

# Addictions and Mental Health Community Resources

## Airdrie Addiction and Mental Health Clinic

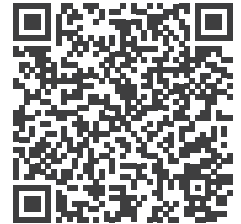


104 1 Avenue NW  
Airdrie, AB T4B 0R2

403-948-3878

Wednesday, Thursday  
8 a.m. – 4:00 p.m.

- Offers teen/youth/adult individual therapy for moderate to severe mental health cases.
- Five to 10 brief sessions for free.
- Referral must come through Access Mental Health, 403-943-1500.



## Aventa – Centre for Excellence for Women with Addiction (residential programs)



CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS

610-25 Avenue S.W.  
Calgary, AB T2S 0L6

403-245-9050

Monday – Friday  
8 a.m. – 3 p.m.

[info@aventa.org](mailto:info@aventa.org)

- Aventa – Centre for Excellence for Women with Addiction (residential programs)
- Treatment program that builds awareness and connection of trauma, mental health, and addiction.
- Self-referral. All-inclusive program for pregnant women, FASD, FCC, and NWT clients.
- Young Adult Treatment (YAT) (18 – 24 yrs. old): 90-day live-in program. (Individual and group counseling, family counseling sessions).
- Phase II (Adult Program): Seven week live-in program (therapeutic individual and group counseling).
- Phase III (Adult Program): 14 week live-in program. Completing the YAT or Phase II program is a requirement.
- Government sponsored beds available.



## Alpha House (AHS funded agency)

203 15th Avenue SE  
Calgary, AB T2G 1G4

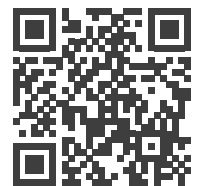
403-234-7388

[detox@](mailto:detox@alphahousecalgary.com)

[alphahousecalgary.com](http://alphahousecalgary.com)

Provides support for homelessness, addiction and mental health. Same program as Renfrew Recovery Centre.

- **Shelter (short-term crisis-oriented assistance):** offers 24/7 emergency housing for adults impacted by alcohol or drug use.
- **Detox Program:** residential support to clients undergoing safe drug withdrawal in a medically supervised setting.
- **Transitional Program:** assists clients in transitioning securely into permanent housing or long-term care.



# Addictions and Mental Health Community Resources

## ARC Services (Addiction Referral & Consultation Services)



Main Office  
1 – 10 E. Saint Jules  
Quebec, QC G1E 4W4  
1-888-488-8434  
418-576-6509  
[info@drugaddiction.ca](mailto:info@drugaddiction.ca)

- Provides referral for various private substance abuse treatment centers including medical detox, regular detox and rehabilitation services.
- Online 15 addiction recovery coaching session service.
- Provides in-home addiction recovery and treatment services in Canada, including Calgary and Airdrie.
- Provides consultation service for free.

ARC Website



Rehab Expert Website



## Alberta Adolescent Recovery Centre (AARC)



# AARC

303 Forge Road S.E.  
Calgary, AB T2H 0S9  
403-253-5250  
Monday – Friday  
8 a.m. – 5 p.m.  
[info@aacr.ab.ca](mailto:info@aacr.ab.ca)

- Long-term semi residential and family- involvement program.
- Parent support groups available.
- Youth Treatment Centre for ages 12 – 21.
- No referrals.
- Treatment subsidy available.

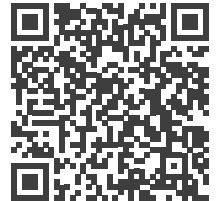


## Adult Addiction Services (AASC)



707 10 Avenue SW  
Calgary, Alberta T2R 0B3  
403-367-5000

- Provides a non-medical treatment support for alcohol, drugs, gambling and sex addiction.
- Short-term, outpatient counselling.
- Four-week treatment program.



## Calgary Dream Centre

4510 Macleod Trail South  
Calgary, AB T2G 0A4  
403-243-5598  
[info@calgarydreamcentre.com](mailto:info@calgarydreamcentre.com)  
24 hours, 7 days a week

- A faith-based treatment centre that supports men and women caught in cycles of addiction and homelessness. For ages 18 and above. Provides both transitional housing and long-term community housing.
- Offers a 49-day drug/alcohol treatment program.
- Government sponsored.



# Addictions and Mental Health Community Resources

## Cochrane Addiction Services



60 Grande Boulevard  
Cochrane, AB T4C 0S4  
403-851-6111

[Jim.arnett@albertahealthservices.ca](mailto:Jim.arnett@albertahealthservices.ca)

Services 1– 2: Monday – Friday, 12 p.m. – 7 p.m.

1. Urgent mental health – provides urgent assessment and crisis intervention support
2. Police and crisis team for adults

Requires referral from Access Mental Health, 403-943-1500

Services 3 – 5: Monday – Friday, 8 a.m. – 4 p.m.

3. Adult mental health and adolescents (self/family referral)
4. Addiction specialist- support for all ages (self/family referral)
5. Psychiatry: very limited, only available based on assessment for all ages



## Chestermere Addiction and Mental Health Services



#104, 288 Kinniburgh Blvd.  
Chestermere, AB T1X 0V8  
403-365-5401

- Provides assessment, treatment and follow up for moderate to severe addiction and mental health concerns.
- Collaborates with families to identify treatment goals for addiction and mental health concerns.
- Urgent mental health care walk-in available.



## Trifecta Addiction & Mental Health Services



403-812-1701  
587-854-3887  
24 hours, 7 days a week

[info@trifectaaddictionservices.com](mailto:info@trifectaaddictionservices.com)

- Comprehensive addiction assessments
- Inpatient & outpatient treatment programs
- One-on-one and group counselling
- Detoxification services & holistic therapies
- Aftercare and relapse prevention



## Fresh Start Recovery Centre



#411 41 Ave NE  
Calgary, AB T2E 2N4  
403-387-6266

24 hours, 7 days a week

[info@freshstartrecovery.ca](mailto:info@freshstartrecovery.ca)

- Covered by Alberta Health Care
- Long-term residential addiction treatment centre for adults.
- 14 –16 week residential program
- Calgary location serves men only
- Lethbridge location serves both men and women



# Addictions and Mental Health Community Resources

## Hull Services



2266 Woodpark Avenue S.W.  
Calgary, AB T2W 2Z8

403-207-2513

Monday – Friday  
8 a.m. – 4 p.m.

[navigator@hullservices.ca](mailto:navigator@hullservices.ca)

- **Mental Health & Addiction Navigator** – free, virtual open resource
- **The Community Parent Education Program (CPEP)** is a free family strengthening program open to all families in the community with children ages 5 – 12 years. (Self-referral)
- **Family based treatment** – referral program managed by health care professionals, or agencies
- **Skills for Safer Living program** (12 – 24 yrs.) available in partnership with Centre for Suicide Prevention
- Provides free virtual resource service
- Government funded



## Kidshelpphone.ca

Virtual only

Phone

1-800-668-6868

Text

CONNECT to 686868

24 hours, 7 days a week

- Offers e-mental health services – phone, text, online chat support

### Counseling Support for Youth

- Crisis responders service (not anonymous)
- Text messaging support – text CONNECT to 686868.  
No counselling.

### Psycho-ed for Mental Health

- Get anonymous support without sharing personal information (names, contact information)
- Free 30 minutes session call. Same counsellor not guaranteed on subsequent calls.



## Renfrew Recovery Centre



1611 Remington Road NE  
Calgary, AB T2E 5K6  
403-297-3337

24 hours  
7 days a week

Admissions only:  
7–8 a.m. daily

- Addiction Services: 24/7 support for adults
- Detoxifying from alcohol and other drugs in a safe, controlled setting
- Support with withdrawal from alcohol and other drugs
- Crisis stabilization for people with gambling addiction
- A triage process occurs where the sickest clients are admitted first



## Northeast Addiction and Mental Health Centre for Holistic Recovery

Unit 215 N - 3015 5 Ave NE  
Calgary, AB T2A 6T8

587-777-4722

Monday – Friday  
8 a.m. – 5 p.m.

[info@namrecovery.com](mailto:info@namrecovery.com)

- Holistic treatment for addiction and mental health. Services available in English and Punjabi.
- Personalized Recovery Program
- Intensive Outpatient Program
- Intensive Family Support Program
- Residential Treatment Program
- Fully funded by AHS



# Addictions and Mental Health Community Resources

## Rapid Access Addiction Medicine (RAAM)



707 10 Ave SW  
Calgary, AB T2R 0B3  
403-367-5000

Assessment/Consultation:  
12:45 p.m. – 3 p.m.

Regular hours:  
8 a.m. – 9 p.m.

- Provides a comprehensive program to manage substance and behavioral addiction including alcohol, drugs, gambling and sex addictions.
- Four-week intensive day treatment program/short-term outpatient counselling.
- Drop-in by self-referral.
- Day program requires referral from RAAM counselors.



## Simon House Recovery

255, 495 36 St. NE  
Calgary, AB T2A 6K3  
403-299-9699  
8 a.m. – 11 p.m.

Walk-ins accepted  
Tuesdays and Saturdays  
11 a.m. – 5 p.m.

[askus@woodshomes.ca](mailto:askus@woodshomes.ca)

- Self-referral, 84-days residential program
- Service cost – free with Alberta Health Care card
- Adult males, 18 years and older only



## Sandstone Inpatient Treatment Centre (EHN)



**EHN CANADA**

802 7 Avenue NE  
Calgary, AB T2E 0N7  
1-866-392-9136  
403-461-5548

24 hours, 7 days a week

[CTello@ehncanada.com](mailto:CTello@ehncanada.com)

- Teen and adult addiction treatment and rehabilitation (Ages 13 and older)
- Residential and walk-in program
- Self-referral
- Private facility
- Government funded beds available. Other facilities across Canada also available.



# Addictions and Mental Health Community Resources

## Woods Home



**WOOD'S HOMES**  
WORKING FOR CHILDREN'S MENTAL HEALTH  
SINCE 1914

255, 495 36 St. NE  
Calgary, AB T2A 6K3

403-299-9699

8 a.m. – 11 p.m.

Walk-ins accepted  
Tuesdays and Saturdays  
11 a.m. – 5 p.m.

[askus@woodshomes.ca](mailto:askus@woodshomes.ca)

- Free Services
- Walk-in for addiction support
- Support for ages 12 – 29
- In person/virtual addiction counseling support
- Community stabilization accommodation support for young person dealing with family crisis.
- Residential program
- Foster care – AHS, and CFS, case worker referral
- Crisis counselling service, short term family support, mobile outreach



## Youth Substance Use and Mental Health



1005 17 Street NW  
Calgary, AB T2N 2E5  
403-297-4664

- Youth 13 – 18 years old
- Self-referral
- Protection of Children Using Drugs (PChad) referral
- RSD – short term detox treatment (1 week)
- YRPE– three-month youth treatment program

