

RockPointe People Care Ministry:

- To speak to a pastor, please contact the church:
 - Phone: 403-851-0011
 - Email: peoplecare@rockpointe.ca

Mental Health Resources:

- 1) **Start by seeing your family doctor**
 - a. Don't have one?
 - Google "find a doctor"
 - Look on the AHS website:
<https://www.albertahealthservices.ca/info/Page13253.aspx>
- 2) **Alberta Health Services**
 - a. **Alberta Mental Health**
 - Help in tough times:
<https://www.albertahealthservices.ca/amh/page16759.aspx>
 - Programs & Services:
<https://www.albertahealthservices.ca/amh/Page14063.aspx#details-panel14068>
 - b. **Calgary Mental Health Services**
 - Access Mental Health: (403) 943-1500
 - c. **Calgary Distress Centre** – Offers no-fee, short-term crisis counselling for individuals, couples, families and groups.
 - To request an intake, please call the 24-hour crisis line at **403-266-HELP (4357)**
- 3) **Calgary Anxiety Centre:** Anxiety Disorder Information & Therapy Support
<https://www.anxietycentre.com/>

Walk-in Counselling Services:

- 1) **Eastside Family Centre** – No fee, walk-in counselling and referrals on a first come, first serve basis. This service provides a 50-minute session with a qualified mental health professional.
Phone: 403-299-9696
Address: #255, 495 - 36 St NE (In Northgate Mall) Calgary, AB
- 2) **South Calgary Health Centre** – No fee, single-session, walk-in therapy with a health professional.
Phone: 403-943-9374
Address: 31 Sunpark Plaza SE, Calgary, AB
- 3) **Sheldon Chumir Walk-In Crisis Service** – Services offered may include intervention, referrals, information and/or plans for follow-up as required.
Address: 1213 - 4 St SW Calgary, AB
Web Information:
<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1064160&serviceAtFacilityID=1099658>

Other Counselling Services:

Please contact the organizations listed below for more information on the counselling services offered. Fees for the following counselling services are based on a sliding scale, according to the client's ability to pay.

- 1) **Calgary Counselling Centre** – For intake, visit their website (<https://calgarycounselling.com/>) or call 403-691-5991.
- 2) **Calgary Family Services** – To initiate the counselling process, please call the Intake Coordinator at 403-205-5244.

Books and Video Resources:

General Helps:

- **Psalms.** Journal your story of grief alongside the scriptures. Let it speak your story, speak back to it your story. Become a Psalmist.
- *Devotions for Growing Strong in the Seasons of Life* by Charles Swindoll
- *How to Survive Change You Didn't Ask For: Bounce Back, Find Calm in Chaos, and Reinvent Yourself* by M.J. Ryan
- *Hijacked by Your Brain: How to Free Yourself When Stress Takes Over* by Dr. Julian Ford & Jon Wortmann

Anxiety:

- *Feeling Good: The New Mood Therapy* by David Burns
- *Anxiety: A Healing Journey* by Robin Sorenson

Depression:

- *Hope Prevails: Insights from a Doctor's Personal Journey Through Depression* by Dr. Michelle Bengtson
- *Climbing Out of Depression* by Sue Atkinson

Parenting:

- *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* by Daniel Siegel & Mary Hartzell
- **Video:** *The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection* by Brene Brown <https://www.youtube.com/watch?v=SLZhG90HFG8>

Grief:

- *A Path Through Loss* by Dr. Nancy Reeves
- *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* by Alan D. Wolfelt
- *The Caregiving Season: Finding Grace to Honor Your Aging Parents* by Jan & Kim Daly

Marriage

- *Created for Connection: The "Hold Me Tight Guide for Christian Couples"* by Sue Johnson
- Gottman Resources online: www.gottman.com