



Ready when
you are.



Rapid Access Counselling

Change. One conversation at a time.

Contact your local Family Resource Network to book a session
**CIWA: Immigrant/Newcomer(non-geographic) Family
Resource Network Intake:**
403-369-0068 or CalgaryNewcomerFRN@ciwa-online.com



Rapid Access Counselling

Change. One conversation at a time.

Rapid Access Counselling provides your family with a supportive, change-focused conversation at the right time. RAC can help with a challenge you're facing right now through a 75 minute focused counselling appointment. This service is tailored to support caregivers and children with a focus on healthy child development, supporting caregiver capacity, and promoting resilience within the family. We can see individuals, families, or couples for a solution-focused support on a wide range of counselling needs.

Information and booking is available through your family resource network.

FAQs

Who's eligible for Rapid Access Counselling?

The service is for caregivers with children under the age of 18 in the home, or for youth and children under 18 themselves! If you think a supportive and changed-focused conversation could help you resolve a current stressor, or move through an ongoing struggle, Rapid Access Counselling is for you.

You can book an appointment as an individual, couple, or family.

Is one conversation enough?

Rapid Access Counselling is a single-session service, and often one session is enough. Our outcomes show that 85% of clients reported their degree of hopelessness, anxiety and distress was reduced as a result of participating in just one single session appointment.

If the issue persists, or you're facing a new challenge, you can book another appointment.

What can counselling help me with?

We can support you with a variety of concerns, including parenting, relationships, mental health, grief, stress, and more.

If you're not sure if Rapid Access Counselling is for you, contact your Family Resource Network for more information. They can connect you with one of our counsellors for more information about the service. Reach them at **403-369-0068** or CalgaryNewcomerFRN@ciwa-online.com

What if a child under 18 is attending counseling?

If a minor is engaging in counselling, we will require consent from all of their guardians. The counsellor will connect with you before the session to make sure all the right consents are in place. We ask that at least one guardian remains present (on site) for the duration of the appointment.

What is a change-focused conversation?

During your 75-minute appointment, we'll work with you to assess what conversation we need to have. The change-focused part means we'll work to identify solutions, build on your existing strengths, and guide you to deal with what's troubling you. You'll leave the session with strategies you can continue using on your own.

Can I book more than one appointment?

You're able to book one appointment at a time. Changed-focused conversations can have a big impact, and we encourage you to apply what you took from one conversation before booking another appointment. But you are welcome to check back with your Family Resource Network if you feel another single session may be helpful.

How long will I have to wait?

We strive to provide timely access to support you when you need it most. Our counsellor is onsite one day a week at your family resource network and has several openings on that day. We work hard to book you within the week. Your Family Resource Network will have more information about current wait times.

What is the cost?

We are a barrier free service and by accessing the Rapid Access Counselling program through your Family Resource Network there is absolutely no cost to you.

