

Our Mission

To uplift individuals to realize their own potential by fostering hope, acknowledging their strengths and promoting independence through the virtue of resilience.

Our Vision

Resilient communities where every individual feels supported, valued, and equipped to face life's complexities with courage and resilience.

Our Values

Honesty

Empathy

Adaptability

Respect

Trauma-Informed

Strength & Skill Based



About Us

Resilient Hearts empower young adults with developmental disabilities by equipping them with essential skills for independent living. Our goal is to provide a supportive and inclusive environment where individuals can have fun, learn, grow, and thrive.

What We Do

We create opportunities for fun learning experiences along with teaching independent living skills to participants while ensuring their safety.

Why Us?

Resilient Hearts fosters independence by teaching advocacy and skill development, leading to transformative self-discovery.

Get Involved



403-338-7869



Info@resilienthearts.ca



www.resilienthearts.ca



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Calgary Alberta, T2G 2R7



**Empowering
Young Adults
To Thrive**



www.resilienthearts.ca

Our Services

Life Skills Day Program

We offer individualized support to meet the unique needs of each participant, teaching them essential skills to navigate daily challenges with confidence along with opportunities to participate in the community

Respite Services

Evening Respite

Supporting youth who are in school during the day to access life skills or have fun.

Drop-in Respite

Provide on site drop-in option for parents and caregivers who require occasional support

Sensory Room

We provide the calming experience for participants with sensory needs



We Offer

Personalized Support

Participants receive tailored and individualized care to ensure their unique needs are met

Engaging Activities

We offer a variety of activities that provide fun while also fostering learning and creativity

Social Interaction

We help participants to build meaningful connections within the community

Skill Development

We provide a safe space to learn new skills, enhancing personal growth and independence

Eligibility Criteria

- Participants must be at least 16 years of age.
- Participants must have a valid government-issued ID.
- Participants must be able to pay the service fee.

How to Participate

Book a tour of our space by scanning the QR code below



Questions?

Call: 403-819-5748

Email: Intake@resilienthearts.ca



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