



Ready when you are.



Rapid Access Counselling

Change. One conversation at a time.

Book at: www.CommunityConnectYYC.ca, 403.233.2360,
intake@kindred.ca

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Rapid Access Counselling

Change. One conversation at a time.

RAC is a supportive, change-focused conversation to help with a challenge you're facing right now.

75-minute, solution-focused counselling sessions are available Monday - Friday for individuals, families, or couples. Pay what you can.

Information and booking at www.CommunityConnectYYC.ca, or call 403.233.2360 (1.877.244.2360 outside Calgary).

FAQs

Who's eligible for Rapid Access Counselling?

The service is for everyone. If you think a supportive and change-focused conversation could help you resolve a current stressor, or move through an ongoing struggle, Rapid Access Counselling is for you.

Is one conversation enough?

Rapid Access Counselling is a single-session service, and often one session is enough. 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 our Engagement and Intake Team. They can provide you with advice, coaching, support and information about our counselling and other services. Reach them at 403-233-2360 (1-877-244-2360 outside Calgary) or intake@kindred.ca.

What if a child under 18 is attending counselling?

If a minor is engaging in counselling, we will require consent from all 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 book again if you feel another single session may be helpful.

How long will I have to wait?

We're ready when you are. Our online booking service lets you see all the available appointments. With multiple daytime and evening spaces from Monday to Friday, you can often book one within a week.

What is the cost?

You choose a fee that is comfortable and manageable for you. We trust you know your circumstances best. Clients pay anywhere between \$0.00 and the full fee (\$185.00). Those with insurance pay the full fee while they can, then pay what they can afford.



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