Prepared as part of the Calgary Black Seniors Foundation Intergenerational Mental Health & Social Connection Toolkit

# Culturally Responsive Therapy & Advocacy

Culturally responsive therapy recognizes the experiences, histories, and identities of Black seniors and youth. It ensures that emotional support is respectful, affirming, and grounded in culture, migration stories, racial realities, and family expectations. The following links provide direct pathways to culturally aware therapists, advocacy tools, and mental-health education.

## FIND A BLACK THERAPIST

CLICK LINK TO VIEW

- Black Therapist in Calgary Psychology Today
- Black Mental Health Canada (Therapist, Programs, Support Tools)

Calgary Black Seniors Foundation

*Financial Contribution:*
Public Health Agency of Canada
Agence de la santé publique du Canada

info@cbsf.ca

CLICK LINK TO VIEW

## MENTAL HEALTH NAVIGATION & ADVOCACY TOOLS

Access Mental Health (Alberta Health Services) -
Help finding the right therapist or program

Mental Health Commission of Canada -Black Communities Resources -
Cultural adapted mental-health information

CAMH Mental Health Disparities in Black Communities -
Understanding why culturally responsive care matters

## HELPFUL VIDEO (CULTURAL HEALING & ADVOCACY)

Break the Cycle: A Guide to Healing Intergenerational Trauma

## COMMUNITY & NEWCOMER SUPPORT (CALGARY)

Calgary Immigrant Womens' Association (CIWA) - Counselling
+ trauma-informed, culturally specific programs

Calgary Catholic Immigration Society (CCIS) - Settlement support + cultural counselling

The Alex Community Health Centre - Mental health + social supports

Calgary Black Seniors Foundation – Seniors & youths

Hands Lifting Hearts Initiatives Society – Pregnant youths

CLICK LINK TO VIEW

## COUNSELLING & NON-URGENT MENTAL HEALTH SUPPORT

These services help with stress, grief, depression, family conflict, anxiety, identity struggles, and life transitions.

### A. Calgary Counselling Centre

https://calgarycounselling.com/

- Sliding-scale prices (no one turned away)
- Culturally safe options available
- Virtual and in-person
- Useful for both seniors and youth

### B. Woods Homes Community Support

https://www.woodshomes.ca/programs/

Provides mental-health support for youth struggling with:

- School stress
- Family conflict
- Emotional regulation
- Crisis situations

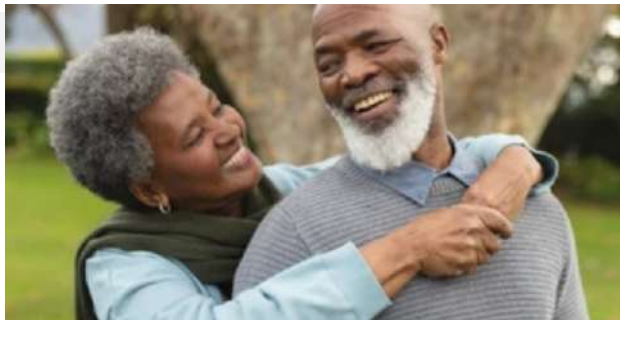
## SUPPORTS FOR SENIORS (65+)

### A. Kerby Centre Senior Services

https://www.kerbycentre.com/

Offers:

- Elder Abuse Line
- Seniors mental health support
- Social programming
- Resource navigation



### B. Carya – Older Adult Support

https://caryacalgary.ca/

Programs include:

- Counselling
- Social groups
- Emotional support
- Family assistance

### C. Senior Connect Calgary

https://seniorconnectcalgary.ca/

Helps identify seniors who may be struggling with isolation or health issues.

## SUPPORTS FOR YOUTH (16–25) - CALGARY

### A. The Calgary Youth Hub

https://calgaryconnecteen.com/

Provides:

- Emotional support
- Peer mentoring
- Crisis chat
- Youth-friendly resources

### B. YMCA Calgary Youth Mental Health Programs

https://www.ymcacalgary.org/programs/

Offers:

- Social groups
- Mental-wellness activities
- Skill-building workshops

### C. Woods Homes Walk-in Counselling for Youth

https://www.woodshomes.ca/programs/community-support-team/

Walk-in or virtual support for emotional and family challenges.