wellness Desk Central Library, 800 2 Street SE, room 3-19A</p> <ul style="list-style-type: none"> • Monday – Thursday: 12:00 pm – 8:00 pm • Friday: 12:00 pm – 6:00 pm • Saturday & Sunday: 12:00 pm – 5:00 pm <p>Crowfoot Library, 8665 Nose Hill Drive NE</p> <ul style="list-style-type: none"> • Monday: 2:00 pm – 8:00 pm <p>For more information about services, and wellness desk and walk-in locations: https://www.woodshomes.ca/eastside-community-mental-health-services/</p>
ELIGIBILITY Requirements	https://www.woodshomes.ca/programs/eastside-community-mental-health-services/
CONTACT person(s)	Laura Camacho
CONTACT email	laura.camacho@woodshomes.ca cct@woodshomes.ca
CONTACT phone	403-299-9699 403-921-9304
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, Counselling	

4. General Well-Being

AGENCY	ANTYX Community Arts
PROGRAM	<i>Arts Based Youth Programs</i>
PROGRAM description	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.
ELIGIBILITY Requirements	Open to youth ages 12 – 18 years old
CONTACT person(s)	Daniel Rodriguez
CONTACT email	daniel@antyx.org
CONTACT phone	403-444-0500
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care	

AGENCY	NSTEP - Eat Walk Live
PROGRAM	<i>Teen Brain and Student Wellness Chef on NSTEP</i>
PROGRAM description	NSTEP Teen Brain was developed to build on the elementary program NSTEP EAT WALK LIVE. Teen Brain is to help teenagers, teachers and parents 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. Topics include: 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. https://nstep.ca/programs/school-programs/
ELIGIBILITY Requirements	Students in grades 7-12
CONTACT person(s)	Deb Hymers
CONTACT email	deb.hymers@nstep.ca
CONTACT phone	403-870-5448
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Nutrition, physical well-being resources	

AGENCY	NSTEP - Eat Walk Live
PROGRAM	<i>Nutrition, Physical & Well-Being Resources</i>
PROGRAM description	<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 includes:</p> <ul style="list-style-type: none"> • Fundamental Movement Skills • Physical Literacy • Classroom Ideas • Additional Resources <p>https://nstep.ca/resources/physical-literacy/</p>
ELIGIBILITY Requirements	All ages
CONTACT person(s)	Deb Hymers
CONTACT email	deb.hymers@nstep.ca
CONTACT phone	403-870-5448
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Nutrition, physical well-being resources	

AGENCY	Trellis Society
PROGRAM	<i>Shelter/Housing</i>
PROGRAM description	<p>Sustainable Families provides intensive support for families facing homelessness. Supports families with finding and keeping stable housing, accessing basic needs, developing life skills, accessing financial support and connecting to other community resources and supports. The goal is to ensure that individuals and their families have the personal, social, physical, financial and human assets needed to remain housed for the long term.</p> <p>https://www.growwithtrellis.ca/families/housing-support/sustainable-families</p> <p>Home Stay 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. Support is provided to families with children or dependants. Single people or those without dependants looking to access basic needs and financial support will be connected with Trellis' partner agency, the Distress Centre.</p> <p>https://www.growwithtrellis.ca/families/housing-support/home-stay</p>
ELIGIBILITY Requirements	<p>Sustainable Families: Families must complete an assessment through a family shelter or SORCe to be placed with the Sustainable Families Program.</p> <p>https://sorcecalgary.ca/contact-us</p> <p>Home Stay: Please contact program for further information.</p>
CONTACT person(s)	Intake Coordinator
CONTACT email	Home Stay: homestay@growwithtrellis.ca
CONTACT phone	Home Stay: 403-219-3477 ext. 1
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, General Well-Being (housing)	

AGENCY	Wood's Homes
PROGRAM	<i>Inglewood Opportunity Hub (IOH)</i>
PROGRAM Aldescription	<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 from 15 years up to the age of 29.</p> <p>The IOH focuses on three pillars of support: well-being, mental and physical health, specialized employment support, and housing services and support.</p>
ELIGIBILITY Requirements	https://www.woodshomes.ca/inglewood-opportunity-hub/
CONTACT person(s)	Mischa Nagtalon
CONTACT email	mischa.nagtalon@woodshomes.ca Inglewood.opportunityhub@woodshomes.ca
CONTACT phone	403-774-1674 (general inquiries) 403-999-3343 403-510-7468
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, General Well-Being (mental health supports, recovery supports, housing, employment)	

AGENCY	YMCA
PROGRAM	<i>Recreational Opportunities</i>
PROGRAM description	<p>Since its inception in 1902, YMCA Calgary has evolved into a vibrant charity offering health and wellness programs, leadership and community outreach programs, childcare, and day and overnight camps.</p> <p>YMCA Calgary offers six health and wellness facilities, six child development centres with licensed childcare, two outdoor camp sites and dozens of community program sites across the city. YMCA delivers programs, services and opportunities to help Calgarians connect, build life-long skills, and keep active and healthy.</p> <p>Learn more about the different programs made available to you and your loved ones: https://www.ymcacalgary.org/</p>
ELIGIBILITY Requirements	All ages welcome!
CONTACT person(s)	Front Desk at different locations of YMCA
CONTACT email	Brookfield YMCA Seton: seton@ymcacalgary.org Melcor YMCA Crowfoot: crowfoot@ymcacalgary.org Remington YMCA Quarry Park: quarrypark@ymcacalgary.org Saddletown YMCA: saddletowne@ymcacalgary.org Shawnessy YMCA: shawnessy@ymcacalgary.org Rocky Ridge YMCA: rockyridge@ymcacalgary.org South Health Campus YMCA: southhealthcampus@ymcacalgary.org
CONTACT phone	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
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, General Well-Being	

5. Newcomer Supports

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

AGENCY	Calgary Women's Immigrant Association (CIWA)
PROGRAM	<i>Culturally Responsive Counselling for Youth and Seniors Program (formerly One-on-One Counselling)</i>
PROGRAM description	Free, culturally-sensitive, one-on-one and group counselling sessions
ELIGIBILITY Requirements	Open to immigrant girls, 13 – 24 years old, who have a Permanent Resident Card
CONTACT person(s)	Noreen Mahmood
CONTACT email	noreenM@ciwa-online.com youthcounselling@ciwa-online.com
CONTACT phone	403-263-4414 ext. 147
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Self-Care	

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

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

AGENCY	Calgary Women's Immigrant Association (CIWA)
PROGRAM	<i>Change Leaders Program</i>
PROGRAM description	Empowers immigrant female youth by providing micro-grants and support to develop and lead short-term service projects focused on issues such as mental health, inclusivity, reconciliation, environmental preservation, civic engagement and youth resilience.
ELIGIBILITY Requirements	Open to all immigrant and racialized female youth, between the ages 14 – 30 years old
CONTACT person(s)	Saba Jahangir
CONTACT email	SabaJ@ciwa-online.com youthprograms@ciwa-online.com
CONTACT phone	403-263-4414 ext. 254
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Academic, Community Engagement	

AGENCY	Stars for Scholarly Youth (SSY) - University of Calgary chapter
PROGRAM	<i>English Language Literacy (ELL) Connect</i>
PROGRAM description	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. https://www.starsforyouth.ca/ell
ELIGIBILITY Requirements	Youths in grades 5-12
CONTACT person(s)	Alexia Strutzenberger
CONTACT email	ell@starsforscholarlyyouth.com
CONTACT phone	
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
English Language Learning	

AGENCY	The Immigrant Education Society (TIES)
PROGRAM	<i>System Navigation for Newcomer Youth</i>
PROGRAM description	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.
ELIGIBILITY Requirements	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.
CONTACT person(s)	Outreach
CONTACT email	HealthyMindsOutreach@immigrant-education.ca
CONTACT phone	587-393-3414
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Mental Health Resource System Navigation	

AGENCY	The Immigrant Education Society (TIES)
PROGRAM	<i>Healthy Minds for Families</i>
PROGRAM description	Healthy Minds for Families uses protective factors approach to build on the strengths, resourcefulness, and resiliency of newcomers and other vulnerable families. Through evidence-informed primary and secondary prevention services, Healthy Minds for Families empowers families to participate fully in supportive communities that enrich family life and overall well-being.
ELIGIBILITY Requirements	Open to individuals of all ages and demographics residing in Calgary
CONTACT person(s)	Remilekun Oniyide
CONTACT email	remilekunoniyide@immigrant-education.ca
CONTACT phone	587-349-5913
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Peer Support, Service Navigation, Psychoeducation, Wellness Strategies, Mental Health Counselling	

AGENCY	The Immigrant Education Society (TIES)
PROGRAM	<i>Healthy Minds Counselling</i>
PROGRAM description	<p>Healthy Minds has implemented a low-barrier, accessible model to support stigmatized newcomer populations. However, services are available to anyone in Calgary seeking certified mental health counselling.</p> <p>Services include:</p> <ul style="list-style-type: none"> • Mental health counselors available seven days a week, including evenings • Multilingual counselors with multicultural expertise. For updated information on languages available, please refer website counselling booking page. • Services provided in-person, via video, and by telephone upon request • No referrals required, with multiple self-referral options available through website https://www.tieshealthyminds.ca/ • No confirmation of address or identification needed • Services open to individuals, couples, and families of all ages and demographics <p>Free of charge for clients</p>
ELIGIBILITY Requirements	Services open to individuals of all ages and demographics residing in Calgary
CONTACT person(s)	Jisha Mariam Philip
CONTACT email	HealthyMindsOutreach@immigrant-education.ca
CONTACT phone	587-393-3414
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Certified Mental Health Counselling, Psychoeducation	

AGENCY	The Immigrant Education Society (TIES)
PROGRAM	<i>Enhancing Youth Possibilities Program (EYP)</i>
PROGRAM description	<p>EYP is a fast-track program. Participants receive 2 weeks of online employment training, followed by 80 hours of paid practicum (\$18/hour).</p> <p>During paid practicum, EYP students are eligible for a FREE monthly bus pass and funds towards childcare services from a licensed facility while they are participating in the practicum.</p> <p>https://www.immigrant-education.ca/build-work-skills/enhancing-youth-possibilities-program#googtrans(en en)</p>
ELIGIBILITY Requirements	<p>Permanent Resident, Canadian Citizen, Conventional refugees and CUAET visa holder</p> <p>Between ages 18 – 29 years old</p> <p>CLB 5 or higher</p>
CONTACT person(s)	Zenobia Ladha
CONTACT email	ZenobiaLadha@immigrant-education.ca
CONTACT phone	587-392-4178
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Employment Support	

AGENCY	The Immigrant Education Society (TIES)
PROGRAM	<i>Empowering Youth Through Employment (EYE)</i>
PROGRAM description	<p>There are three parts of the EYE Program:</p> <ol style="list-style-type: none"> 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. 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. 3. Career counselling offers resources to help you with your finances, education, and employment. <p>Clients will receive a living allowance while attending the Group Based Employability Skills Training and the Work Experience.</p> <p>https://www.immigrant-education.ca/build-work-skills/empowering-youth-through-employment-eye#googtrans(en en)</p>
ELIGIBILITY Requirements	<p>Permanent Resident, Canadian Citizen, Conventional refugees and CUAET visa holder</p> <p>Between ages 15 – 30 years old</p> <p>CLB 5 or higher</p> <p>Not receiving EI or actively looking for employment</p> <p>Committed to completing 8 weeks of Group Based Employability Skills and 3 months in the Work Experience Curriculum</p>
CONTACT person(s)	Zenobia Ladha
CONTACT email	ZenobiaLadha@immigrant-education.ca
CONTACT phone	587-392-4178
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Employment Support	

AGENCY	YMCA Calgary
PROGRAM	<i>YMCA Achievement Program (YMAP)</i>
PROGRAM description	<p>YMAP is a free pre-registered program for high school youth and young adults who are newcomers to Canada. Previous participants of YMAP have included refugees, immigrants, international students and second-generation Canadians from more than 50 different countries.</p> <p>Through weekly after-school sessions and special events, YMAP youth work to develop essential skills that assist in a positive and healthy integration into Canada, while also maintaining and celebrating their cultures of origin. They engage in community work through volunteer and fundraising projects throughout the city.</p> <p>YMAP participants develop their leadership and teamwork skills in a weekly session with YMCA staff. Participants will learn about resume writing and job preparation, financial literacy, health and wellness, and life in Calgary. Participants spend time learning how to make their communities great in the program, as well as through field trips and volunteer opportunities.</p> <p>Previous YMAP participants say the program has helped them make new friends, acquire new skills, make a positive impact in their community, and develop the confidence they need to succeed in life.</p> <p>YMAP is offered at six conveniently located sites throughout the city, in all quadrants.</p> <p>https://www.ymcacalgary.org/programs-and-services/youth-engagement/ymap</p>
ELIGIBILITY Requirements	<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>
CONTACT person(s)	Sabrina Putman
CONTACT email	sabrina.putman@ymcacalgary.org
CONTACT phone	587-583-0624
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Self-Care	

Post-Secondary, Career Development & Employment Supports

AGENCY	Bow Valley College (BVC)
PROGRAM	<i>BVC - Bissett Family Scholars Entrance Bursary Program</i>
PROGRAM description	<p>The Bissett Family Scholars Entrance Bursary Program 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 and Bow Valley College's School of Foundational Learning who pursued their high school diploma at the College. Applicants must not have previous post-secondary education. 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 \$5,000/term.</p> <p>Certificates (up to 2 payments) Diplomas (up to 4 payments)</p> <p>Awards & Bursaries Bow Valley College</p>
ELIGIBILITY Requirements	<p>Applicant must:</p> <ul style="list-style-type: none"> • Be registered full-time • Be a domestic learner • Have graduated from a Calgary High School or attended the BVC upgrading program in the last 2 years. Preference will be given to AIFY students • Be enrolled in a certificate or diploma program • Have no previous post-secondary experience
CONTACT person(s)	Jonathas Franz (Student Awards Officer)
CONTACT email	jfranz@bowvalleycollege.ca
CONTACT phone	403-410-1410 403-476-2216
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Post-Secondary	

AGENCY	Burns Memorial Fund
PROGRAM	<i>Open Doors Bursary</i>
PROGRAM description	<p>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.</p> <p>The Bursary opens doors to youth who do not meet the eligibility criteria of other bursaries and grants. Applicants who have or are attending post-secondary programs are not eligible for funding.</p>
ELIGIBILITY Requirements	<p>Applicants must:</p> <ul style="list-style-type: none"> • Be between the ages of 16 – 25 years old • Have lived in Calgary for at least the last six months • Be able to demonstrate financial need <p>Please review website for eligibility requirements: https://burnsfund.com/programs/childrens-fund/young-adult-education-employment-bursary/</p>
CONTACT person(s)	Larasha Farrington – Grants Coordinator
CONTACT email	Larasha.farrington@burnsfund.com
CONTACT phone	587-392-8256
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Finance	

AGENCY	City of Calgary
PROGRAM	<i>Youth Employment Centre</i>
PROGRAM description	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.
ELIGIBILITY Requirements	Youth between the ages of 15 – 24, who reside in Calgary & local area.
CONTACT person(s)	YEC Coordinators: Melanie Ackerman and Michael Bester
CONTACT email	www.youthemploymentcentre.ca
CONTACT phone	403-268-2490
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Employment	

AGENCY	ComIT
PROGRAM	<i>3-Month Coding Bootcamp</i>
PROGRAM description	ComIT is a non-profit charity dedicated to providing free and accessible software development training and employability support to folks across Canada facing barriers to securing a career in tech. Applicants with prior programming/coding experience or knowledge can submit an application to be considered for a spot in a 3-month programming bootcamp, with the course topic dependent on each region. Course topics include Python, ReactJS, .NET, Flutter, React Native, Java and more!
ELIGIBILITY Requirements	Between 18 and 45 years old - Secondary school completed - Legally entitled to work full time in Canada - Not already employed in Tech - Not able to financially afford other types of training (University, college, etc.) - Strong interest in pursuing a career in Tech. https://www.comit.org/students
CONTACT person(s)	Team ComIT
CONTACT email	info@comit.org
CONTACT phone	
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Post-Secondary	

AGENCY	Aboriginal Futures
PROGRAM	<i>Aboriginal Futures (Career Centres) Employment Program</i>
PROGRAM description	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 https://aboriginalfutures.com/employment/
ELIGIBILITY Requirements	Please contact reception for more info
CONTACT person(s)	Please contact reception
CONTACT email	info@aboriginalfutures.com
CONTACT phone	403-253-5311
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Employment	

AGENCY	Junior Achievement Southern Alberta (JASA)
PROGRAM	<p><i>World of Choices</i></p> <p><i>Company Program</i></p> <p><i>Be Entrepreneurial – Junior Achievement Canada (JA Canada)</i></p>
PROGRAM description	<p>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. https://jasab.ca/programs/details/world-of-choices.html</p> <p>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. https://jasab.ca/programs/details/company-program-in-school.html</p> <p>Be Entrepreneurial program inspires grade 10-12 students to imagine a business venture while still in school. Volunteers from the local business community partner with classroom teachers to ignite students' entrepreneurial spirit and help them create business plans. https://jacanada.org/program/be-entrepreneurial/</p>
ELIGIBILITY Requirements	Must be within grades 9-12
CONTACT person(s)	Sarah Bednar Christine Leger (Be Entrepreneurial)
CONTACT email	sbednar@jasouthalbert.org Cleger@jasouthalberta.org
CONTACT phone	587-700-7356
FOCUS OF WORK – Academics, Self-Care, Post-Secondary	
Career Exploration, Entrepreneurship	

AGENCY	Miskanawah
PROGRAM	<i>Re:Vision</i>
PROGRAM description	<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>https://miskanawah.ca/files/documents/ReVision.pdf</p>
ELIGIBILITY Requirements	Young adults between the ages of 18 – 29 years old who are not currently employed with employment or school.
CONTACT person(s)	Tyra Vedan
CONTACT email	tvedan@miskanawah.ca
CONTACT phone	403-614-0772
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Employment	

AGENCY	Momentum
PROGRAM	<i>Money Management Financial Literacy</i>
PROGRAM description	<p>Money Management workshops include budgeting, assets, consumerism, banking, and credit. Workshops are facilitated online Monday evenings, or accessed online, on-demand anytime.</p> <p>https://momentum.org/program-departments/manage-your-money</p> <p>Matched Savings for Youth teaches youth how to save and manage money during 2-hour evening workshops, twice a month, for 6 months. Momentum will match the money saved 4:1, which youth can spend on tuition, textbooks, a laptop for school, tools for work, RESP, RDSP, or starting their own business. If you save the maximum \$75/month for 6 months, that's \$450 of your own funds and \$1,800 of Momentum's funds. That's a combined savings of \$2,250 towards your future!</p> <p>https://momentum.org/programs/matched-savings-youth</p>
ELIGIBILITY Requirements	Money Management - none Matched Savings for Youth - ages 16 – 24, citizen or PR, low-income household
CONTACT person(s)	Rae-Lynn Homan
CONTACT email	Raelynnh@momentum.org
CONTACT phone	403-204-2688
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Finance literacy	

AGENCY	NPower Canada
PROGRAM	<i>Junior IT Analyst</i> <i>Junior Data Analyst</i>
PROGRAM description	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.
ELIGIBILITY Requirements	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
CONTACT person(s)	Lisa Moon Sneha Pal
CONTACT email	lisa.moon@npowercanada.ca Sneha.pal@npowercanada.ca
CONTACT phone	403-536-4011 ext. 310
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Post-Secondary, IT Training, Employment	

AGENCY	Neil Squire Society (NSS)
PROGRAM	<i>Creative Employment Options</i>
PROGRAM description	<p>Unique, comprehensive, individually focused program that help youth develop skills to achieve their employment goals. Offerings include:</p> <ul style="list-style-type: none"> • Individualized and group-based learning environments • Career and personal development, wellness for work, and job search support • Ergonomic and assistive technology assessments and solutions • Potential wage subsidy
ELIGIBILITY Requirements	Youth with a self-declared disability, at least 15 years old, who want to find part-time employment, control over their life, and to make their own decisions
CONTACT person(s)	Shannel Boon
CONTACT email	shannelb@neilsquire.ca
CONTACT phone	403-465-4475
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Employment	

AGENCY	Prospect Human Services
PROGRAM	<i>Youth Apprenticeship Connections Program</i>
PROGRAM description	<p>Prospect's Youth Apprenticeship Connections 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 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.</p> <p>https://www.prospectnow.ca/yacp/</p>
ELIGIBILITY Requirements	Provincial program assisting youth and young adults (16 – 24 yrs old) from the foster care system interested in creating apprenticeship-focused action plans and exploring career opportunities in trades across Alberta.
CONTACT person(s)	Rana Nakhal
CONTACT email	rana.nakhal@prospectnow.ca
CONTACT phone	587-404-2836
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Employment	

AGENCY	Southern Alberta Institute of Technology (SAIT)
PROGRAM	<i>SAIT Youth Initiatives</i>
PROGRAM description	<p>These programs are dedicated to the education, empowerment, and excitement of young minds. With offerings for youth in Grades 4-12, they provide authentic, engaging, and meaningful learning experiences:</p> <p>High School Dual-Credit Programs Dual-credit programs and courses allow students to graduate with their high school diploma as well as a post-secondary credential or course credits. https://www.sait.ca/youth-programs/dual-credit-programs</p> <p>Turning Points Program 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. https://www.sait.ca/youth-programs/youth-foundations-programs/foundations-programs/turning-points</p> <p>Foundation Programs These 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. https://www.sait.ca/youth-programs/youth-foundations-programs</p> <p>Digital Youth Programs 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. https://www.sait.ca/youth-programs/digital-youth</p>
ELIGIBILITY Requirements	Full program offerings and details: https://www.sait.ca/youth-programs
CONTACT person(s)	Rozlynn Wick Ashley Vu
CONTACT email	Rozlynn.wick@sait.ca Ashley.vu@sait.ca Youth.programs@sait.ca
CONTACT phone	403-284-7024 403-210-5650
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Post-Secondary Prep, Academics	

AGENCY	Southern Alberta Institute of Technology (SAIT)
PROGRAM	<i>SAIT - Bissett Bursary Program</i>
PROGRAM description	<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>https://www.sait.ca/tuition-and-financial-aid/student-awards/scholarships-bursaries-and-awards-directory?aq=bissett</p>
ELIGIBILITY Requirements	<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>https://www.sait.ca/tuition-and-financial-aid/student-awards/bissett-bursary-program</p>
CONTACT person(s)	Amanda Wilkesheski
CONTACT email	bissett.bursary@sait.ca
CONTACT phone	403-284-7384
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Post-Secondary	

AGENCY	Trellis Society
PROGRAM	<i>Employment Services</i>
PROGRAM description	<p>The Employment Team provides free employment support for individuals ages 13+. Available online and in-person. The employment services offers a wide variety of supports including:</p> <ul style="list-style-type: none"> • One-on-one case management • Workshops that focus on variety of topics such as resume, cover letter, job search, interview prep, employment skills • Paid work experiences and volunteer opportunities for individuals to gain hands-on experience in a supported and inclusive environment. <p>https://www.growwithtrellis.ca/employment-services</p>
ELIGIBILITY Requirements	Must be referred by a designated Success Coach school 13+ individuals are welcome
CONTACT person(s)	Suzanne Risley Kate Heney Employment Services please contact the coordinator
CONTACT email	srisley@growwithtrellis.ca kheney@growwithtrellis.ca employmentservices@growwithtrellis.ca (Coordinator)
CONTACT phone	Suzanne Risley: 403-973-9232 Kate Heney: 403-966-1630
FOCUS OF WORK – Academics, Self-Care, Post Secondary	
Self-Care, General Well-Being, Employment support	