



RAPID ACCESS COUNSELLING

WHO WE ARE

Kindred was founded in 1957 and we continue to serve everyone across the province with belonging and connection at the core of our purpose. We provide high-quality programs and services for individuals, families, and those in need.

OUR PURPOSE

Realize the power of human connection.

OUR AMBITION

We aspire to be deeply connected to our community, elevating human connection as a fundamental need.



Rapid Access Counselling (RAC) is a single-session counselling program that supports individuals, couples, and families with a 75-minute counselling appointment. Whether a current crisis, or an ongoing challenge support is available through our goal-based and solution-focused approach to counselling. While the model is “single session” clients are welcome to book with us anytime they need support.

Is this service for me?

This service is available for all including, children, youth and adults across the province.

How do I access this service?

RAC can be accessed in-person, online, and by phone. To book an appointment online, visit www.CommunityConnectYYC.ca/kindred. Online booking is accessible from anywhere in the province. To book an appointment by phone contact our Family Engagement and Resource Team at [403.233.2360](tel:403.233.2360) or if you're outside of Calgary, call us toll-free at [1.877.244.2360](tel:1.877.244.2360).

Do I have to pay for this service?

Rapid Access Counselling works on an affordable fee model where clients set a session fee that is comfortable and manageable for them. Counselling is free for families, children under 18, and caregivers of children under 18. This is made possible by a partnership with Family Resource Networks (FRN) Alberta.

I want to find out more about this service.

For more information contact our Family Engagement and Resource Coordination Team at [403.233.2360](tel:403.233.2360) in Calgary or toll-free from anywhere in Alberta, at [1.877.244.2360](tel:1.877.244.2360).

125+

unique communities
served across Alberta