



**NEWS RELEASE**

***For Immediate Release—Feb. 5, 2006***

**Calgary Counselling Centre requests for service in January highest in Centre history.**

CALGARY –Calgary Counselling Centre has started January 2007 with a bang. The Centre experienced its largest number of requests for counselling services in January – 582 requests– a record for the first month of the year and the biggest January in the Centre’s 44 year history.

The Centre’s numbers for the month of January show Calgarians are seeking the help they need for relationship issues, depression and stress.

Thirty three percent of the total intakes for the month were completed online, using the Centre’s new online intake form. The form, an innovation brought on in December, processes the requests for service anytime of day or night and increase the speed the intake process.

“People now have a choice when they contact the Centre,” says Robbie Babins-Wagner, CEO. “By giving an online option, people who might not feel safe to call us on the phone can easily connect with us online.”

The increase in requests for service won’t compromise the Centre’s promise to deliver service in 48 hours. “January is usually a busy month for the Calgary Counselling Centre,” says Babins-Wagner. “Staff is working hard to set staffing levels to ensure we can meet the demand and keep our promise – no waiting lists.”

January, 2007 is the second highest figure for intakes since the Centre actively started tracking its records in 1997. The highest month in the Centre’s history was October, 2006 when the Calgary Counselling Centre hosted National Depression Screening Day on Oct. 5, 2006.

Calgary Counselling Centre is a non-profit organization committed to providing compassionate, profession and affordable counselling services to Calgarians. Offering service in 23 first languages, the Centre is a recognized leader in the treatment of family violence, depression, self esteem and eating disorders. Through its ongoing research and education programs, Calgary Counselling Centre strives to meet the changing needs of our community. The Centre’s fee structure is based on income - no one is turned away for an inability to pay.

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