

## ***Where can I go for parenting and family support?***

- Seek out and participate in a support group for parents, siblings, and or spouses of individuals with ASD.
- Explore the internet for comfortable forums or group chats for families of individuals with ASD.
- Organize respite services or caregivers and do something outside the home with friends or other family members.
- For information and resources on respite, see the Tip Sheet, “Respite and Support Aides.”

## **RESOURCES**

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

### **Alberta Human Services: Calgary and Area Child and Family Services**

Offers a range of supports and services to children, youth, adults and families residing in the City of Calgary and surrounding areas.

**Phone:** 403.297.6100

**Address:** 300, 1240 Kensington Road NW, Calgary, AB T2N 3P7

**Email:** calgaryareacfsa.info@gov.ab.ca

**Website:** [humanservices.alberta.ca/services-near-you/calgary-and-area-child-and-family-services.html](https://humanservices.alberta.ca/services-near-you/calgary-and-area-child-and-family-services.html)

### **Autism Calgary**

Autism Calgary hosts a number of support groups that run monthly: Carers of Adults with ASD Support Group, Parents Connecting Support Group, Fathers Autism Network Support Group, KIT (Keeping It Together) Support Group (a self-care group for mothers), and Spouses Support Group.

**Phone:** 403.250.5033

**Address:** 3639 – 26th Street NE, Calgary, AB T1Y 5E1

**Website:** [autismcalgary.com/about/programs-and-services](https://autismcalgary.com/about/programs-and-services)

### **Autism Calgary - Calgary Autism Community Network**

Family support and advocacy resource bank

**Phone:** 403.250.5033

**Address:** 3639 – 26th Street NE, Calgary, AB T1Y 5E1

**Website:** [autismcalgary.com/content/griddata/FamilySupport.pdf](https://autismcalgary.com/content/griddata/FamilySupport.pdf)

### **Calgary SCOPE Society**

A community organization that supports children and adults with disabilities, their families and friends, and other community members. Services for children (0 to 18) include in-home supports, social skills classes, referrals to community resources, and Triple P parenting classes. Services for PDD-funded adults include community outreach, counselling, and social skills classes.

**Phone:** 403.509.0200

**Address:** 219 – 18th Street SE, Calgary, AB T2E 6J5

**Website:** [calgaryscope.org](https://calgaryscope.org)

## The Children's Link Society

Resource and Information Services, Family Support, Multicultural Family Support and Parenting Program, Transition Support for Disabled Youth, Educational Workshops/Webinars/Seminars, Coffee Socials, and Resource Fairs. All Programs are at no cost to families and those who serve families.

**Phone:** 403.230.9158  
**Address:** 211, 8855 Macleod Trail SW, Calgary, AB T2H 0M2  
**Website:** [childrenslink.ca](http://childrenslink.ca)

## Connections Counselling

This service provides parents who have a cognitive challenge with parenting skills, education, and family support.

**Phone:** 403 209.1100  
**Address:** 510, 1716 - 16th Avenue NW, Calgary, AB T2M 0L7  
**Email:** [info@connections counselling.ab.ca](mailto:info@connections counselling.ab.ca)  
**Website:** [connections counselling.ab.ca](http://connections counselling.ab.ca)

## Calgary Moms Autism Support Network

A Facebook-based support group. Newcomers can send a friend request to the group name above, and will get an email back from moderators asking to share some information about their child and why they want to be in the group.

**Website:** [facebook.com/pages/Calgary-Moms-Autism-Support-Network/774576055935351](https://facebook.com/pages/Calgary-Moms-Autism-Support-Network/774576055935351)

## Inclusion Alberta

The Supportive Communities project connects families with children and youth with developmental disabilities to potential staff through their on-line database. In addition, Inclusion Alberta provides advocacy support, workshops, information sessions, events, and services to enhance inclusive education and employment.

**Phone:** 403.717.0361  
**Address:** 212, 4014 Macleod Trail SE, Calgary, AB T2G 2R7  
**Website:** [inclusionalberta.org](http://inclusionalberta.org)

## McMan Calgary

Offers a variety of family support services including services for families of children with developmental disabilities, complex behavioural needs, and respite services.

**Phone:** 403.508.6259  
**Address:** 1, 4004 - 19 Street NW, Calgary, AB T2L 2B6  
**Email:** [calgary@mcman.ca](mailto:calgary@mcman.ca)  
**Website:** [mcmancalgary.ca/index.html](http://mcmancalgary.ca/index.html)

## Positive Behaviour Supports for Children

This website is a joint effort by Alberta Education, Family Support for Children with Disabilities (FSCD), and Mount Royal University. It provides ideas and strategies that will help you support your child with a disability.

**Website:** [pbsc.info/family/](http://pbsc.info/family/)

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## **Sibling Support Project - SibShops**

The Sibling Support Project is a national program that addresses the concerns and needs of siblings of individuals with special needs. The website provides information about the Sibling Support Project, SibShops, locations of SibShops, and a list of their publications.

**Website:** [siblingsupport.org](http://siblingsupport.org)

## **Triple P – Positive Parenting Program**

Triple P is delivered across the province and helps parents manage behavioural issues. The Stepping Stones Triple P program can help parents of children with disabilities and/or more severe behaviours. It can help children with disabilities be more successful with specific therapeutic interventions.

**Website:** [triplep-parenting.net](http://triplep-parenting.net)

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