

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 Autism Spectrum Disorder (ASD).
- Explore the internet for comfortable forums or group chats for families of individuals with ASD.
- Organize respite services or caregivers so that you can 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.

FSCD

Provides a wide range of services under the following programs: Family Support Services and Child Focused Services. To be eligible, the child with a disability must be under the age of 18 and a Canadian citizen or permanent resident. FSCD defines a disability as “a chronic, developmental, physical, sensory, mental or neurological condition or impairment...” Documentation from a professional (e.g. physician or allied health professional) must be provided confirming that the child has a disability or is awaiting a diagnosis.

Intake Line: 403.297.6022

Phone: 403.297.7971

Address: Suite 300, 8500 Macleod Trail SE, Calgary, AB T2H 2N1

Email: Intake email: HS.FSCDIntakeCalgary@gov.ab.ca

Website: humanservices.alberta.ca/disability-services/14855.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/upcoming-support-recreation-groups/

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 years) 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

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/Portal/DesktopDefault.aspx?tabid=85

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
Website: connections counselling.ab.ca/services

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/groups/Calgaryautismsupport/

Calgary Moms Autism Support For Raising Teens and Adults

A Facebook-based support group. This Facebook group is a place where families with teens and young adults who are transitioning into adulthood can get support, learn about community programs and resources and share parenting strategies and successes. 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 teen and adult and why they want to be in the group.

Website: facebook.com/groups/1661948614044100/

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
Email: mail.calgary@inclusion alberta.org
Website: inclusion alberta.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: 403.280.6293
Address: Zurich Court, 1538 25 Ave NE
Email: Calgary@mcman.ca
Website: 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/

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

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.ca/alb-en/about-triple-p/positive-parenting-program/

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