


Supporting your child through gender identity concerns with Counselling Alberta

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If your child is exploring their gender identity, Counselling Alberta provides a safe, confidential, and supportive environment for them to talk through their feelings and challenges. We're here to work with both your child and you to ensure they get the help they need.

Why am I receiving information about Counselling Alberta for my child?

Your child may have expressed an interest in speaking with a counsellor about gender identity-related concerns. Counselling Alberta offers affordable services to help children, teens, and their families work through these challenges or any concerns in a safe space.

How much will counselling cost?

Our services are provided at no charge to students. For families we use a sliding scale to determine fees based on income, but no one will ever be turned away due to financial concerns.

How long does it take to get an appointment?

There's no waitlist for an appointment. Once you contact Counselling Alberta and register, your child will be matched with a counsellor the same day or the next business/school day. Schools can also make referrals to Counselling Alberta.

What if my child doesn't want to go to counselling?

It's common for young people to feel hesitant. If this is the case, we encourage you to make an appointment for yourself to discuss how you can support your child. A counsellor can also help you find ways to approach your child about the counselling process.

How many sessions can my child and/or I access through Counselling Alberta?

There is no limit to the number of sessions your child can access. On average, many people experience positive, long-lasting changes after 8 to 10 sessions. We'll work with your child to find the right amount of support they need.

Can I be involved in my child's counselling?

Counselling Alberta works to build trust with youth and to support their parents. We encourage you to express your desire to be involved with your child. While your child has the choice about how much information they want to share, we will work with your child to find ways to involve you in the process when appropriate and when your child is comfortable.

Do I need to provide consent for my child to access counselling?

There is no general minimum age of consent in Alberta. Counsellors will work with each young person to determine what approach is best for their care. This may include building trust in the first few sessions and exploring how to involve family in the process. Many factors are considered, such as the young person's comfort level and their support system at home. The counsellor will work with the youth to ensure they

have the support they need—whether that’s from their family or another trusted adult. We’re here to support both the youth and their family through this journey.

Is Counselling Alberta confidential?

Yes, your child’s privacy is respected. Counselling Alberta won’t share any details, including with you, unless your child chooses to share it. The only exception is if there’s a serious concern about safety, in which case we may be required to take further action. Schools will not receive information about a student’s involvement in counselling unless you or your child chooses to share that information.

What if counselling doesn’t feel like a good fit?

If your child doesn’t feel comfortable with a particular counsellor, we can work with your child to find another counsellor that is a better fit.

Can my child attend counselling during school?

Counselling Alberta offers flexible hours, including after-school and virtual sessions. Your child can also attend a virtual session during school hours if the school allows and provides a private space.

We’re here to support you and your child

For more information or to schedule an appointment, visit counsellingalberta.com or call us at 833.827.4230 today.