

THE THERAPY & SUPPORT CENTRE (TSC)



The Therapy & Support Centre (TSC) provides professional counselling and support services to clients and families of all backgrounds through two key services, the Become a Better You Program and Psychotherapy and Counselling Services.

Services are available for individuals, couples, and families struggling with various issues. These programs and services help families work through pre-existing and future problems. We also encourage individuals and families to attend our psychoeducational workshops and trainings focusing on parenting, healthy relationships, cultural sensitivity, stigma and mental health, stress management, and emotional regulation. We offer these services in many different languages with skilled and experienced psychologists and counsellors.

Become A Better You Program

This program provides free professional counselling in multiple languages for court-mandated domestic violence counselling. This program falls under Recovery Alberta. Counselling sessions are offered in group counselling formats and various languages, such as English, Punjabi, Hindi, Urdu, Arabic, Farsi, Tagalog, Tigrinya, Spanish, Mandarin, Cantonese, and Ukrainian.

The topics covered in these sessions include anger management, healthy communication skills, healthy boundaries, conflict resolution, stress management, loss and grief, family of origins, toxic masculinity, taking responsibility, goal setting, domestic violence, parenting, healthy relationships, and other topics relevant to domestic violence. The program lasts 13 weeks, and participants must register and attend an initial assessment before joining the program.

Funded by: Counselling Alberta and the City of Calgary



To make a referral, please complete the form [here](#) or email us at counsellingreferral@centrefornewcomers.ca

Eligibility Criteria: Court-mandated through Community Corrections, Children Services, Lawyers, and the Court. Self-referrals are also accepted.

Psychotherapy and Counselling Services

Our Psychotherapy and Counselling Services offer professional counselling for immigrant individuals, couples, families, and groups. We offer this program as a general counselling service in different languages with skilled and experienced certified psychologists and counsellors. In this program, we provide therapy for marriage and family counselling, anxiety and depression, trauma, life changes, loss and grief, parenting issues, substance abuse, and personal management and crisis management.

Eligibility Criteria: Refugee Claimants, Conventional Refugees, Permanent Residents, Temporary Residents, and Citizens

Funding: Most services are funded by Recovery Alberta and through the City of Calgary. For private services outside this funding, we ask that people pay a fee based on their income level. Please consult with your Counsellor regarding which level of fee you should pay.

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