

AIFY Student Support & Referral Guide

Resource Guide 2026–2027

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Connecting students and families to the relationships, opportunities, and supports that help young people learn, belong, thrive, and prepare for the future.



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About This Guide

This guide helps school staff, Success Coaches, and community agencies connect students and families to supports, resources, and opportunities that strengthen academic success, belonging, well-being, and future readiness.

Supports are organized into three broad pillars:

- Academic Success
- Build Belonging & Resilience
- Future Ready (Post-secondary, Career & Employment)

Within each pillar, supports are grouped into more specific subcategories to help users identify relevant starting points. While many supports contribute to more than one outcome, each support is listed once in the section that best reflects its primary focus. Related focus areas are also identified within each entry.

How to Read This Guide

- **Access** explains how students and families connect with the support, including whether referral, registration, or self-referral is required.
- **Delivery** indicates how the support is provided, such as in-person, virtual, phone-based, or blended.
- **Focus Areas** highlight the key needs, strengths, connections, and opportunities each support addresses, helping users identify services that best align with a young person's circumstances, interests, goals, and support needs.

Focus Areas reflect the relationships, environments, skills, supports, and opportunities that help children and youth thrive, develop resilience, and build positive futures.

Focus Areas

- School Connectedness & Academic Success
- Positive Adult Relationships & Mentorship
- Positive Peer Relationships
- Belonging, Identity & Inclusion
- Family & Caregiver Supports
- Leisure, Recreation & Physical Activity
- Mental Health & Well-being
- Future Pathways & Career Development
- Basic Needs & Stability
- System Navigation & Access to Supports
- Youth Voice, Leadership, and Community Participation
- Digital Well-being & Safe Online Engagement

Where Do I Start? Quick Referral Index

Use this index to quickly identify possible starting points for referral based on what a student or family is looking for support with. Many programs support multiple outcomes and may appear under only one referral category below. If you do not find what you are looking for, review the full guide for additional options.

If a student or family needs...	Start with these programs/sections
Tutoring or academic help	YMCA Tutoring Table
School attendance or re-engagement support	YMCA Back on Track ; Prospect YAC ; Trellis AIFY Success Coaches
Mental health, counselling, or relationship support	Carya ; Kindred Rapid Access Counselling ; Wood's ECMHS ; Lionheart ; HULL Bridging the Gap ; Fear Is Not Love Child, Youth, and Family Therapy ; Fear Is Not Love Healthy Relationships Program
Mentoring, belonging, or positive relationships	Big Brothers Big Sisters ; YMCA YMAP ; Trellis AIFY Success Coaches ; Trellis Youth Programming ; CIWA iGLOW ; CIWA IGBM ; City of Calgary Sport Hub
Family or caregiver support	HULL Resilient Families ; Kindred Parenting Programs ; Miskanawah TAWAW FRNs ; TIES Thrive Together ; Carya ; Fear Is Not Love Child, Youth, and Family Therapy
Newcomer youth & family supports	YMCA YMAP ; CIWA iGLOW ; CIWA IGBM ; TIES Thrive Together ; TIES System Navigation ; Immigrant Services Calgary CLARC
Indigenous cultural connection, community, or youth support	Miskanawah Diamond Willow Youth Lodge ; Miskanawah TAWAW FRNs ; HULL Braiding the Sweetgrass ; Miskanawah Re:VISION ; Trellis Iiyika'kimaat Youth Group ; Planet Youth Indigenous Parallel
Recreation, leadership, or positive youth development	City of Calgary Sport Hub ; YMCA Recreational Programs ; NSTEP ; Trellis Youth Programming ; YMCA YMAP ; Planet Youth Calgary
Housing, basic needs, or system navigation	Prospect YAC ; Wood's IOH ; Trellis Home Stay ; Trellis Sustainable Families ; HULL Mental Health & Addiction Navigator ; Lionheart
Career, employment, training, or post-secondary planning	City of Calgary YEC ; Trellis Employment Services ; Miskanawah Re:Vision ; CIWA Pathways to Success ; SAIT Dual-Credit Programs ; NPower ; ComIT ; Prospect YAC ; TIES EYP ; TIES EYE
Financial Supports, bursaries, or money management	Burns Open Door Bursary ; Burns High School Bursary ; Bow Valley Bissett Family Scholars ; SAIT Bissett Bursary ; Momentum
Support for youth with disabilities	Neil Squire Creative Employment Options ; Neil Squire Empower 3D ; Neil Squire Distance Computer Comfort

I. Academic Success

1. Academic Support, Tutoring & School Engagement

YMCA Calgary

Tutoring Table Program

Who It's For: Youth (Ages 14-21)

Access: Registration required; Parent/guardian consent required if student is under 18.

Delivery: 📍 In-person - City-Wide (10+ locations) | 💻 Virtual

Students attend a two-hour weekly session throughout the semester.

Cost: Free

Program Description:

As part of All In For Youth (AIFY), YMCA's Tutoring Table program aims to remove the financial barrier of private tutoring to help students pass their registered math and science courses. Volunteer tutors provide academic support while helping students build confidence, problem-solving skills, and connections with positive adult mentors. Tutors may also provide students with career advice and personal experience and knowledge. Additional program support includes Diploma Prep and a 5-week Summer Club program.

Eligibility: Priority for youth with academic and financial needs, who are willing to learn.

Contact: Clifford Turtle | clifford.turtle@ymcacalgary.org | 403-968-9622

Website: [YMCA Tutoring Table](#)

Focus Areas: School Connectedness & Academic Success, Positive Adult Relationships & Mentorship

YMCA Calgary

Back on Track by YMCA

Who It's For: Youth (Grades 7-12) who have been suspended or are at risk of suspension

Access: Referral from school is required

Delivery: 📍 In-person (NW, NE, and South Calgary YMCA locations)

Cost: Free

Program Description:

Back on Track by YMCA is an out-of-school intervention program for students in Grades 7-12 who have been suspended or are at risk of suspension. The program helps youth stay connected to learning, build trusting relationships with supportive adults, and strengthen skills related to behaviour, motivation, time management, and social-emotional well-being. Students may be referred for concerns such as attendance, apathy and lack of motivation, substance use, disruptive or impulsive behavior, physical, verbal or psychological violence, theft or vandalism, academic struggles, or mental health needs.

Contact: Clifford Turtle | clifford.turtle@ymcacalgary.org | 403- 968-9622

Website: [YMCA Calgary Back on Track](#)

Focus Areas: School Connectedness & Academic Success, Positive Adult Relationships & Mentorship, Mental Health & Well-being

Prospect Human Services

Youth Assessment Centre (YAC)

Good fit: Youth needing re-engagement, financial assistance, housing/basic needs, employment guidance, wraparound service coordination.

Who It's For: Youth (Ages 16-20)

Delivery: 📍 In-person | 💻 Virtual | ☎️ Phone

Access: Referral required (typically through school staff, community partner, family member or youth)

Cost: Free

Contact: Shaundell Curran | shaundell.curran@prospectnow.ca | 587-998-1935

Website: [Prospect Now Youth Assessment Services](#)

See full details here.

2. Enrichment, STEM & Learning Opportunities

Roots2Stem

STEM-based in-school and after-school programs

Who It's For: Youth (Ages 6-18), varies depending on program

Delivery: 📍 In-person, location varies depending on program. Available for in-school workshops.

Access: Registration required

Cost: Fee-based

Program Description:

Roots2Stem programs offer hands-on, engaging learning experiences both in-school and beyond the classroom. In-school options include classroom-based STEM workshops, Engineering Academy programs, and immersive field trips to a fully equipped lab where students explore multiple engineering disciplines. After-school and evening programs allow students to design, build, and problem-solve using real-world tools and technologies. All programs can be customized to meet the needs of specific schools, courses, or groups.

Contact: Dean White | dean@roots2stem.ca | 403-690-4847

Website: [Roots2Stem](#)

Focus Areas: School Connectedness & Academic Success; Future Pathways & Career Development

Southern Alberta Institute of Technology (SAIT)

SAIT Summer Camps

Who It's For: Youth (Grades 1-12)

Delivery: 📍 In-person, SAIT Main Campus

Access: Registration required

Cost: Fee-based

Program Description:

Known for its hands-on learning environment and non-traditional offerings, SAIT's summer camps encourage children and youth to explore interests and future career options, learn new things and make connections.

Contact: summer.camps@sait.ca | 403-210-5650

Website: [SAIT Youth Programs Summer Camps](#)

Focus Areas: School Connectedness & Academic Success; Future Pathways & Career Development

Southern Alberta Institute of Technology (SAIT)

Digital Youth Programs

Who It's For: Youth (Grades 6-12)

Delivery: 📍 Art of the Possible: (school-based or in-person at SAIT); Skills Workshop: (in-person at SAIT)

Access: Registration required through teachers; Parent/guardian waiver required

Cost: Free

Program Description:

Art of the Possible Workshops gets students to work together, engage with industry experts, and experience virtual demonstrations to discover emerging technologies. help students explore digital innovation through industry engagement, demonstrations, and collaborative activities. Topics include Cybersecurity, Artificial Intelligence (AI), Machine Learning, Coding and Electronics, Extended Reality, and 3D Printing.

Skills Workshops provide project-based learning opportunities where students develop digital skills with guidance from SAIT experts. Topics include AI and Machine Learning, and 3D Printing and Modelling.

Contact: dxyouth@sait.ca

Website: [SAIT Youth Programs Digital Youth](#)

Focus Areas: Future Pathways & Career Development; School Connectedness & Academic Success

II. Build Belonging & Resilience

1. Mental Health & Well-being

Carya

Family Counselling and Therapy

Who It's For: Individuals (aged 24 years and under), families (with children or youth aged 24 years and under), and parents/caregivers (over age 24)

Delivery: 📍 In-person at Bowness (NW), Central (SE and SW) locations | 🖥️ Virtual | 📞 Phone

Access: Self-referral; Registration for program required by contacting the intake department.

Cost: Free or low-cost (subsidized; cost is not a barrier)

Program Description:

Carya's Family Counselling program provides counselling support for individuals, youth, and families facing barriers to accessing mental health supports. Services address a broad range of individual or family-related concerns. Therapists offer wraparound care while supporting the development of resilience, strength, and social connection.

Eligibility:

Individuals over age 24 are eligible if they are a parent/caregiver seeking support for parenting or family concerns.

Contact: intake@caryacalgary.ca | 403-205-5244

Website: [Carya Family Functioning Support](#), and [Carya Mental Health and Well Being Support](#)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports

Kindred (formerly Calgary Catholic Family Services)

Rapid Access Counselling

Who It's For: Individuals, couples, and families located in Calgary and surrounding area

Delivery: 📍 In-person (new NE location) | 💻 Virtual (video) | 📞 Phone (upon request)

Access: Book online or by phone

Cost: Pay what you can

Program Description:

Rapid Access Counselling provides affordable, goal-focused 75-minute counselling sessions for individuals (children to adults), couples, and families. Appointments are typically available within one week and help participants address current challenges, develop practical next steps, and access support when they need it most. While the model is a single-session model, community members are welcome to book anytime they need support.

Contact: intake@kindred.ca | 403-233-2360 or 1-877-244-2360

Website: Book online at [Community Connect YYC Kindred](#)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports

Lionheart Foundation

Therapeutic Support

Who It's For: Youth (Ages 12-25)

Delivery: 📍 In-person | 💻 Virtual

Access: Self-referral application; parental consent required; intake meeting

Cost: Subsidy support available. Supporting documentation is required. Subsidies vary based on financial need, household income, family size, benefits/insurance.

Program Description:

Lionheart Foundation's Subsidy and Therapy Program helps youth and their families to access community-based individual counselling with an approved network of experienced therapists who specialize in adolescent mental health and provide coverage (financial aid) in the form of subsidies to help cover the cost of therapy services. Individuals seeking Systems Navigation services may also reach out for support (regardless of income).

Eligibility: Families and individuals who meet program criteria but require financial assistance to access therapy may apply for subsidy support. The program supports youth experiencing anxiety-based mental health challenges, including anxiety, depression, trauma, self-harm, and eating disorders (must be stable). Parental consent is required, and Lionheart is unable to accept applications from mature minors or individuals with ongoing legal or court involvement. Applicants complete an intake meeting to confirm fit for community-based supports.

Contact: Katy Greaves | intake@lionheartfoundation.ca | 403-978-5866

Website: [Lionheart Foundation Treatment Inquiry](#)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports

Fear Is Not Love

Child, Youth, and Family Therapy

Who It's For: Children (Ages 6-11) and their parents/guardians

Delivery: 📍 In-person, parents can also be accommodated by phone or virtually

Access: Self-referral through 24-hour Helpline (403-234-7233) or helpforchildyouthfams@fearisnotlove.ca.

Parent/guardian consent required. *Waitlist as of August 2026 is 5-6 months.*

Cost: Free

Program Description:

The Child, Youth and Family Therapy program provides support and counselling to children and their families who have experienced domestic violence and abuse. Based on each family's needs and unique situation, services may include individual counselling for children ages 6-11, family counselling where appropriate, individual parent support, and play/activity-based counselling for the smallest members of the family.

Eligibility: Children under 18 require consent from all legal guardians with decision-making abilities. If it is not possible to obtain consent from all legal guardians, parents may still participate in the program for support.

Contact: Carrie Pohl | Carrie.Pohl@fearisnotlove.ca | 403-290-3300

Website: [Fear Is Not Love Children Youth and Family Therapy Program](#)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports

Fear Is Not Love

Healthy Relationships Program

Who It's For: Youth (Ages 12-21)

Delivery: 📍 In-person (downtown location and select CBE schools) | 💻 Virtual | 📞 Phone

Access: Referrals (guidance counsellor, parent/guardian, teacher, or agency), or self-referral through the 24-hour Helpline (403-234-7233). Parent/guardian consent required.

Waitlist: As of August 11, 2026, there is no waitlist.

Cost: Free

Program Description:

The Healthy Relationships Program provides counselling and support for youth experiencing challenges in their relationships. It is designed for youth who are concerned about healthy dating relationships; have difficulty maintaining healthy dating relationships or have experienced abusive behaviour in dating; are concerned about violence or the potential for violence within the family; have experienced conflict and/or abuse within the family; or have struggled to create or maintain healthy relationships at school, at home, or in the community.

Services:

- Individual counselling for up to six months or 12 sessions (whichever comes first)
- Small and large group presentations for youth/students, caregivers/parents, and service providers.

Eligibility: Youth whose primary concerns relate to healthy relationships, family violence, dating violence, conflict, or abuse. Parent/guardian consent is required; mature minor consent is not accepted. Schools, agencies, and service providers may also contact the program to request presentations.

Contact: Carrie Pohl | Carrie.Pohl@fearisnotlove.ca | 403-290-3300

Website: [Fear Is Not Love Healthy Relationships Program](#)

Focus Areas: Mental Health & Well-being; Positive Peer Relationships

Wood's Homes

Eastside Community Mental Health Services (ECMHS)

Who It's For: Youth, Individuals, and Families (no age restrictions)

Delivery:  Direct Access (Walk-in); Mobile in-home family crisis visits |  Virtual, email |  Phone, text

Access: Self-referral; No restrictions

Cost: Free

Program Description:

Eastside Community Mental Health Services (ECMHS) is a one-stop community mental health hub offering:

- Crisis counselling, single session therapy and mental health system navigation services
- Integrated ethno-cultural mental health team – up to 12 languages

Walk-in locations

- ECMHS Office: 2116 27 Ave NE, Office 100 Tues-Thurs (11am-7pm); Wed (11am-6pm); Sat (11am-5pm)
- Central Library Wellness Desk: 800 2 St SE, Room 3-19A, Mon-Thurs (12-8pm); Fri (12-6pm); Sat-Sun (12-5pm)
- Crowfoot Library Wellness Desk: 8665 Nose Hill Drive NE, Mon (2pm-8pm)

Call: 403-299-9699, 8am-11pm, 7 days a week | **Text:** 587-315-5000, 9am-10pm, 7 days a week

Contact: cct@woodshomes.ca | 403-299-9699

Website: [Wood's Homes Eastside Community Mental Health Services](https://www.woodshomes.ca/eastside-community-mental-health-services) (refer to the website for updated locations and hours)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports

HULL Services

Bridging the Gap (BTG)

Who It's For: Youth (Ages 16-24) at time of intake

Delivery:  In-person

Access: Self-referral

Cost: Free

Program Description:

Bridging the Gap (BTG) is a community-based program that provides support to individuals who struggle with mental health concerns (self-identified or diagnosed), and who experience barriers that impact important areas of their life. The individuals supported often feel isolated and may lack the resources to work toward their goals. BTG's mission is to work alongside young adults who experience mental health struggles, to build resilience by strengthening their connections, improving wellness and reducing barriers to success. Participants may receive support through the program for up to two years.

Eligibility: Individuals served by Bridging the Gap:

- 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)

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.

Contact: Makenzie Swinamer | BTGintake@hullservices.ca | 403-216-0660

Website: [Hull Services Bridging the Gap](https://www.hullservices.ca/bridging-the-gap)

Focus Areas: Mental Health & Well-being

2. Belonging, Relationships & Community Connection

YMCA Calgary

YMCA Achievement Program (YMAP)

Who It's For: Youth (Ages 15 -18 / Grades 10-12), and young adults (Ages 18-25)

Delivery: 📍 YMAP is offered at six conveniently located sites throughout the city, in all quadrants.

Access: Registration required

Cost: Free

Program Description:

YMAP is a program for high school youth and young adults who are newcomers to Canada. Previous participants have included refugees, immigrants, international students, and second-generation Canadians from more than 50 countries. Through weekly after-school sessions and special events, YMAP youth develop skills that assist in positive, healthy integration into Canada while maintaining and celebrating their cultures of origin. They engage in community work through volunteer and fundraising projects throughout the city.

YMAP participants develop leadership and teamwork skills in weekly sessions with YMCA staff. Topics include resume writing, job preparation, financial literacy, health and wellness, and life in Calgary. Through program activities, field trips, and volunteer opportunities, they build confidence, develop new skills, make friends, and positively contribute to their communities.

Eligibility: Newcomer youth, including permanent residents, second generation Canadians, international students, and refugees.

Contact: Sabrina Putman | sabrina.putman@ymcacalgary.org | 587-583-0624

Website: [YMCA Calgary Youth Engagement YMAP](#)

Focus Areas: Positive Adult Relationships & Mentorship; Positive Peer Relationships; Belonging, Identity & Inclusion; Youth Voice, Leadership & Community Participation

Miskanawah

Diamond Willow Youth-Lodge

Who It's For: Indigenous youth (Ages 12-29)

Delivery: 📍 In-person

Access: Direct Access or Referral; Registration required (only when needed for specific activities outlined in the monthly calendar)

Cost: Free

Program Description:

Diamond Willow Youth Lodge is a youth-inspired and youth-led, safe gathering space for Indigenous youth and friends. In this community setting, youth can come hang out, connect with culture, attend field trips, participate in a variety of programs, and access resources.

Contact: Candice Klebe | cklebe@miskanawah.ca, diamondwillow@miskanawah.ca

403-262-5050 or 403-247-5003 (main line)

Website: [Miskanawah Diamond Willow Youth Lodge](#)

Instagram: [@diamondwillowyouthlodge](#)

Facebook: [Diamond Willow Youth Lodge](#)

Focus Areas: Belonging, Identity & Inclusion; Positive Peer Relationships; Leisure, Recreation & Physical Activity

Trellis Society

Youth Programming

Who It's For: Youth Programming: Youth (Ages 12-24) in Bowness, Genesis, and Penbrooke.

Iiyika'kimaat Youth Group: Indigenous youth (Ages 12-21)

Delivery: 📍 In-person at community hub locations across Calgary and Strathmore

Access: Program Package [Intake Link](#)

Cost: Free

Program Description:

Youth Programming provides a safe, welcoming place for youth to come after school, make friends, and participate in activities that encourage learning, expression, and a positive connection to community and family. Programs are typically offered on weekday evenings and include activities like Cooking Club, Teen Hangout, Movie Nights, and Homework Club.

The Iiyika'kimaat Youth Programming offers culturally-specific recreational programming for Indigenous youth in Calgary.

Contact:

Youth Programs: youthprograms@growwithtrellis.ca

Instagram: [@trellisyc.bowness](#) (Bowness Hub NW) | [@trellisyc.east](#) East Hub (Genesis NE & Penbrooke SE)

Iiyika'kimaat Indigenous Youth Group: iyikakimaat@growwithtrellis.ca

Instagram: [@iyyikakimaatyouthgroup](#)

Focus Areas: Belonging, Identity & Inclusion; Positive Peer Relationships; Positive Adult Relationships & Mentorship; Leisure, Recreation & Physical Activity; Youth Voice, Leadership, and Community Participation

Trellis Society

AIFY Success Coaches

Who It's For: Students in select CBE high schools

Delivery: 📍 In-person in schools

Access: Open access for students in AIFY Success Coach schools; self-referral or staff referral available. Community organizations supporting a youth who attends a participating school may contact Kate to facilitate a connection with the school's Success Coach.

Cost: Free

Program Description:

Success Coaches provide relationship-based, trauma-informed support, helping students navigate school, connect to resources, strengthen well-being, and stay engaged in their education.

The program is available in select Calgary Board of Education (CBE) high schools. Participating schools are determined by the school board and currently include: Bowness, Centennial, Central Memorial, Crescent Heights, Forest Lawn, Henry Wise Wood, Jack James, James Fowler, John G. Diefenbaker, Lester B. Pearson, Lord Beaverbrook, Nelson Mandela, and North Trail High.

Contact: To connect with a Success Coach at a participating school, contact Kate Heney at kheney@growwithtrellis.ca.

Focus Areas: Positive Adult Relationships & Mentorship; Belonging, Identity & Inclusion; System Navigation & Access to Supports

Canadian Immigrant Women's Association (CIWA)

Immigrant Girls Leading Our Way (iGLOW)

Who It's For: Immigrant girls (Ages 10-19)

Delivery:  In-person

Access: School-Based Programs: Registration required through participating schools.

Summer Camp: Self-referral and registration required.

Cost: Free

Program Description:

iGLOW supports immigrant girls in building confidence, leadership skills, belonging, and community connections through after-school programs, workshops, field trips, mentoring, and summer camps. Participants develop self-esteem, public speaking and leadership skills while exploring identity, culture, healthy relationships, and positive community engagement. Programs include Girls Culture Club, Youth Standing Committee opportunities, recreational activities, and counselling and mentoring supports.

Eligibility: Girls ages 10-19. Open to all girls regardless of immigration status. Summer Camp is available for girls ages 10-14. Schools not currently participating in school-based programs may inquire about program waitlist.

Contact: Jane Coronel | Youthprograms@ciwa.org | 403-263-4414 ext. 148

Website: [CIWA Newcomer Services Youth Program](#)

Focus Areas: Mental Health & Well-being; Belonging, Identity & Inclusion; Youth Voice, Leadership, and Community Participation

Canadian Immigrant Women's Association (CIWA)

Immigrant Girls, Boys, and More (IGBM)

Who It's For: Immigrant children & youth (Ages 0-24). Services are available to children, youth, and young adults depending on the support being accessed.

Delivery:  In-person and  Virtual

Access: Self-referral and registration required.

Cost: Free

Program Description:

Immigrant Girls, Boys, and More (IGBM) helps immigrant youth build social connections, confidence, leadership skills, and emotional well-being through workshops, group activities, mentorship, counselling, and individualized support. The program focuses on healthy relationships, social skills, cultural identity, personal development, and community connection while helping youth and families access appropriate resources and services.

Eligibility:

- Clinical Counselling: Open to individuals of all ages, regardless of immigration status.
- Case Management: Children and youth ages 0-17.
- Mentorship: Youth ages 14-24.

Contact: Kanisha Noel Modeste | Youthprograms@ciwa.org | 403-263-4414 ext. 214

Website: [CIWA Newcomer Services Youth Program](#)

Focus Areas: Mental Health & Well-being; Belonging, Identity & Inclusion; Positive Peer Relationships; Positive Adult Relationships & Mentorship

Big Brothers Big Sisters of Calgary and Area

Community Mentoring

Who It's For: Youth (Ages 6-24)

Delivery: 📍 In-person

Access: Registration + guardian consent required. Referrals accepted (schools, community, caregivers).

Cost: Free

Program Description:

Community Mentorship is the longest-running and most recognized program. It connects a young person with a consistent adult mentor to build a supportive, trusting relationship through shared activities.

Website: [BBBS Community Mentoring](#)

Eligibility: Youth interested in mentoring, able to communicate in English, have adult support at home, and plan to stay in Calgary or Airdrie for at least one year.

In School Mentoring

Who It's For: Youth (Ages 6-15 / Grades 1-9)

Delivery: 📍 In-person

Access: Registration + guardian consent required. Referrals accepted (schools, community, caregivers)

Cost: Free

Program Description

In-School Mentoring is for children who could benefit from support and encouragement. Pairs students with a mentor for weekly one-hour sessions at school that build confidence, connection, and positive relationships.

Website: [BBBS In-School Mentoring](#)

Eligibility: Students at participating schools, interested in mentoring, can communicate in English, plan to remain in Calgary for at least one year. *Schools not currently participating may inquire about program waitlist.*

Contact: bbbs.calgary@bigbrothersbigsisters.ca | 403-777-3535

Focus Areas: Positive Adult Relationships & Mentorship; Mental Health & Well-being

United Way of Calgary & Area

Planet Youth Calgary

Who It's For: Youth, parents/caregivers, community members, educators, and organizations

Delivery: In-Person

📍 Forest Lawn (SE), Saddle Ridge (NE), Shawnessy (SW), Thorncliffe/Huntington Hills (NW), and city-wide (Indigenous Parallel)

Access: Registration required

Cost: Free

Program Description:

Planet Youth Calgary is an evidence-based, youth voice-driven preventative approach rooted in community and delivered through a partnership between Miskanawah, Trellis Society, the University of Calgary, and YMCA Calgary in collaboration with United Way of Calgary and Area. Based on the Icelandic Prevention model, the approach strengthens the protective factors that support youth mental health, well-being and healthy development.

Each community has a coalition and youth council where young people and community members help inform local priorities and action. Coalitions are formed to support the interventions that work best for the specific needs of the youth in that community and include teachers, school administrators, caregivers, agencies, policy makers, local businesses and youth themselves.

The Indigenous Parallel Process works alongside Indigenous Elders, community members, organizations, and youth to ensure Indigenous young people feel heard, valued, and respected. Grounded in the unique Indigenous context of Treaty 7, it honours Indigenous knowledges, languages, cultures, and ceremonies and informs the implementation of oral system practices within Planet Youth Calgary.

Eligibility Requirements: Participation in community coalitions and activities is available to those who live, work, learn, or serve in or near Forest Lawn, Saddle Ridge, Shawnessy, and Thorncliffe/Huntington Hills. The Indigenous Parallel Process is city-wide and welcomes participation from Indigenous youth, families, community members, organizations, and partners across Calgary.

Contact: Beth Ed | bethed@calgaryunitedway.org

Marla Kailly | marlakailly@calgaryunitedway.org (Indigenous Parallel)

Website: [Planet Youth Calgary](http://PlanetYouthCalgary.org)

Focus Areas: Positive Peer Relationships; Belonging, Identity & Inclusion; Positive Adult Relationships & Mentorship; Youth Voice, Leadership & Community Participation

3. Family & Caregiver Supports

HULL Services

Braiding The Sweetgrass

Who It's For: Indigenous youth (Ages 6-18), and their families, including parents and siblings

Delivery: 📍 Group sessions, home visits, cultural ceremonies, social gatherings, Elder support

Access: Self-referral program. Families can contact program directly.

Cost: Free

Program Description:

Braiding the Sweetgrass helps participants to understand and interrupt intergenerational trauma. Families are guided on their journey to a place of well-being through honouring traditional Indigenous and Western ways of knowing and being. Families experience culture, community, and reconnection on their healing journey.

The program focus includes:

- Information and/or a connection to Indigenous culture
- Community connections and support networks
- Foundation sessions (e.g. Two groups per month, home visits, cultural ceremonies, advocacy, and Elder support) and drop-in gatherings
- Advocacy and support from facilitators

Eligibility: Families must not be experiencing an acute crisis (i.e., domestic violence, active addictions, child abuse, homelessness) at the time of intake. Families involved with Children and Family Services (CFS) are encouraged to focus on CFS priorities before engaging in the program.

Contact: Peter Daniels | bts@hullservices.ca | 587-438-5428

Website: [Hull Services Braiding the Sweetgrass](http://HullServicesBraidingtheSweetgrass.org)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports; Belonging, Identity & Inclusion

HULL Services

Resilient Families

Who It's For: Families seeking support with parenting, family relationships, or child and youth development

Delivery: In-home support

Access: Self-referral or referral from a professional

Cost: Free

Program Description:

Resilient Families provides in-home support to help strengthen family relationships, build parenting confidence, and increase family resilience. Facilitators work alongside families experiencing stress or concerns about their child's well-being to set goals, address challenges, and connect families to community supports and resources.

Eligibility:

Families residing within the West, Northeast, and Southeast Calgary Family Resource Network catchment areas. Families outside these areas are encouraged to contact the program and can be connected to the appropriate provider serving their community.

Contact: Kayla Thomson | resilientfamiliesprogram@hullservices.ca | 403-542-6102

Website: [Hull Services Resilient Families](#)

Focus Areas: Family & Caregiver Supports; Mental Health & Well-being

Kindred

Community Supports - Parenting Programs

Who It's For: Parents of infants and children (ages vary by program)

Delivery:  In-person, in community (e.g., homes, coffee shops)

Access: Self-referral or agency referral

Cost: Free

Program Description:

Kindred's parenting programs provide coaching, education, and wraparound support to strengthen caregiver-child relationships, build resilience before crisis takes hold, and create foundations for healthy development. Programs include:

- Parent-Infant Relationship Team (PIRT)
- Parent Support Workers (PSW)
- Prenatal Outreach Support Team (POST)
- Perinatal Health & Wellness

Eligibility:

Support is available to current and expectant parents, student parents, and foster/kinship caregivers. Many programs work together to support individuals and families. If unsure where to start, individuals can connect with the team to find the program that best fits their needs.

Contact: intake@kindred.ca | 403-233-2360 (Main Line)

POST Referrals: post.referrals@kindred.ca

Website: [Kindred Parenting Supports](#)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports

The Immigrant Education Society (TIES)

Thrive Together

Who It's For: Youth (Grades 5-12) and their families

Delivery: 📍 In-person | 💻 Virtual

Access: Registration required, subject to availability

Cost: Free

Program Description:

Healthy Minds for Families uses a 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:

Open to individuals of all ages and demographics residing in Calgary

Contact: Mieraf Beyene | rmierafbeyene@immigrant-education.ca | 587-349-5913

Website: [TIES Healthy Minds](https://ties.ca/healthy-minds)

Focus Areas: Family & Caregiver Supports; Mental Health & Well-being

Miskanawah

TAWAW Family Resource Networks: Child Development & Youth Resiliency Programs

Who It's For: Indigenous children, youth, and their families

• **Infant and Child Development Program (ICD):** Children (Ages 0-11)

• **Youth Development & Resiliency (YDR):** Youth (Ages 12-24)

Delivery: 📍 In-person (Northeast and Northwest locations)

Access: Drop-in or self-referral; some family and youth programs require registration

Cost: Free

Program Description:

Tawaw Family Resource Networks (FRNs) provide culturally grounded supports including Indigenous cultural connections, Elder and ceremony supports, Indigenous language classes, parenting and family support, early childhood development and intervention, rapid-access counselling, youth well-being programming, and community referrals. Programs are rooted in Indigenous teachings, culture, and community connection.

Contact:

ICD Contact: Kristina Cancillar | kcancillar@miskanawah.ca | 403-671-2370

YDR Contact: Nicole Gratton | ngratton@miskanawah.ca | 403-999-3785

Website: [Miskanawah Tawaw Family Resource Networks](https://miskanawah.ca/tawaw-family-resource-networks)

Focus Areas: Belonging, Identity & Inclusion; Family & Caregiver Supports; Positive Adult Relationships & Mentorship; Mental Health & Well-being

4. Recreation, Culture & Positive Youth Development

City of Calgary

Sport Hub

Who It's For: Children & Youth (Ages 5-18)

Delivery: 📍 Community sport lessons in various Calgary neighbourhoods; In-school sport lessons available

Access: Online registration for community sport lessons; teachers and schools can register online for in-school sport programming.

Cost: Low-cost sport lessons available in various Calgary neighbourhoods

Free sport lessons in select communities (Shawnessy, Midnapore, Forest Lawn, Radisson Heights, Thorncliffe/Huntington Hills, Pineridge, Saddle Ridge, Falconridge, and Marlborough) funded by the United Way of Calgary and Area, Planet Youth Initiative.

Program Description:

Sport Hub brings quality sport opportunities to Calgary kids and teens through community and school lessons. Community lessons are free or low-cost. This collaboration between The City of Calgary, school boards, sport organizations and community partners helps reduce barriers to participation and gives kids and teens the opportunity to try new sports, make friends and have fun. Programs are led by qualified coaches, with all equipment provided.

Community Sport Lessons give children and youth the opportunity to try new sports, develop skills, build confidence, make friends, and stay active in a fun, supportive environment. Lessons are offered in community spaces such as community halls, courts, greenspaces, and gymnasiums.

School Sport Lessons connect teachers with school board-approved sport organizations to deliver in-school sport programming. Lessons typically follow a 5-day residency model with screened coaches and all equipment provided. Programs focus on skill development, participation, and positive sport experiences.

Contact: Call: 311

Website: [Calgary Sport Hub](https://calgarysport.ca)

Focus Areas: Leisure, Recreation & Physical Activity; Positive Peer Relationships; Positive Adult Relationships & Mentorship

YMCA

Recreational Opportunities

Who It's For: All Ages Welcome

Delivery: 📍 In-person

Access: Registration required

Cost: Varies depending on program

Program Description:

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. YMCA Calgary offers six health and wellness facilities, six child development centres with licensed childcare, two outdoor campsites and dozens of community program sites across the city. YMCA delivers programs, services and opportunities to help Calgarians connect, build lifelong skills, and keep active and healthy.

Contact:

Brookfield YMCA Seton: seton@ymcacalgary.org | 403-351-5262

Melcor YMCA Crowfoot: crowfoot@ymcacalgary.org | 403-547-6576

Remington YMCA Quarry Park: quarrypark@ymcacalgary.org | 403-351-6678

Saddletown YMCA: saddletowne@ymcacalgary.org | 403-237-2393
 Shawnessy YMCA: shawnessy@ymcacalgary.org | 403-256-5533
 Rocky Ridge YMCA: rockyridge@ymcacalgary.org | 403-351-6673
 South Health Campus YMCA: southhealthcampus@ymcacalgary.org | 403-351-5262

Website: [YMCA Calgary](https://www.ymcacalgary.org)

Focus Areas: Leisure, Recreation & Physical Activity; Family & Caregiver Supports

NSTEP – Eat Walk Live

Teen Brain

Who It's For: Youth (Grades 7-12)

Delivery: 📍 In-person health promotion presentations and workshops for students

Access: Registration required

Cost: Fee-based. Grant or donor funding may be available to offset costs. Contact NSTEP for current pricing.

Program Description:

Teen Brain is a school-based health promotion program that helps students understand adolescent brain development and build healthy habits related to physical activity, healthy eating and hydration, body image and self-esteem, mental well-being, stress management, sleep, and other school-specific topics based on needs (e.g., screen time). The program includes knowledge transfer for school staff and four student presentations that are customized for Grades 7-12 and designed to complement classroom curriculum.

Chef on NSTEP

Who It's For: Youth (Ages 8-18)

Delivery: 📍 In-person

Access: Registration Required

Cost: Fee-based; contact NSTEP for current pricing.

Program Description:

Chef on NSTEP is an interactive, hands-on food literacy program that teaches food safety, knife skills, food preparation, nutrition education, and leadership skills. Programs are typically delivered as a series of three sessions to support both practical skill development and nutrition learning.

Additional Resources: NSTEP also offers professional learning opportunities, the *Eat Walk Live Certificate*, and online healthy living, physical activity, and wellness resources for educators, schools, and community professionals.

Contact: Deb Hymers | deb.hymers@nstep.ca | 403-870-5448

Website: [NSTEP](https://www.nstep.ca)

Focus Areas: Leisure, Recreation & Physical Activity; Mental Health & Well-being

5. Basic Needs & Stability

Burns Memorial Fund

High School Bursary (HSB) Program

Who It's For: Low-income grade 12 students who are within 2 semesters of completing the requirements for high school diploma or certificate of achievement

Access: Application (including financial documentation) and school counsellor referral required.

Program Description:

This program is for students within two semesters of completing their diploma or achievement requirements and need help with living costs to successfully graduate. Funding helps cover basic living expenses such as rent, food and transportation. Students participate in an interview with the Grants Manager, and their attendance and marks are monitored monthly.

Eligibility: Students must be:

- Under 21 years of age and within two semesters of completing the requirements of a high school diploma or certificate of achievement
- Currently live in Calgary and have resided here for at least the past 6 months
- Enrolled full-time (minimum 3 courses each semester)
- Able to show documentation of current finances
- Able to attend and participate in classes consistently during the school year
- Living independently or in a low-income family experiencing stress that negatively affects their ability to succeed in school and places them at risk of not graduating.

Contact: Tre Ostroski | tre.ostroski@burnsfund.com | 587-579-5443

Website: [Burns High School Bursary Program](#)

Focus Areas: Basic Needs & Stability; School Connectedness & Academic Success

Trellis Society

Home Stay

Who It's For: Families with children or dependants at risk of homelessness, facing eviction, or recently homeless.

Delivery: Financial assistance, short-term case management, connection to community resources & activities

Access: Program Referral Form through this [link](#)

Cost: Free

Program Description:

Home Stay offers support with housing, rent arrears, basic needs, system navigation, financial literacy, and connections to community resources, programs and activities.

Eligibility: Eligible families with minor children or dependants living at home who rent within Calgary. Single people or those without dependants looking to access basic needs and financial support will be connected with Trellis' partner agency, the Distress Centre.

Contact: homestay@growwithtrellis.ca | 403-219-3477 (Option #1 in menu)

Website: [Trellis Housing Support - Home Stay](#)

Focus Areas: Basic Needs & Stability; Family & Caregiver Supports

Trellis Society

Sustainable Families (Family Housing)

Who It's For: Families experiencing homelessness who are living in a shelter or couch surfing

Delivery: Intensive Housing First case management and family support services

Access: Assessment through a family shelter or [SORCe](#) required. Community referrals are not accepted.

Cost: Free

Program Description:

Provides intensive support to help families find and maintain stable housing. Services may include assistance with housing, basic needs, life skills development, financial supports, and connections to community resources. The program aims to help families build the supports and personal, social, physical, financial and human assets needed for long-term housing stability.

Eligibility: Priority is determined by Calgary's Coordinated Access and Assessment Process and is informed by some of the following: history of homelessness, complex barriers such as poverty, social isolation, mental health concerns, addictions, domestic violence, trauma, or involvement with Child and Family Services.

Contact: info@growwithtrellis.ca

Website: [Trellis Family Housing Support](#)

Focus Areas: Basic Needs & Stability; Family & Caregiver Supports

Prospect Human Services

Youth Assessment Centre (YAC)

Who It's For: Youth (Ages 16-20)

Delivery:  In-person |  Virtual |  Phone

Access: Referral required (typically through school staff, community partner, family member or youth)

Cost: Free

Program Description:

Provides assessment and service management for youth experiencing barriers to school attendance and seeking financial assistance through the Foundational Learning Assistance (FLA) Program. In addition to funding support, Service Coordinators provide wrap-around services, including food and nutrition crisis supports, mental health and addiction resources, post-secondary planning and support, housing crisis intervention and support services, school enrolment assistance, employment guidance and resources, community resources and referrals, and financial supports. Through a collaborative, student-centred approach, a Service Coordinator helps youth access the funding and supports they need to remain engaged in high school. Services are available throughout Calgary, the Central Region, and Southern Alberta and are delivered in partnership with Alberta Community and Social Services.

Eligibility: Ages 16-20 experiencing barriers to school attendance and seeking financial support and/or wraparound supports.

Contact: Shaundell Curran | shaundell.curran@prospectnow.ca | 587-998-1935

Website: [Prospect Now Youth Assessment Services](#)

Focus Areas: Basic Needs & Stability; School Connectedness & Academic Success; Future Pathways & Career Development; Mental Health & Well-being; System Navigation & Access to Supports

Wood's Homes

Inglewood Opportunity Hub (IOH)

Who It's For: Youth (Ages 15-29)

Delivery:  Direct Access (Walk-in) |  Virtual, email, phone, text, chat; mobile community visits

Access: Self-referral | No restrictions

Cost: Free

Program Description:

The Inglewood Opportunity Hub is a one-stop shop for all youth and young adults, bringing services together in one location to reduce barriers to navigating complex systems. The IOH focuses on three pillars of support: well-being, mental and physical health, specialized employment support, and housing services and support.

Location & Hours: 1008 14 St SW, Monday-Friday, 9:00am – 5:00pm

Walk-in Services:

- Warm meals (breakfast 9:00-10:30am; lunch 12:00-1:30pm)
- Food hampers
- Showers, hygiene supplies, laundry and clothing supplies
- Harm reduction supplies, and naloxone
- Mental Health supports, addiction and detox referrals
- Housing assessments

General information or inquiries: inglewood.opportunityhub@woodshomes.ca | 403-774-1674

Contact: Mischa Nagtalon | mischa.nagtalon@woodshomes.ca | 403-999-3343

Website: [Wood's Homes Inglewood Opportunity Hub](https://www.woodshomes.ca/inglewood-opportunity-hub)

Focus Areas: Basic Needs & Stability; Mental Health & Well-being; Future Pathways & Career Development; System Navigation & Access to Supports

6. Navigation, Access & Life Skills

Immigrant Services Calgary

Calgary Language, Assessment and Referral Centre (CLARC)

Who It's For: Adults (18+)

Delivery:  In-person or online language assessments. French assessments are conducted virtually and can be completed from home or at the CLARC office with a virtual French-language assessor.

Access: No referral is required. Registration required through [this link](#).

Cost: Free

Program Description:

CLARC provides language assessments for permanent residents and Canadian citizens and connects clients with LINC, ESL, and other relevant programs available throughout Calgary. In addition to assessments, CLARC also offers one-on-one educational counselling and group sessions, often featuring guest speakers providing information about educational and training opportunities in the city.

Eligibility: Permanent residents and Canadian citizens. Limited services for temporary visa holders. In some circumstances, CLARC may assess 17-year-olds who will turn 18 within the calendar year or who have completed high school in their country of origin and do not wish to return to the school system in Canada.

Contact: CLARC@immigrantservicescalgary.ca | 403-265-1120

Website: [Immigrant Services Calgary](https://www.immigrantservicescalgary.ca)

Focus Areas: Future Pathways & Career Development; System Navigation & Access to Supports

The Immigrant Education Society (TIES)

System Navigation for Newcomer Youth

Who It's For: Youth (Grades 5-12) and their families

Delivery:  Virtual

Access: Registration required, subject to availability

Location: Virtual

Cost: Free

Program Description:

This is a 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: 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: Mary Manogghna Davis | HealthyMindsOutreach@immigrant-education.ca | 587-393-3414

Focus Areas: Family & Caregiver Supports; Belonging, Identity & Inclusion; System Navigation & Access to Supports

HULL Services

Mental Health and Addiction Navigator

Who It's For: Children, youth, and caregivers seeking mental health or addiction support

Delivery:  Virtual | Phone

Access: Self-referral

Cost: Free

Note: *HULL's Mental Health and Addiction Navigator Services are available until December 31, 2026*

Program Description:

The Mental Health and Addiction Navigator helps families find and access mental health and addiction services in the community. The Navigator assesses the young person's needs, provides a clinical assessment, and recommends agencies, programs, or service providers. Families are encouraged to connect with these supports promptly, and the Navigator follows up as needed. If barriers such as long waitlists, transportation challenges, or unexpected costs arise, the Navigator helps identify alternative resources and supports that better meet the family's needs.

Eligibility:

Free for children, youth, and caregivers seeking mental health or addiction support

Contact: Kayla Caracan | navigator@hullservices.ca | 403-207-2513

Website: [Hull Mental Health and Addictions Navigator](https://hullmentalhealthandaddictionsnavigator.ca)

Focus Areas: Mental Health & Well-being; Family & Caregiver Supports; System Navigation & Access to Supports

Neil Squire Society (NSS)

Distance Computer Comfort

Who It's For: Individuals with a physical or sensory disability who would like to build their digital skills

Delivery:  Virtual. One-on-one tutoring delivered remotely and accessible from anywhere in Canada.

Access: Registration required.

Cost: Free

Program Description:

Distance Computer Comfort is a virtual tutoring program that helps individuals with disabilities develop computer, tablet, and smartphone skills to increase independence, access to resources, and social connections. Participants are matched with a tutor and receive personalized instruction based on their self-identified goals in a supportive and accessible learning environment. Tutoring is provided once per week for up to two hours and may include topics such as basic computer skills, Microsoft Office applications, mobile devices and apps, internet and email use, social media, and assistive technology.

Eligibility:

Individuals with a physical or sensory disability who are able to communicate independently (verbally or through augmentative communication) and have access to a computer, tablet, or smartphone with internet connectivity

Contact: Gordon Watt | gordonw@neilsquire.ca | 1-877-673-4636

Focus Areas: School Connectedness & Academic Success

III. Future Ready (Post-Secondary, Career & Employment)

1. Employment & Workforce Readiness

City of Calgary

Youth Employment Centre (YEC)

Who It's For: Youth (Ages 15-24)

Delivery:  In-person, Alberta Trade Centre, 2nd floor, 315 10 Ave S.E.

 Community & educator services available for event requests, tours, presentations, and workshops

Access: Direct Access (Walk In / No appointment required for first meeting)

Cost: Free drop-in employment services for youth ages 15-24

Program Description:

The Calgary Youth Employment Centre (YEC) provides employment services for youth ages 15-24 including: resume targeting, job search strategies, interview preparation, career planning, connections to employers who are hiring, hiring events, and more.

Drop-in hours: Weekdays from 8:30am – 5:00pm

Eligibility:

- Calgary & local area focused
- Social Insurance Number (SIN) required

Contact: Call 403-268-2490

Website: [Youth Employment Centre](https://youthemploymentcentre.ca)

Focus Areas: Future Pathways & Career Development

Trellis Society

Employment Services

Who It's For: Youth (Ages 13+)

Delivery: 📍 (In-person) and 💻 (Virtual)

Access: Self-referral online through [this link](#). Youth attending Success Coach schools may also be referred internally through Trellis.

Location: Multiple locations

Cost: Free

Program Description:

Trellis Employment Services help youth build the skills and experience needed to find and keep employment. Supports include one-on-one pre-employment coaching, job readiness workshops (resume writing, interviews, job search, and workplace skills), and opportunities for paid work experience and volunteering.

Priority populations include newcomers to Canada, youth with Child & Family Services involvement and youth, and youth with justice system involvement.

Contact: employmentservices@growwithtrellis.ca

Website: [Trellis Careers](#) (for current youth employment opportunities)

Focus Areas: Future Pathways & Career Development

Miskanawah

Re:VISION Indigenous Youth Employment

Who It's For: Indigenous youth (Ages 18-29)

Delivery: 📍 In-person (Northeast or Northwest locations) and in community | 💻 Virtual | 📞 Phone

Access: Self-referral and community referrals accepted. Youth can connect directly with the re:VISION team to get started.

Cost: Free

Program Description:

re:VISION is a culturally grounded Indigenous youth employment program that supports young people in exploring their goals, building skills, and creating pathways toward meaningful employment, education, and training.

Support is individualized and relationship-based, recognizing that each youth's journey looks different. Youth can receive support with career exploration, resumes and job searching, employment readiness, training opportunities, connections to employers, financial wellness, and navigating community resources and other supports.

re:VISION also works directly with employers to strengthen understanding, build relationships, and create safer and more supportive workplaces where Indigenous youth have opportunities to succeed.

Eligibility: Indigenous youth aged 18-29 who are **not** engaged in school, training, or employment

Contact: Melissa Bohnsack | mbohnsack@miskanawah.ca | 403-614-0772

Audrey Cook | acook@miskanawah.ca | 403-540-4843

Website: [Miskanawah Re:VISION](#)

Focus Areas: Future Pathways & Career Development

Canadian Immigrant Women's Association (CIWA)

Pathways to Success

Who It's For: Immigrant girls (Ages 14-21)

Delivery: 📍 In-person and 💻 Virtual

Access: Self-referral; registration required

Cost: Free

Program Description:

Pathways to Success is a year-long career-focused mentorship program that helps immigrant girls explore education and career pathways, build confidence, and develop workplace readiness skills. Participants are matched with mentors who share similar career interests and can relate to the challenges of settling in a new country and adapting to a new culture. The program includes individualized mentorship, workshops, field trips, and approximately 10-20 hours of job shadowing and/or volunteer experience to support leadership development, career exploration, and future planning.

Eligibility: Open to newcomer girls ages 14-21 (first- or second-generation), regardless of immigration status.

Contact: Katherine Shing | Youthprograms@ciwa.org | 403-263-4414 ext. 283

Website: [CIWA Newcomer Services – Pathways to Success](#)

Focus Areas: Positive Adult Relationships & Mentorship; School Connectedness & Academic Success; Future Pathways & Career Development

Neil Squire Society (NSS)

Creative Employment Options

Who It's For: Anyone with a self-declared disability (Ages 15+)

Delivery: 📍 In-person | 💻 Online | 📞 Phone

Access: No Referral Required

Cost: Free

Program Description:

Unique, comprehensive, individually focused program that helps youth develop skills to achieve their employment goals through 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 subsidies; and continuous support from career professionals.

Eligibility: Have a self-declared disability, at least 15 years old, Valid Sin Number, Legally Allowed to Work in Canada. Wants to find employment.

Contact: Shannel Boon | shannelb@neilsquire.ca | 403-465-4475

Website: [Neil Squire Creative Employment Options](#)

Focus Areas: Future Pathways & Career Development; Belonging, Identity & Inclusion

2. Post-Secondary Pathways & Financial Supports

Burns Memorial Fund

Open Door Bursary

Who It's For: Youth (Ages 16-25)

Access: Application Required (including financial documentation)

Program Description:

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. Eligible uses of funding include:

- Application fees for post-secondary institutions, including universities and colleges
- Academic upgrading or prerequisite course fees required for admission to a post-secondary program
- Program-related supplies and materials
- Short-term training or certification programs that support employment readiness (e.g., security guard training, food safety certification)
- Essential employment-related items required to begin a job, such as work boots, uniforms, or other mandatory equipment

Eligibility: Applicant must have lived in Calgary for at least six months, is able to demonstrate financial need, does not meet the eligibility criteria of other bursaries or grants (e.g., the High School Bursary Program), and is not currently enrolled in, and have not previously attended a post-secondary program.

Contact: Larasha.farrington@burnsfund.com | 587-392-8256

Website: [Burns Young Adult Education Employment Bursary](#)

Focus Areas: Future Pathways & Career Development

Bow Valley College (BVC)

Bissett Family Scholars Entrance Bursary Program (BVC)

Who It's For: High school graduates (graduated within the past 2 years)

Access: Application Required (must demonstrate financial need, academic potential, and career planning)

Amount: \$5,000/term of Certificate (up to 2 payments)

4-term Diploma (up to 4 payments) | 6-term Diploma (up to 6 payments)

Program Description:

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. The program is open to students entering their first year at Bow Valley College, including graduates of Calgary high schools and Bow Valley College's School of Foundational Learning. Recipients who maintain acceptable grades will be eligible to renew their bursary for each semester of their program.

Eligibility: Applicants must be registered full-time, be domestic students, have graduated from a Calgary high school or attended the Bow Valley College upgrading program within the past two years (preference will be given to AIFY students), be enrolled in a certificate or diploma program, and have no previous post-secondary experience. Applicants who have attended or are currently attending post-secondary programs are not eligible for funding.

Contact: Jonathas Franz | jfranz@bowvalleycollege.ca | 403-410-1410, 403-476-2216

Website: [Bow Valley College Financial Awards](#)

Focus Areas: Basic Needs & Stability; Future Pathways & Career Development

Southern Alberta Institute of Technology (SAIT)

Bissett Bursary Program (SAIT)

Who It's For: Ages 24 and under; recent high school graduates from Calgary and the surrounding area interested in a SAIT diploma, certificate or pre-employment program.

Access: Application Required (applicants must demonstrate financial need, community involvement, career planning, and success in school).

Amount: Up to \$5,000/term for eligible certificate and diploma programs. Funding may continue into a second year for students who maintain satisfactory academic progress.

Program Description:

The Bissett Bursary Program helps remove financial barriers to post-secondary education by covering tuition and mandatory fees for eligible SAIT students. Recipients also receive ongoing support from a dedicated student advisor, who helps them navigate their studies and achieve academic success.

Eligibility: Demonstrated financial need. No previous post-secondary education. Domestic applicant from Calgary or a surrounding community (within approximately one hour of Calgary). Apprenticeship and degree programs are not eligible. Current SAIT students are not eligible. Applications are assessed once per term, see the website for current deadlines.

Contact: bissett.bursary@sait.ca | 403-284-7384

Website: [SAIT Bisset Bursary Program](https://www.sait.ca/bissett-bursary-program)

Focus Areas: Basic Needs & Stability, Future Pathways & Career Development

Southern Alberta Institute of Technology (SAIT)

High School Dual-Credit Programs

Who It's For: Youth (Grades 11 and 12)

Delivery:  In-person

Access: School board referral/selection required

Cost: Free to students, subject to school board funding (some programs may require materials or supplies)

Program Description: Dual-credit programs allow students to earn high school credits, workplace certifications, or a SAIT credential while completing their high school diploma. Students explore post-secondary pathways in areas of interest while gaining hands-on experience and exposure to campus life. Available program areas include Skilled Trades, Advanced Digital Technology, Healthcare and Wellness, Aviation, Business, Culinary and Hospitality, and Construction and Engineering.

Contact: dual.credit@sait.ca | Website: [SAIT Dual Credit Programs](https://www.sait.ca/dual-credit-programs)

Exploratory Programs

Who It's For: Vulnerable youth (Grades 10-12)

Delivery:  In-person at SAIT

Access: School board referral/selection required

Cost: Free

Program Description: Turning Points is a two-week experiential learning program that helps vulnerable youth explore post-secondary education and career pathways. Participants build confidence, develop awareness of future opportunities, and earn high school credits while engaging in hands-on learning experiences.

Contact: Youth.programs@sait.ca

Focus Areas: School Connectedness & Academic Success; Future Pathways & Career Development

3. Training, Apprenticeships & Skills Development

NPower Canada

Junior IT Analyst Program

Who It's For: Youth and Young Adults (Ages 18+ at the start of the program)

Delivery:  Virtual

Access:  Application and virtual interview required

Cost: Free (tuition-free)

Program Description:

Junior IT Analyst Program is a 15-week beginner program that prepares participants with marketable skills for tech-enabled jobs. No prior IT experience is required, but basic computer skills (typing, email, and internet navigation) are mandatory. Participants develop foundational IT skills in technical support, computer systems, networking, troubleshooting, customer service, and operating systems used in entry-level IT roles. Graduates receive ongoing support and coaching from alumni for up to five years following program completion to ensure continued success in their careers.

Eligibility Requirements: Applicants must:

- Hold a high school diploma, GED, CAEC or equivalent.
- Demonstrate intermediate to advanced English proficiency (minimum CLB level 7 for non-native English speakers).
- Be eligible to work full-time in Canada and maintain legal status (Citizen, Permanent resident, Open Work Permit) with a valid Social Insurance Number (SIN).
- Have an annual household income below \$105,000 and individual income below \$50,000.
- Be facing unemployment, underemployment, or financial barriers to employment or post-secondary education.
- Must disclose information that would be included in a criminal record check.

Contact: Lisa Moon | lisa.moon@npowercanada.ca; Sneha Pal | Sneha.pal@npowercanada.ca
403-536-4011 ext. 310

Website: [NPower Junior IT Analyst Program](#)

Focus Areas: Future Pathways & Career Development; Positive Adult Relationships & Mentorship

ComIT

3-Month Coding Bootcamp

Who It's For: Youth and Adults (Ages 18-45)

Delivery:  Virtual

Access: Registration required

Location: Canada-wide (Calgary, Toronto, Vancouver, Halifax, Winnipeg)

Cost: Free

Program Description:

ComIT is a non-profit charity dedicated to providing free and accessible software development training and employability support to individuals facing barriers to securing a career in tech. Program Streams include the All Learners Stream and the Indigenous Stream. Applicants with prior programming/coding experience can apply for a 3-month bootcamp. Course topic dependent on each region and include Python, ReactJS, .NET, Flutter, React Native, Java and more.

Eligibility Requirements: All Learners Stream: Secondary school completed; legally entitled to work full-time in Canada; not currently employed in tech; unable to afford other training options (e.g., university or

college); and interested in pursuing a career in tech. **Indigenous Stream:** Self-identify as Indigenous, able to commit to part-time study, and possess basic digital literacy skills.

Contact: info@comit.org | Website: ComIT Students

Focus Areas: Future Pathways & Career Development

Prospect Human Services

Youth Apprenticeship Connections Program

Who It's For: Ages 16-24 (Current/former Children & Family Services recipients)

Delivery: 📍 In-person | 💻 Virtual Alberta-wide

Access: Application Required

Cost: Free

Program Description:

Prospect's Youth Apprenticeship Connections Program helps Alberta youth explore and pursue careers in the skilled trades. It provides hands-on learning opportunities, mentorship, and individualized support to help participants build skills, confidence, and career readiness. Participants can:

- Explore skilled trades careers through industry events, trades showcases, and worksite tours.
- Gain hands-on experience through volunteer placements and work experience opportunities.
- Launch a trades career with personalized guidance, mentorship, job-search support, and connections to employers and apprenticeship pathways.

Eligibility Requirements: Ages 16–24 who are currently or formerly connected to Children and Family Services, including youth receiving support through the Transition to Adulthood Program or Advancing Futures, and who are interested in exploring apprenticeship and skilled trades career opportunities in Alberta.

Contact: Trina Smith | trina.smith@prospectnow.ca | 587-405-2466

Website: Prospect Human Services YACP Program

Focus Areas: Future Pathways & Career Development

The Immigrant Education Society (TIES)

Enhancing Youth Possibilities Program (EYP)

Who's It For: Young Adults (Ages 18-29)

Delivery: Two weeks of online employment training followed by 80 hours paid practicum; practicum schedules are determined by the employer. Practicum location varies by employer.

Access: Registration required

Cost: Free

Program Description:

The Enhancing Youth Possibilities (EYP) Program is a fast-track employment program. Participants receive 2 weeks of online employment training, followed by 80 hours of paid practicum (\$18/hour). During paid practicum, EYP students are eligible for a free monthly bus pass and financial support towards childcare services from a licensed facility while they are participating in the practicum.

Eligibility: Open to Canadian Citizens, Permanent residents, and Conventional Refugees, CLB 5 or higher

Contact: Zenobia Ladha | ZenobiaLadha@immigrant-education.ca | 587-392-4178

Website: Immigrant Education Enhancing Youth Possibilities Program

Focus Areas: Future Pathways & Career Development

The Immigrant Education Society (TIES)

Empowering Youth through Employment (EYE)

Who It's For: Youth and Adults (Ages 15-30)

Delivery: 4 weeks of Group-Based Employability Skills Training (30 hrs/week), followed by 12 weeks of part-time Work Experience (30 hrs/week).

Access: Registration required

Cost: Free. Participants receive a living allowance during training and work experience.

Program Description:

The Empowering Youth through Employment (EYE) Program helps youth develop employment skills, gain Canadian work experience, and prepare for long-term career success through:

1. Group-based employability skills training, focused on job search, workplace retention, career development and employer engagement;
2. Work experience placement with a local non-profit organization, private business, or school;
3. Career counselling, related to employment, education, and financial planning.

Eligibility: Permanent residents, Canadian Citizens, or conventional refugees with a CLB 5+ who are not receiving Employment Insurance (EI) and are actively seeking for employment. Participants must be committed to completing all program components.

Contact: Zenobia Ladha | ZenobiaLadha@immigrant-education.ca | 587-392-4178

Website: [Immigrant Education Empowering Youth Through Employment](https://www.immigrant-education.ca/empowering-youth-through-employment)

Focus Areas: Future Pathways & Career Development

Neil Squire Society (NSS)

Empower 3D: An Employment Program for Youth with Disabilities

Who It's For: Youth (Ages 15-30) with a self-declared disability who are interested in pursuing a career in the manufacturing sector.

Delivery:  In-person or  Virtual. Includes 14-week pre-employment and skills training followed by 12 week full-time paid work experience. *Cohorts running between 2025 and 2027.*

Access: Application Required and screening process. Applicants participate in a meet-and-greet interview to determine program suitability. A resume may be requested if available.

Cost: Free

Program Description:

Empower3D is an employment program that helps youth with disabilities develop transferable skills and gain valuable work experience in the manufacturing sector. Neil Squire Society provides wrap-around supports to help participants overcome barriers and transition to employment or further education. Participants gain hands-on experience, explore manufacturing career pathways, build their resumes, and enhance their employability in an inclusive and accessible learning environment.

Eligibility: Ages 15-30 (inclusive); self-declared disability; Canadian citizen, permanent resident, or protected person; legally entitled to work in Canada; interested in pursuing a career in the manufacturing sector; able to commit to the full program, including training and work experience components; and able to independently participate in program activities with appropriate assistive technology accommodations, if required.

Contact: empower3d@neilsquire.ca | 306-781-6023 or 1-844-860-6023 (Toll Free)

For more information or to apply, [contact the office nearest to your location](#).

Focus Areas: Future Pathways & Career Development

4. Financial Literacy & Financial Empowerment

Momentum

Matched Savings for Youth

Who It's For: Youth, Adults, Families

Delivery: In-person | Virtual

Access: Registration on website to attend a virtual information session

Cost: Free

Program Description:

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.

Eligibility: All ages, citizen or PR, low-income household

Contact: Rae-Lynn Homan | Rae-lynnh@momentum.org | 403-204-2688

Website: [Momentum Matched Savings for Youth](#)

Focus Areas: Future Pathways & Career Development

Momentum

Money Management Financial Literacy

Who It's For: Youth, Adults, Families

Delivery:  In-person |  Virtual | On-Demand

Access: Registration required

Cost: Free

Program Description:

Money Management workshops empower participants with a better understanding of budgeting, assets, consumerism, banking, credit and consumerism, and upon completion of the series provide a Money Management Certificate of Completion, a valuable micro-credential that can be submitted to AISH, Income Support, rental management companies, probation officers, or LinkedIn profiles.

Eligibility: All ages, citizen or PR, low-income household

Contact: Rae-Lynn Homan | Rae-lynnh@momentum.org | 403-204-2688

Website: [Momentum Money Management Workshops](#)

Focus Areas: Future Pathways & Career Development