**COPE RESOURCES**

**ADHD**

ADHD Families – CanLearn Society

<http://www.adhdfamilies.ca>/

ADHD Resource Centre of the American Academy of Child and Adolescent Psychiatry

http://www.aacap.org/cs/ADHD.Resource Center

ADHD information from the National Institute of Mental Health

[www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/adhd](http://www.nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/adhd) booklet.pdf

CADDAC (Centre for ADHD Awareness, Canada)

<http://www.caddac.ca>/

CADDRA (Canadian ADHD Resource Alliance)

<http://www.caddra.ca>/

CHADD (Children and Adults with Attention Deficit Hyperactivity Disorder)

Calgary Chapter: [www.calgary.chaddcanada.ca](http://www.calgary.chaddcanada.ca)

Canada Chapter: [www.chaddcanada.org](http://www.chaddcanada.org)

US Chapter: [www.chadd.org](http://www.chadd.org)

Family & Community Resource Centre – ACH

<http://fcrc.albertahealthservices.ca>/health-information/library/information-prescriptions

and click on ADHD

**ANXIETY**

AnxietyBC

http://www.anxietybc.com

Family & Community Resource Centre – ACH

<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions>

and click on Anxiety

Apps: Breathe2Relax

 [http://](http://www.caddac.ca)t2health.dcoe.mil/apps/breathe2relax

 Calm – Meditation Techniques for Sleep and Stress Reduction

 <https://www.calm.com>

 Happify: Science-Based Happiness Games and Activities

 <http://www.happify.com>

 Mindshift

 <http://www.anxietybc.com/mobile-app>

 MindUP – The Hawn Foundation

 [http://](http://www.caddac.ca)thehawnfoundation.org/mindup/

**ASD**

Autism Calgary

[www.autismcalgary.com](http://www.autismcalgary.com)

Autism Society Canada

[www.autismsocietycanada.ca](http://www.autismsocietycanada.ca)

Autism Society Central Alberta

[www.autismsocietyalberta.org](http://www.autismsocietyalberta.org)

Autism Canada Foundation

www.autismcanada.org

Society for Treatment of Autism

[www.autism.ca](http://www.autism.ca)

Autism Society Alberta

[www.autismsocietyalberta.org](http://www.autismsocietyalberta.org)

Autism Partnership Calgary

[www.autismpartnership.ca/calgary](http://www.autismpartnership.ca/calgary)

Autism Aspergers Friendship Society of Calgary

[www.aafscalgary.com](http://www.aafscalgary.com)

Between Friends Club

[www.betweenfriends.ab.ca](http://www.betweenfriends.ab.ca)

The Ability Hub from Sinneave Foundation (For teens)

[www.theabilityhub.org](http://www.theabilityhub.org)

Children’s Link, Autism Resources

[www.childrenslink.ca](http://www.childrenslink.ca)

ACH Family & Community Resource Centre, Information Prescription on Autism

<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/rx-autism.pdf>

**DCD**

CanChild

[https://canchild.ca/en/diagnoses/developmental-coordination-disorder](https://canchild.ca/en/diagnoses/developmental-coordination-disorder%20)

Calgary Youth Physiotherapy

http://calgaryyouthphysio.com

**DEPRESSION**

Family & Community Resource Centre – ACH

<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/depression>

**EATING DISORDERS**

Family & Community Resource Centre – ACH

[http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions](http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/depression)

and click on Eating Disorders

FUNDING SUPPORT

Alberta Works

<http://www.humanservices.alberta.ca/financial-support/2073.html>

AISH

<http://humanservices.alberta.ca/disability-services/aish.html>

Disability Tax Credit Certificate, T2201

[www.cra-arc.gc.ca/disability](http://www.cra-arc.gc.ca/disability)

Family Support for Children with Disabilities (FSCD)

<http://humanservices.alberta.ca/disability-services/14855.html>

Government Benefits – United Way Calgary and Area

[http://www.](http://www.humanservices.alberta.ca/financial-support/2073.html)calgaryunitedway.org/our-work/guides-and-resources/benefits-navigator

Persons with Developmental Disabilities (PDD)

<http://humanservices.alberta.ca/disability-services/pdd.html>

PARENTING SUPPORT

Aspen Family

[http://www.](http://www.humanservices.alberta.ca/financial-support/2073.html)aspenfamily.org/what-we-do/families/in-home-family-support/

Braiding the Sweetgrass

[http://hullservices.ca/ services/sweet-grass](http://hullservices.ca/%20services/sweet-grass)

Calgary Scope Society

[http://www.calgaryscope.org/services/](http://jumpstart.canadiantire.ca/%20)

Community Parent and School Support (COMPASS)

[http://](http://hullservices.ca/%20services/cpep)www.ywcalgary.ca/program/community-parent-and-school-support-compass/

Community Parenting Education Program (CPEP)

[http://hullservices.ca/ services/cpep](http://hullservices.ca/%20services/cpep)

Family Initiatives

[http://hullservices.ca/ services/family-initiatives](http://hullservices.ca/%20services/family-initiatives)

McMan Calgary & Area – Family and Community Support

[https://www.mcmancalgary.ca/section2/Family&communityse.html](https://www.mcmancalgary.ca/section2/Family%26communityse.html)

North Central Family Support Program

<http://huntingtonhillscalgary.com/programs/community-services/41-community-resource-centre.html>

RECREATION SUBSIDIES

Canadian Tire Jumpstart

[http://jumpstart.canadiantire.ca/](http://jumpstart.canadiantire.ca/%20) en/

Calgary and Area Kidsport

[http://www.kidsportcanada.ca/alberta/calgary/](http://www.kidsportcanada.ca/alberta/calgary/%20)

Calgary Flames Grade 6 YMCA Memberships

[https://www.ymcacalgary.org/programs-locations-and-membership/grade6 /](https://www.ymcacalgary.org/programs-locations-and-membership/grade6%20/%20)

City of Calgary – Fee Assistance

[http://www.calgary.ca/CSPS/Recreation/Pages/Fee-assistance/Home.aspx](http://www.calgary.ca/CSPS/Recreation/Pages/Fee-assistance/Home.aspx%20)

SOCIAL SKILLS

Boys and Girls Clubs of Calgary

[http://www.boysandgirlsclubsofcalgary.ca/programs](http://www.boysandgirlsclubsofcalgary.ca/programs%20)

Child Safe Canada

<https://www.>childsafecanada.com/

Foothills Academy Society – Amicus Programs and Camps

<http://www.foothillsacademy.org/amicus-programs-camps/>

TRANSGENDER

Family & Community Resource Centre – ACH

[http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions](http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/%20-transition)

and click on Transgender

Sexuality and gender diversity – Calgary Police Service

<http://www.calgary.ca/cps/Pages/Community-programs-and-resources/Diversity-resources/Sexual>

YOUTH SERVICES

Aspen Family – Youth Matters

[http://www.](http://www.humanservices.alberta.ca/financial-support/2073.html)aspenfamily.org/what-we-do/youth/youthmatters/

Boys and Girls Clubs of Calgary – Youth Transitions to Adulthood (YTA)

[http://www.boysandgirlsclubsofcalgary.ca/programs/youth-housing-shelter/youth-housing/youth-transitions-to-adulthood-yta](http://www.boysandgirlsclubsofcalgary.ca/programs%20)

City of Calgary – Multi Agency School Support Team (MASST)

[http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Multi-Agency-School-Support-Team.aspx](http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Multi-Agency-School-Support-Team.aspx%20)

City of Calgary – Youth at Risk Development Program (YARD)

[http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Gangs -and-Youth-at-Risk-Development-Program.aspx](http://www.calgary.ca/cps/Pages/Youth-programs-and-resources/Youth-intervention/Gangs%20-and-Youth-at-Risk-Development-Program.aspx%20)

Family & Community Resource Centre – ACH

<http://fcrc.albertahealthservices.ca/health-information/library/information-prescriptions/youth-in-transition>

McMan Calgary & Area – Youth and Outreach Support

[https://www.mcmancalgary.ca/section2/Youth&outreach.html](https://www.mcmancalgary.ca/section2/Youth%26outreach.html)