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# Reduced-Cost Counselling Services – Metro Vancouver Regional District

A resource list of lower-cost, sliding-scale and free counselling services in Metro Vancouver, primarily the city of Vancouver. Updated quarterly.

Listings are categorized; categories, however, are not exclusive and are not intended to be limiting in terms of service provided or population served**.**

*Please share widely, in the hope that all who want counselling can access and benefit from it.*

**Provided by Sprott Shaw College**

**Student Support Program, My SSP**

**https://sprottshaw.com/students-and-alumni/my-ssp/**

Available to all students. This program includes:

* Direct support for students.
* Consultative support for faculty and staff who work with them.
* Confidential support to students at no cost to them:
* 24/7 remote mental health and wellbeing support from clinical counsellors who understand the challenges they may be facing as they juggle their academic and personal lives.
* Access to digital content which aims to support the well-being and retention of students at Sprott Shaw College.
* The program is fully integrated with existing on-campus resources and is completely confidential within the limits of the law.
* Students can access articles, videos, tools, resources, and their Student Support Advisor (a qualified counsellor with at least a master’s degree) through the app, website and telephone.
* This service is available in multiple languages.

**Provided by the Government of BC**

**Here2Talk**

Here2Talk connects post-secondary students with mental health support when they need it. Through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.

https://here2talk.ca/home

**Health Links**

**Red Book Online**

http://www.bc211.ca/searchtips/

**Health Link BC**

https://www.healthlinkbc.ca/health-topics/list/o

**Here to Help**

https://www.heretohelp.bc.ca/

**Health Families BC**

https://www.healthyfamiliesbc.ca/

**KUU-US Crisis Line Society**

https://www.kuu-uscrisisline.ca/

# General Counselling

# *Metro Vancouver Regional District*

**Family Services of the North Shore**

604-988-5281

Professional counselling for residents of the North Shore. Sliding Scale.

<https://www.familyservices.bc.ca/find-support/counsellinq-support/>

**Oak Counselling**

Reduced fee. Secular counselling services provided at the Vancouver Unitarian Centre by supervised volunteers with Master's degrees in psychology or psychology-related fields. Individual, couples and family counselling.

604-266-5611

http://oakcounselling,\_QI\_g/

**JFS Vancouver**

Sliding scale professional counselling to the Jewish and broader community. Everyone welcome. Serving youth, adults, seniors, couples, and families. Regular program $50-$105; low-cost program: $10-$20.

604-55-.5717

<http://jfsa.ca/counselling/>

### Family Services of Greater Vancouver, Student Internship Counselling Program

Counselling provided by supervised counselling interns, September to April only. Sliding scale fees based on household income. Offices in Vancouver, Richmond and New Westminster.

604-874-2938

https://fsgv.ca/programs/counselling/

**Adler Centre - Counselling Clinic**

Subsidized individual and couples counselling. Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician. $60-$85 to see a counselling intern; $100-$110 with registered counsellor.

604-742-1818

<http://www.adlercentre.ca/clinic.html>

**Scarfe Counselling - UBC**

Free for adults and children 1O+. Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April.

604-827-1523

<http://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/>

**UBC Psychology Clinic**

Counselling services provided by doctoral student interns, supervised by registered psychologists. $10-$40 per hour.

604-822-3005

http://clinic.pm,ch.ubc.ca/

### Simon Fraser University - Counselling Clinics

### Counselling for adults, children and youth provided by supervised graduate students in counselling psychology. Services at the Surrey clinic are free and at the Burnaby clinic are offered on a sliding scale.

**Surrey Clinic**

604-587-7320

<http://www.sfu.ca/education/centres-offices/sfu-surrey­> counselling-centre.html

**Burnaby Clinical Psychology Centre**

778-782-4720

<https://www.sfu.ca/psychology/> clinical-psychology-centre.html

**Canadian Mental Health Association: North and West Vancouver Branch**

Brief Counselling Service. Up to 12 sessions of counselling for North Shore residents without open ICBC, WCB or other insurance carrier claims. Counselling provided by intern ($25) or registered clinical counsellor ($50).

604-987-6959

https://northwestvancouver.cmha.bc.ca/programs-services/counselling/

**Living Systems Counselling**

Individual, couple and family counselling using Bowen Family Systems Therapy. Lower­ cost counselling provided by supervised interns ($15-$50). Interns at North Shore and Vancouver locations only.

604-926-5496

https://livingsystems.ca/counsellingLfilm!:ices-and-fees/

**Vancouver Women's Health Collective - Wellness Counselling**

Counselling and art therapy available on select days.

604-736-5262

https://womenshealthcollective.ca/counselling/

**Moving Forward Family Services**

Counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Vancouver, Port Moody and Abbotsford. Graduate-level counsellors ($50-$65) and counselling interns ($20). Limited free counselling available in exceptional circumstances.

778-321-3054

https://movingforwardfamilyservices.com

**Gordon Neighbourhood House**

Free counselling provided in partnership with supervised master's level counselling interns from City University. Individuals, couples and groups. Downtown Vancouver.

604-683-2554

[counselling@gordonhouse.org](mailto:counselling@gordonhouse.org) https://gordonhouse.org/programs/free-counselling/

**South Vancouver Neighbourhood House - Counselling Services**

Free program offered twice a week by counselling interns from City University. Individuals, couples and families.

[counselling@southvan.org](mailto:counselling@southvan.org)

<http://www.southvan.org/program> category/community-programs/

### Little Mountain Neighbourhood House - Counselling and Art Therapy Programs

Counselling provided by counselling interns, by appointment only.

604-879-7104 (Ask for Lynette)

https://web2.lmnhs.bc.ca/counseling-and-art-therapy/

**Kitsilano Neighbourhood House - Counselling Sessions**

Counselling by phone or Zoom, in partnership with Moving Forward Family Services and City University; provided by counselling interns. Free to those with a Kitsilano Neighbourhood House membership.

604-736-3588 ext.128

[counselling@kitshouse.org](mailto:counselling@kitshouse.org)

<http://www.kitshouse.org/counselling-sessions/>

**Living Through Loss Counselling Society of BC**

Professional grief counselling related to life change or loss. Group therapy also available. Small fund available for limited, subsidized counselling. Call to inquire.

604-873-5013

https://livingthroughloss.ca/counselling/

*Abbotsford, Chilliwack And Fraser Valley*

**Archway (formerly Abbotsford) Community Services**

2420 Montrose Ave

Open ⋅ Closes 4:30 p.m. · (604) 859-7681

**Oakhill Counselling & Mental Health Services**

(604) 850-3774

**Dr. Susan Goldsmith &Associates**

2955 Gladwin Rd Suite 203 A

(604) 504-5444

**Cares Counselling Society**

2630 Bourquin Crescent W Unit #3

(604) 853-8916

**Peterson Irene V & Associates Counselling Services Inc**

2306 McCallum Rd #204

(604) 859-1462

**Cascade Christian Counselling**

33119 S Fraser Way

(604) 854-5413

**Shamrock Counseling**

2622 Montrose Ave

(604) 853-7477

**Eterna Counselling & Wellness**

202-2276 Clearbrook Rd

(604) 746-2025

**Balancing Minds Counselling Services**

2469 Pauline St #201

(778) 889-3174

**Re.Pose Therapy**

2633 Montrose Ave 2nd Floor

(778) 933-6787

**London Tree: Counseling & Holistic Health Inc. by Dr. Jassal**

32780 Marshall Rd

(778) 552-5117

**Voth Counselling Services Ltd.**

2655 Clearbrook Rd

(604) 308-6567

**Jodi Thielmann - Registered Clinical Counsellor**

2469 Pauline St #201

(778) 982-0682

# *Kelowna, West Kelowna and Vernon*

# Access Resources Inc.

# 981 Borden Ave

# Kelowna, BC Canada V1Y 6A5

# 250.763.2217

# Active Care Health

# 1324 St. Paul St

# Kelowna, BC V1Y 2E1

# 250.861.6151

# Adult & Teen Challenge Society of BC, Okanagan Men's Centre

# 4550 Glenmore Rd

# Lake Country, BC V4V 1L7

# Office: 1.604.575.3930 ext.4

# Intake: 1.778.401.9110

# Alcohol and Drug Information and Referral Service – BC211

# Administration - 604.875.6431

# ARC Programs Ltd., Changes Youth Alcohol and Drug Program

# 513 Bernard Ave

# Kelowna, BC V1Y 6N9

# 250.763.2977

# ARC Programs Ltd., Family Treatment Program

# 513 Bernard Ave

# Kelowna, BC V1Y 6N9

# 250.763.2977

# ARC Programs Ltd., School-Based Mental Health Services

# 513 Bernard Ave

# Kelowna, BC V1Y 6N9

# 250.763.2977

# ARC Programs Ltd., Young Offender Community Intervention Program

# 513 Bernard Ave

# Kelowna, BC V1Y 6N9

# 250.763.2977

# ARC Programs Ltd., Youth Services Program

# 513 Bernard Ave

# Kelowna, BC V1Y 6N9

# 250.763.2977

# BC Bereavement Helpline

# 1.604.738.9950

# BC Cancer - Kelowna General Hospital

# 399 Royal Ave

# Kelowna V1Y 5L3

# 250.712.3900

# BC Cancer Kelowna, Patient and Family Counselling Services

# BC Cancer Kelowna- Sindi Ahluwalia Hawkins Centre for the Southern Interior

# 399 Royal Ave

# Kelowna, BC V1Y 5L3

# 250.712.3963

# BC Cancer Kelowna, Sindi Ahluwalia Hawkins Centre for the Southern Interior

# 399 Royal Ave

# Kelowna, BC V1Y 5L3

# 250.712.3900

# BC Council for Families

# 1847 West Broadway, 208

# Vancouver, BC V6J 1Y6

# 1.604.678.8884

# Bridges To New Life Society

# 1197 Sutherland Ave

# Kelowna, BC V1Y 5Y2

# 250.448.6975

# Brix Family Chiropractic & Wellness Centre

# 1851 Kirschner Rd, #106

# Kelowna, BC V1Y 4N7

# 778.436.9366

# Building Healthy Families Society

# 1390 KLO Rd

# Kelowna, BC V1W 3P6

# 250.861.4933

# Building Healthy Families Society, The Zone

# 1390 KLO Rd

# Kelowna, BC V1W 3P6

# 250.861.4933

# Burtch Chiropractic & Laser Therapy

# 1824 Gordon Dr, Unit 204

# Kelowna, BC V1Y 0E2

# 250.860.4518

# Canadian Cancer Society, Cancer Connection

# Canadian Cancer Society: BC & Yukon Division

# 565 10th Ave W

# Vancouver, BC V5Z 4J4

# 1.604.675.7148 or 1.800.822.8664

# Canadian Mental Health Association Kelowna & District Branch, Foundry Kelowna

# 1815 Kirschner Rd, #100

# Kelowna, BC Canada V1Y 6G3

# 236.420.2803

# Central Okanagan Counselling Services Inc., Gambling Counselling & Support Services

# 2040 Springfield Rd, Ste 207

# Kelowna, BC V1Y 9N7

# 778.821.0005

# Central Okanagan Hospice Association

# 1890 Cooper Rd, Suite 200

# Kelowna, BC Canada V1Y 8B7

# 250.763.5511

# Child Advocacy Centre of Kelowna

# 1815 Kirschner Rd, Suite 200

# Kelowna, BC Canada V1Y 4N7 \236.361.8588

# Class of West K

# 1979 Hwy Old Okanagan, #201

# Westbank, BC Canada V4T 3A4

# 250.808.3930

# Community Futures Development Corporation of Central Okanagan, Self-Employment Program

# Landmark 1

# 1726 Dolphin Ave, #210

# Kelowna, BC V1Y 9R9

# 250.868.2132

# Community Legal Assistance Society (CLAS)

# 1140 West Pender St, Suite 300

# Vancouver, BC V6E 4G1

# 1.604.685.3425

# Connect Counselling & Therapy Society

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Adult Individual Counselling Services

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Child, Youth and Family Services

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Children and Change

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Counselling for Low Income Couples

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Finding Our Voices Drop-in Group

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Men in Change Drop-In Group

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Men in Relationship with Self and Others

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Parenting Skills

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Reaching Older Women (ROW)

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Sexually Intrusive Behaviour Program for Children Under 12

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Connect Counselling & Therapy Society, Stopping the Violence Women's Counselling Service

# 347 Leon Ave, #204

# Kelowna, BC V1Y 8C7

# 250.860.3181

# Credit Counselling Society of BC, Kelowna Office

# Stewart Centre

# 1855 Kirschner Rd, Suite 375

# Kelowna, BC V1Y 4N7

# 250.860.3000

# Crowning Life Consulting Inc., Supervised Parenting Time & Counselling Services

# 347 Leon Ave, #210

# Kelowna, BC V1Y 8C7

# 250.859.6039

# Diversified Rehabilitation Group 1

# 495 Gordon Dr

# Kelowna, BC

# Canada V1Y 7T3

# 250.860.2868

# Elizabeth Fry Society, Central Okanagan

# 649 Leon Ave

# Kelowna, BC V1Y 9S3

# 250.763.4613

# Elizabeth Fry Society, Central Okanagan, Girl's United

# 649 Leon Ave

# Kelowna, BC V1Y 9S3

# 250.763.4613

# Elizabeth Fry Society, Central Okanagan, Sexual Assault Counselling Centre

# 649 Leon Ave

# Kelowna, BC V1Y 9S3

# 250.763.4613

# Elizabeth Fry Society, Central Okanagan, Specialized Victim Assistance Program

# 649 Leon Ave

# Kelowna, BC V1Y 9S3

# 250.763.4613

# Elizabeth Fry Society, Central Okanagan, Stopping the Violence Outreach Program

# 649 Leon Ave

# Kelowna, BC V1Y 9S3

# 250.763.4613

# Elizabeth Fry Society, Central Okanagan, Tough Guise

# 649 Leon Ave

# Kelowna, BC V1Y 9S3

# 250.763.4613

# Elizabeth Fry Society, Central Okanagan, Women's Community Justice Program

# 649 Leon Ave

# Kelowna, BC V1Y 9S3

# 250.763.4613

# Expert Hearing Solutions - Kelowna Capri Mall Location

# Capri Centre Mall

# 1835 Gordon Dr, #130

# Kelowna, BC V1Y 3H4

# 250.762.2131

# Expert Hearing Solutions - Rutland

# Willow Park Shopping Centre

# 590 Hwy 33 W, #7

# Kelowna, BC V1X 6A8

# 250.762.7430

# Expert Hearing Solutions - West Kelowna

# 3645 Gosset Rd, #218

# West Kelowna, BC V4T 2N8

# 250.707.0087

# Family Resource Centre Society for the North Okanagan

# #201 – 3402 27th Avenue

# Vernon, BC V1T 1S1

# (250) 545-3390

# FEX Okanagan (Family Enterprise Xchange), Canadian Association of Family Enterprise

# 3200 Richter St, #200

# Kelowna, BC V1W 5K9

# 250.764.0638

# Freedom's Door

# 1279 Centennial Cres

# Kelowna, BC V1Y 6K3

# 250.717.0472

# HearingLife Canada

# Orchard Plaza

# 1876 Cooper Rd, Unit 110

# Kelowna, BC V1Y 9N6

# 250.762.7228

# Interior Health, Breastfeeding Clinic, Rutland Health Centre

# 155 Gray Rd

# Kelowna, BC V1X 1W6

# 250.980.4825

# Interior Health, Breathe Well Program

# Community Health & Services Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.469.7070

# Interior Health, Central Okanagan Hospice House

# 2035 Ethel St

# Kelowna, BC V1Y 2Z6

# 250.862.4126

# Interior Health, Community Health & Services Centre

# Community Health & Services Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.469.7070

# Interior Health, Diabetes Education Program

# Kelowna Diabetes Clinic

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.980.1405

# Interior Health, Home and Community Care Services

# Community Health & Services Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5 250.469.7070

# Interior Health, Kelowna Eating Disorders Outpatient Program, Kelowna Mental Health & Addictions Community Health & Services Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.469.7070 ext.13553

# Interior Health, Mental Health & Substance Use, Substance Use Services

# Kelowna Central Health Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.469.7070 ext. 13554

# Interior Health, Mental Health and Substance Use Services

# Kelowna Mental Health & Substance Use

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.469.7070 ext.13554

# Interior Health, Mental Health Services and Substance Use, Assertive Community Treatment (ACT)

# Team Kelowna Central Health Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.469.7070

# Interior Health, Mental Health Services and Substance Use, Response Services: Access

# Kelowna Central Health Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.868.7788

# Interior Health, Mental Health Services and Substance Use, Response Services: Brief Intervention Services

# Kelowna Central Health Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.868.7788

# Interior Health, Mental Health Services and Substance Use, Response Services: Community Response Team

# Kelowna Central Health Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# Kelowna Health Centre: 250.868.7788

# Community Response Team: 250.212.8533

# Interior Health, Mental Health Services and Substance Use, Response Services: Walk-In Counselling

# Kelowna Central Health Centre

# 505 Doyle Ave

# Kelowna, BC V1Y 0C5

# 250.868.7788

# Interior Health, Mobile Supervised Consumption Services, Downtown

# Outreach Urban Health

# 455 Leon Ave, Parking lot behind the building

# Kelowna, BC

# Canada V1V 6J3

# 250.868.2230

# Interior Health, Mobile Supervised Consumption Services, Rutland

# Rutland Community Dialysis Centre

# 125 Park Rd, On the side of the building

# Kelowna, BC

# Canada V1X 3E3

# 250.469.7070 Ext. 12159 or Ext. 12160

# Interior Health, Rutland Health Centre

# 155 Gray Rd

# Kelowna, BC V1X 1W6

# 250.980.4825

# Interior Health, Senior Citizens Counselor Program

# Ethel Community Health Centre

# 2180 Ethel St

# Kelowna, BC V1Y 3A1

# 250.980.1558

# Interior Health, West Kelowna Health Centre

# 2300 Carrington Rd, Ste 106

# West Kelowna, BC V4T 2N6

# 250.980.5150

# It's All About You...Quality of Life Services

# 1960 Springfield Rd, #201

# Kelowna, BC

# Canada V1Y 5V7

# 250.860.0220

# John Howard Society of Okanagan & Kootenay

# 1440 St. Paul St

# Kelowna, BC V1Y 2E6

# 250.763.1331

# John Howard Society of Okanagan & Kootenay, Justice Services

# 1440 St. Paul St

# Kelowna, BC V1Y 2E6

# 250.763.1331 ext. 206 (accepts collect calls)

# John Howard Society of Okanagan & Kootenay, Stop Taking it Out on your Partner

# 1440 St Paul St

# Kelowna, BC

# Canada V1Y 2E6

# 250.763.1331 ext 206

# Karis Support Society

# 550 Rowcliffe Ave

# Kelowna, BC

# Canada V1Y 5Y9

# 250.860.9507 ext 112

# Kelowna & District Pro-Choice Action Society

# 250.769.3725

# Kelowna Chiropractic Centre

# 2070 Harvey Ave, #12

# Kelowna, BC V1Y 8P8

# 250.868.0974

# Kelowna Family Justice Services

# Towne Centre Mall

# 565 Bernard Ave, #119, 2nd Floor

# Kelowna, BC V1Y 8R4

# 250.712.3636

# Kelowna Mental Health & Substance Use

# Interior Health

# 505 Doyle St, Second Floor

# Kelowna, BC

# Canada V1Y 6V8

# 250.469.7070

# Kelowna Women's Shelter, Central Okanagan Emergency Shelter Society

# 778.478.7774 -- Administration

# 250.763.1040 -- 24 Hour Help Line

# Kelowna Women's Shelter, Kelowna Women's Transition House

# 778.478.7774 (Administration)

# 250.763.1040 (24 Hour Help Line)

# Kelowna Women's Shelter, Outreach and Support

# (778) 478-7774 - Administration

# (250) 763-1040 - 24 Hour Help Line

# Kelowna Women's Shelter, PEACE Program - Children & Youth Who Experience Violence

# 778.478.7774 (Administration)

# 250.763.1040 (24 Hour Help Line) & PEACE

# Kelowna's Gospel Mission, Harmony and Shiloh House Ministries

# 2360 Ethel St

# Kelowna, BC

# Canada V1Y 8T3

# 250.763.6544

# Ki-Low-Na Friendship Society

# 442 Leon Ave

# Kelowna, BC V1Y 6J3

# 250.763.4905

# Ki-Low-Na Friendship Society, Addictions Program

# 442 Leon Ave

# Kelowna, BC V1Y 6J3

# 250.763.4905

# Ki-Low-Na Friendship Society, Family Assessment Services

# 442 Leon Ave

# Kelowna, BC V1Y 6J3

# 250.763.4905

# Ki-Low-Na Friendship Society, Family Services

# 442 Leon Ave

# Kelowna, BC V1Y 6J3

# 250.763.4905

# Ki-Low-Na Friendship Society, Legal Advocacy Services

# 442 Leon Ave

# Kelowna, BC V1Y 6J3

# 250.763.4905

# Legal Services Society of BC, Family Duty Counsel

# 1355 Water St

# Kelowna, BC V1Y 8N3

# Duty Counsel Office: 250.763.8613

# Legal Aid Society Applications: 1.866.577.2525

# Legal Aid Society General Inquiries Only: 1.604.601.6000

# Legal Services Society of BC, Legal Aid

# 347 Leon Ave, Ste 210

# Kelowna, BC V1Y 8C7

# Duty Counsel Office: 250.763.8613

# Legal Aid Society Applications: 1.866.577.2525

# Legal Aid Society General Inquiries Only: 1.604.601.6000

# Living Positive Resource Centre

# 255 Lawrence Ave

# Kelowna, BC V1Y 6L2

# 778.753.5830

# Mamas for Mamas

# 1735 Dolphin Ave, #120

# Kelowna, BC V1Y 8A6

# 236.420.0075

# Memorial Society of British Columbia

# 640 Broadway W, #205

# Vancouver, BC V5Z 1G4

# 1.604.733.7705

# Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch

# 347 Leon Ave, #203

# Kelowna, BC V1Y 8C7

# 250.868.3119

# Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, B.R.I.D.G.E.S. Education Course

# 347 Leon Ave, #203

# Kelowna, BC V1Y 8C7

# 250.868.3119

# Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Family Support Group

# 347 Leon Ave, #203

# Kelowna, BC V1Y 8C7

# 250.868.3119

# Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Partnership Public Education Program

# 347 Leon Ave, #203

# Kelowna, BC V1Y 8C7

# 250.868.3119

# Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Strengthening Families Together Course

# 347 Leon Ave, #203

# Kelowna, BC V1Y 8C7

# 250.868.3119

# Mental Health Individual & Family Support, British Columbia Schizophrenia Society – Kelowna Branch, Your Recovery Journey Program 3

# 47 Leon Ave, #203

# Kelowna, BC V1Y 8C7

# 250.868.3119

# Métis Community Services Society of BC, Aboriginal Supported Childhood Development

# 2949 Pandosy St, #201

# Kelowna, BC V1Y 1W1

# 250.868.0351

# Ministry of Children and Family Development, Children and Youth with Special Needs, Family Support Services

# 1340 Ellis St

# Kelowna, BC

# Canada V1Y 9R9

# Kelowna: 250.712.3609

# Vernon: 250.549.5404

# Ministry of Justice, Criminal Justice, Crown Counsel Regional Office, Kelowna

# 1355 Water St

# Kelowna, BC V1Y 9R3

# 250.470.6822

# MNP Ltd. - Debt Relief Solutions

# 1628 Dickson Ave, #700

# Kelowna, BC V1Y 9X1

# 250.979.2580

# Mothers Against Drunk Driving (MADD), Central Okanagan Chapter

# 250.317.9877

# Okanagan Boys and Girls Clubs

# Administration Office

# 1434 Graham St

# Kelowna, BC V1Y 3A8

# 250.762.3914

# Okanagan Boys and Girls Clubs, Counselling Programs

# Jaycees Downtown Youth Center

# 1633 Richter Street St

# Kelowna, BC Canada

# 250.868.8541 ext 203

# Okanagan Boys and Girls Clubs, Cultivate (formerly Bail Support and Supervision) – Kelowna

# 250.868.8541

# Okanagan Boys and Girls Clubs, Gateway Suite

# 250.861.5593

# Okanagan Boys and Girls Clubs, Penny Lane Transition House

# 250.861.5593

# Okanagan Boys and Girls Clubs, Reconnect Program

# Jaycees Downtown Centre

# 1633 Richter St

# Kelowna, BC V1Y 9T7

# 250.868.8541 ext.4

# Okanagan Boys and Girls Clubs, The Family Support Program

# Jaycees Downtown Youth Centre

# 1633 Richter St

# Kelowna, BC Canada V1Y 2M3

# 250-868-8541

# Okanagan Boys and Girls Clubs, Youth Housing Support Program

# 1633 Richter St

# Kelowna, BC Canada V1Y 9T7

# 778.214.4131

# Okanagan Boys and Girls Clubs, Youth Restorative Justice Program

# 1633 Richter St

# Kelowna, BC V1Y 9T7

# 250.868.8541 ext 207

# Okanagan Mental Health Services Society, Therapeutic Work Program

# 2303 Leckie Rd, #112

# Kelowna, BC V1X 6Y5

# 250.717.3007 ext.203

# Okanagan Valley Pregnancy Care Centre

# Southgate Centre

# 2622 Pandosy St, #201

# Kelowna, BC V1Y 1V6

# 250.763.2112

# OneSky Community Resources

# 330 Ellis St

# Penticton, BC V2A 4L7

# 250.492.5814

# Parkinson Society British Columbia

# 890 West Pender St, #600

# Vancouver, BC V6C 1J9

# 1.604.662.3240

# Peachland Wellness Centre, Bereavement Group

# 4426 5th St

# Peachland, BC V0H 1X6

# 250.767.0141

# People's Law School, Dial-A-Law

# 900 Howe St, #150

# Vancouver, BC

# Canada V6Z 2M4

# 1.604.331.5400

# QMUNITY, BC's Queer Resource Centre

# 1170 Bute St

# Vancouver, BC

# Canada V6E 1Z6

# 1.604.684.5307 ext.100

# Quit Now, BC Lung Association

# 2675 Oak St

# Vancouver, BC V6H 2K2

# 811 (ask to be connected to the QuitNow Program)

# Rachel's Vineyard - Kelowna Retreat, Post-Abortion Recovery Program

# 250.762.2273

# Reach Out Youth Counselling & Family Services Society

# 1868 Ambrosi Rd

# Kelowna, BC V1Y 4R9

# 250.763.7892

# Revolution Pharmacy, Kelowna/Rutland

# 115 Hwy 33 W

# Kelowna, BC V1X 1X6

# 1.250.491.4475

# Revolution Pharmacy, The Virtual Walk-In Clinic

# 115 Hwy 33 W

# Kelowna, BC V1X 1X6

# 250.491.4475

# Service Canada - Kelowna Office

# 471 Queensway Ave, Suite 106

# Kelowna, BC V1Y 6S5

# Seventh-day Adventist Church, Rutland Adventist, iServe - Kelowna Assistance for Postpartum Depression (KAPD)

# 130 Gerstmar Rd

# Kelowna, BC V1X 4A7

# 250.860.5096

# Seventh-day Adventist Church, Rutland Adventist, iServe - Moms Network Program

# 130 Gerstmar Rd

# Kelowna, BC V1X 4A7

# 250.860.5096

# Society of St. Vincent de Paul of Central Okanagan, Ozanam Recovery House

# 2629 Richter St

# Kelowna, BC Canada V1Y 2R3

# 250.762.4673

# Soul Sounds Music Therapy

# Kayla: 250.689.0418

# Lizzy: 250.516.5134

# Springfield Funeral Home and Crematorium

# 2020 Springfield Rd

# Kelowna, BC V1Y 5V8

# 250.860.7077

# Starbright Children's Development Centre

# 1546 Bernard Ave

# Kelowna, BC V1Y 6R9

# 250.763.5100

# Stepping Stones Counselling Group

# 1893 Ethel St

# Kelowna, BC

# Canada V1Y 2Z3

# 250.763.7414

# The Bridge Youth & Family Services Society

# 2604 Enterprise Way, #8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Bridge Youth & Family Services Society, Family Counselling

# 2604 Enterprise Way, #8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Bridge Youth & Family Services Society, Foster Home Support

# 2604 Enterprise Way, #8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Bridge Youth & Family Services Society, Kelowna Youth in Care Network

# 2604 Enterprise Way, #8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Bridge Youth & Family Services Society, Kids in Control

# 2604 Enterprise Way, #8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Bridge Youth & Family Services Society, The Path

# 2604 Enterprise Way, #8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Bridge Youth & Family Services Society, Transition Suite Support

# 2604 Enterprise Way, #8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Bridge Youth & Family Services Society, Youth Detox: YD33

# 760 Hwy 33 W

# Kelowna, BC V1X 1Y4

# 250.763.0456

# The Bridge Youth & Family Services Society, Youth Transitions

# 2604 Enterprise Way, Unit 8

# Kelowna, BC V1X 7Y5

# 250.763.0456

# The Core Centre of Health

# 1441 Ellis St, Suite 102

# Kelowna, BC V1Y 2A3

# 250.862.2673

# The Crossing Point Rehab Addiction Services - Alcohol & Drug Addiction Recovery Center

# 7841 Hwy 97 N, #116

# Kelowna, BC V4V 1E7

# 250.860.4001

# The Medicine Shoppe Pharmacy, Westbank/West Kelowna - Main St Location

# 2441A Main St

# West Kelowna, BC V4T 1K5

# 250.707.2952

# The Salvation Army Kelowna Ministries, Community Life Centre - Kelowna Location

# 200 Rutland Rd S

# Kelowna, BC V1X 2Z5

# 250.765.3450

# Third Space Mind Counselling

# 1708 Dolphin Ave, 104

# Kelowna, BC

# 250.801.3648

# Thompson Community Services

# 165 Rutland Rd N

# Kelowna, BC

# Canada V1X 3B1

# 778.753.671

# Valiant Recovery

# 1.877.618.6464

# Venture Academy

# 1865 Dilworth Dr, #338

# Kelowna, BC V1Y 9T1

# 250.491.4593

# Wavefront Centre for Communication Accessibility, Western Institute for the Deaf and Hard of Hearing

# 2005 Quebec Street St

# Vancouver, BC V5T 2Z6

# 1.604.736.7391

# West Kelowna Chiropractic Centre for Health

# 3713 Hoskins Rd

# West Kelowna, BC V4T 2H8

# 778.754.3713

# *Westbank First Nation, Counselling Services*

# WFN Health and Wellness Building

# 1900 Quail Lane

# Westbank, BC V4T 2H3

# 250.768.0227

# YMCA of Okanagan

# 375 Hartman Rd

# Kelowna, BC V1X 2M9

# 250.491.9622

# YMCA of Okanagan, Y Mind

# Kelowna Family Y

# 375 Hartman Rd

# Kelowna, BC Canada V1X 2M9

# 250.317.7980

# Vernon Active Health

# 3123 31 Ave, Vernon, BC V1T 2G9

# (250) 545-2468

# Balanced Life Counselling

# 701 BC-97, Vernon, BC V1B 3W4

# (250) 309-7082

# Canadian Professional Counsellors Association

# 3306 32nd Ave #203, Vernon, BC V1T 2M6

# (250) 558-3323

# Family Resource Centre

# 3402 27 Ave #201, Vernon, BC V1T 1S1

# (250) 545-3390

# Freedom Counselling Vernon

# 3207 30th Ave, Vernon, BC V1T 2C6

# (250) 550-5482

# Okanagan Clinical Counselling Services

# 3207 30th Ave, Vernon, BC V1T 2C6

# (250) 718-9291

# LGBTQ+

**Heath Initiative for Men (HIM)**

Brief professional counselling (8 sessions) is available to gay, bisexual and other men who have sex with men either by donation equivalent to hourly wage. Vancouver, New Westminster, Surrey, Abbotsford.

604-488-1001 ext. 230

https://checkhimout.ca/gay-mens-health/mental-health/counseUlng\_-support/

**Qmunity - Counselling Program**

Counselling for members of the LGBTQ+ communities provided by Registered Social Workers and Clinical Counsellors. $60-$80 a session. Daytime only. 10-session limit.

604-684-5307 ext.107

https://qmunity.ca/get-support/counselling/

**Catherine White Holman Wellness Centre**

Drop-in professional counselling for trans and gender-diverse people. Call to find out when the next counselling clinic is being held.

604-442-4352

https://cwhwc.com/services/

## Trauma

### Specialized Counselling & Trauma Services - Family Services of Greater Vancouver –

### Professional counselling for women, children, survivors of incest/trauma/sexual abuse, pregnant women with a trauma history and those experiencing family violence. No fee, however, may require a referral from a social worker.

### 604-874-2938

https://fsgv.ca/programs/counselling/

**VAST**

Trauma-focused psychological counselling for refugees in one-on-one and group settings. Services provided in over a dozen languages.

604-255-1881 or Toll Free: 1-866-393-3133

[http://vast-vancouver.ca/#](http://vast-vancouver.ca/)

**Residential Historical Abuse Program**

Free counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.)

604-875-4255

https://counsellingservicevancouver.com/wp-content/uploads/2017/07/RHA ­ general-information.pdf

**Battered Women's Support Services**

Counselling and support services for any woman who has been abused in an intimate relationship as well as women survivors of childhood sexual abuse, adult sexual assault and Indigenous residential school survivors.

604-687-1867

htt12s://www.bwss.org/support/programs/counsellng/

**WAVAW Rape Crisis Centre**

Individual counselling and group support for cis and trans women, two-spirit, trans and/ or non-binary people who have experienced sexual assault.

604-255-6228

[https://www.wavaw.ca/counselling/](http://www.wavaw.ca/counselling/)

**Crime Victims Assistance Program**

Funded counselling for victims of crime, their immediate family members and witnesses. Contact for eligibility.

Victim Link BC 1-800-563-0808 (available 24/7) [http://www2.gov.be.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if­](http://www2.gov.be.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if)you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits

### MMIWG2S Family Counselling Program-WAVAW Rape Crisis Centre

### Free counselling for family members of missing and murdered Indigenous women, girls and two-spirit people. Family members includes extended families, community families and self-identified family members.

### 604-255-6344

<http://www.wavaw.ca/mmiw-family-counselling/>

### Atira Community Services Society - Stopping the Violence Counselling

Free individual and group counselling for women and transwomen who have experienced relationship abuse, sexual assault, or physical, emotional or sexual abuse.

604-331-1407 ext. 106 or 107

https://atira.bc.ca/what-we-do/program/stopping-the-violence-counselling/

## Indigenous

**First Nations Health Authority**

Provides coverage to access mental health providers, including counsellors, social workers, and psychologists. FNHB covers three mental health programs: Short-Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls - Health Support Services.

1-800-317-7878 (Toll Free)

<http://www.fnha.ca/benefits/mental-health>

***Mental health provider list:***

[http://www.fnha.ca/Documents/FNHA-Eirst-Nations­](http://www.fnha.ca/Documents/FNHA-Eirst-Nations) Health-Benefits-Mental-Health-Provider-List.pdf

**Indigenous Counselling Program - WAVAW Rape Crisis Centre**

Free one-to-one counselling for Indigenous including trans and cis women, as well as trans, non-binary, and Two Spirit people, incorporating Aboriginal healing approaches and traditions based on the Medicine Wheel.

604-255-6344

<https://www.wavaw.ca/indigenous-counselling>/

## Addictions

**Addictions Services, Vancouver Coastal Health**

Substance use assessment, counselling and treatment planning for individuals, couples and families. Group counselling also available. Free.

604-675-371

<http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services>

**BC Responsible and Problem Gambling Program**

Free professional, multilingual counselling for any British Columbian struggling with their own or their family member's gambling. Counsellors have a minimum of a Master's degree in a counselling-related discipline.

1-888-795-6111 (available 24/7)

<https://www.bcresponsiblegambling.ca/getting-help/find-counsellor>

**Native Courtworker and Counselling Association of BC**

Walk in or call to set up an appointment. One-to-one adult, youth, family and group counselling for Indigenous people, part of an intensive outpatient treatment program.

604-628-1134

**Drug and Alcohol Outpatient Services**

520 Richards St. Vancouver

https://nccabc.ca/health/alcohol-drug-outpatient-services/

# Mental Health

**Vancouver Coastal Mental Health - Vancouver Hospital**

Group therapy for depression, anxiety, stress. Individual mental health assessments. Referral through your family doctor, or via a walk-in clinic.

604-675-371

<http://www.vch.ca/your-care/mental-health-substance-use/mental-health-outpatient>­services

**SAFER - Vancouver Coastal Health**

For Vancouver residents, provides counselling for individuals age 19 and over who have made a suicide attempt, are currently suicidal, or have suicidal thoughts; also offers support and education for people who are concerned about the risk of suicide in a significant other or bereaved by a suicide death.

604-675-3700

<http://www.vch.ca/Pages/Suicide-Attempt-Follow-up.-Education---Researcb­> SAFER.aspx?res id=474

**Kelty's Key Online Therapy - Vancouver Coastal Health**

Free, cognitive-behavioural online therapy for qualifying Vancouver residents. Registered online clients are assigned an online psychotherapist for time-limited sessions. The general public may also access the online courses in a self-help capacity (without therapist assistance).

604-675-3700

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

**Bounce Back Program - Canadian Mental Health Association**

Telephone coaching for people with mild-moderate depression with or without accompanying anxiety. Coaching available in English, Cantonese, French and Punjabi. Family doctor's referral required to access this program. Free.

1-866-639-0522

http://www.cm ha.be.ca/prog\_r\_ams-services/bounee-back/

**Mood Disorders Association of BC – Counselling and Wellness Centre**

Individual therapy with certified counsellor ($85-$95 an hour) or intern ($50 hour). Group therapy also available.

604-873-0103 ext. 2

<http://www.mdabc.net/counselling-and-wellness-centre-mdabc>

**Multilingual**

**SUCCESS - Individual and Family Counselling**

Counselling offered in Mandarin, Cantonese, Korean, Farsi and English with a focus on helping new immigrants of Chinese and other ethnic origins. Play and art therapy also available. Fees charged on a sliding scale based on income.

604-408-7266 or 604-684-1628

https://successbc.ca/counselling-crisis-support/services/counselling/

**MOSAIC - Stopping the Violence Family Counselling**

Free, confidential counselling support and multicultural outreach services for women who have experienced, or are at risk of, abuse, threats, or violence in an intimate relationship, sexual assault or childhood abuse. 1:1 counselling and group support. Services available in English, Punjabi and Hindi.

604-254-9626 (Ask tor the Stopping the Violence Counsellor and/or the Women's Support Worker). https://www.mosaicbc.org/services/counselling/stopP-in.9.:lbe-violence/

### MOSAIC - Vietnamese Family Support Program

One-on-one or family support and counselling for a variety of life issues. Services available in Vietnamese and English.

604-254-9626 ext.1030 (Ask for the Vietnamese Family Support Program). [https://www.mosaicbc.org/wp-content/uploads/20](http://www.mosaicbc.org/wp-content/uploads/20i)17/08/T56770Vietnamese\_VFC\_June06\_Web.pdf

**Vancouver and Lower Mainland Multicultural Family Support Services Society Multicultural Outreach/ Stopping the Violence Program**

Individual counselling, group counselling, advocacy, crisis intervention and referrals for women experiencing any form of abuse or violence, provided in numerous languages.

604-436-1025

<https://www.vlmfss.ca/multicultural-outreach>

**Youth**

### Urban Native Youth Association (UNYA) - Counselling Program

Free individual and group clinical counselling for Indigenous youth, ages 13-24. Or contact the Wellness Centre for drop-in counselling hours.

604-253-5885 or

[link.counsellor@unya.bc.ca](mailto:link.counsellor@unya.bc.ca%20) (intake counsellor works on Mondays) https://unya.bc.ca/programs/alcohol-drug-counsellors/

https://unya.bc.ca/programs/native-youth-health-wellness-centre/

### Broadway Youth Resource Centre - City University Community Counselling Clinic

Offers counselling and support services in the areas of youth and family, anger management, and sexual orientation/gender identity issues. Counselling provided by supervised interns completing their Master of Counselling Degree. Free.

604-709-5729

https://pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/

**Dan's Legacy** - **Therapeutic Counselling Program**

Counselling for youth ages 15-25 who have experienced abuse or are affected by substance use problems. Family counselling also available. Bursaries available for those unable to afford therapy.

[tom@danslegacy.com](mailto:tom@danslegacy.com)

https[://www.danslegacy.com/help/](http://www.danslegacy.com/help/)

**Drop-In Counselling Program - The Foundry**

Single-session virtual counselling for youth ages 12-24 and their caregivers. Counselling by voice, video or chat.

1-833-308-6379

https://foundrybc.ca/get-support/virtual/dropincounselling/

**Trauma Counselling for Children Affected by Family Violence (PEACE)**

**Vancouver and Lower Mainland Multicultural Family Support Services Society**

Counselling available for children ages 3-18 who have been exposed to domestic violence.

604-436-1025

<https://www.vlmfss.ca/childrens-programs>

**Kids Help Phone** – **24/7**

Phone, text or live chat. Anonymous and confidential. No need to give your name.

In English or French.

1-800-668-6868 to talk to a professional counsellor.

https://kidshelpphone.ca/ (to start live chat) or access online resources.

text CONNECT to 686868 for crisis text support.

https://kidshelpphone.ca/text/

# Health-Related

**Callanish Society**

Counselling for adults and youth affected by cancer at any stage, and for their family members. Counselling also available for family members grieving the loss of a loved one from cancer. Sliding scale rate ranging from $50 to $150 I session.

604-732-0633

<https://www.callanish.org/callanish-in-vancouver/>

**Friends for Life**

Free counselling for residents of Vancouver City Centre facing life challenges associated with HIV, cancer, hepatitis C and other chronic illnesses.

604-682-5992

https[://www.vancouv](http://www.vancouverfriendsforlife.ca/copy-of-services-2)e [rfriendsforlife.ca/copy-of-services-2](http://www.vancouverfriendsforlife.ca/copy-of-services-2)

### BC Psychological Association - COVID-19 Psychological First Aid Service

Up to a 30-minute support call with a psychologist for any BC resident aged 19+ who is experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic. Clients may also sign up for repeat support calls, by re-applying each time.

https[://www.psychologists.bc.ca/covid-19-resources](http://www.psychologists.bc.ca/covid-19-resources)

**Chuck Jung Associates Psychological & Counselling Services**

No-cost counselling for individuals with traumatic brain injuries (TBls) and their family members, delivered at Port Coquitlam and Burnaby offices by supervised psychology doctoral students.

***Note:*** While not a non-profit organization, availability of counselling services in the community for people affected by TBls is extremely limited, hence this resource's inclusion on this list

604-874-6574

https://www.chuckjung.com/pro-bono-counselling-tbi/

# Faith-Based/Religious

**Linkage Family Counselling - Chinese Christian Mission**

Reduced-cost Christian counselling by interns ($40) and professional counsellors ($70) available in English, Cantonese and Mandarin. Individual, couples and family counselling. Offices in Burnaby and Richmond.

604-629-2266

[http://www.en.ccmcanada.org/?\_p\_age id=2327](http://www.en.ccmcanada.org/?_p_age%20id=2327)

**Crisis Services**

***If you are experiencing a mental health emergency, please call 911.***

**Access and Assessment Centre (AAC) at VGH**

For non-life-threatening mental health or addictions concerns, contact the AAC at VGH, available 7:30am-11pm, 7 days a week. Phone, drop-in and outreach support available for Vancouver residents.

604-675-3700

http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access­ assessment-centre

**Joseph & Rosalie Segal & Family Health Centre**

803 West 12th Avenue Vancouver

**1-800-SUICIDE**

BC-wide, 24/7

**Health Link BC - Nurse Line - 24/7**

Phone: 8-1-1 or 7-1-1 (hearing impaired)

https://www.healthlinkbc.ca/nursing-serviceE

**First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service**

Immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll Free: 1-855-242-3310

www.hopeforwellness.ca

**KUU-US Indigenous Crisis Line (24/7)**

Toll Free: 1- 800-588-8717

Adult/Elder: 250-723-4050

Child/Youth: 250-723-2040

**WAVAW 24-7 Rape Crisis Line**

604-255-6344

1-877-392-7583

**Kids Help Phone - 24/7**

1-800-668-6868

Text CONNECT to 686868

**Crisis Intervention and Suicide Prevention Centre of BC - 24/7**

Phone 604-872-3311 (Vancouver)

1-866-661-3311 (toll free)

Chat (noon-1am): https:// crisiscentrechat.ca/

Youth chat (noon-1am): https://youthinbc.com/)

**Trans Lifeline**

Peer support hotline run by and for trans people. 7am-1am Pacific Time.

Toll Free in Canada: 1-877-330-6366

**Critical Incident Response - WorkSafe BC**

Crisis intervention and response for workers who have witnessed a traumatic incident in the workplace. Free.

1-888-922-3700 (9am-11pm, 7 days week)

https://www.worksafebc.com/en/claims/report-workplace-injury-illness/critical-incident­response

# Extended Health Benefits

If you have **extended health** through your employer, check with HR or your insurance plan to see whether your employer has paid for **counselling benefits.** Sometimes this is a separate, contracted service **(Employee Assistance Program),** other times you are covered for a particular counselling professional such as a Registered Social Worker (RSW or RCSW), Registered Clinical Counsellor (RCC) or a Registered Psychologist (A.Psych), whom you would hire privately. Be clear on who you're covered for if reimbursement is important to you! Most of the time, in such arrangements, you pay the therapist first and he or she gives you a receipt for reimbursement through your extended health. I have written extensively counselling options, including third-party, employee assistance programs, private and subsidized, in the following article:

https:// willowtreecounselling.ca/articles/am-i-covered-understanding-your-counselling-options/

**Additional Information**

If you know of a ***not-for-profit agency*** offering a professional, lower-cost counselling service that I have not included, please let me know.

As agencies change over time, please check with the above services to ensure accuracy of the information provided here. Note that many programs will have wait lists. You may wish to add yourself to several waiting lists to potentially increase the speed of you being able to access counselling.

**Victoria**

Free and Affordable Counselling in Victoria BC There are more than 20 organizations in the Greater Victoria area that offer either free or affordable counselling services. We describe what types of counselling each organization offers, where they are located, and how to get in touch. The content of this information is collected through various sources via the internet and telephone, therefore the information is subject to change without notice by the counselling providers. If you find any information in this list that has changed, please contact us at information@drcvictoria.com so we can update our database.

Arbour Counselling Centre 250-479-9912 4277 Quadra Street Victoria, BC V8X 1L5 • Individual counselling • Sliding scale; Lowest $80/session <https://www.arbourcounselling.ca/>

British Columbia Schizophrenia Society 250-384-4225 941 Kings Road Victoria, BC V8T 1W7 • Counselling for individuals and family members dealing with mental health illness/issues • Free • Short term • Self-referral http://www.bcss.org/category/branches/branches-branches/victoria-branch/

Citizen’s Counselling 250-384-9934 941 Kings Road Victoria, BC V8T 1W7 • Adults, couple & group counselling • Sliding scale; Lowest $10/session • Self-referral http://www.citizenscounselling.com/index.html Epsilon Counselling 1-778-300-8485 550 – 2950 Douglas Street Victoria, BC V8T 4N4 • Individual counselling • Sliding scale • Self-referral http://www.epsiloncounselling.ca/about/

Family Services of Greater Victoria 250-386-4331 1004 North Park Street Victoria, BC V8T 1C6 • Individual, couple, family & child counselling • Sliding scale; Lowest $30/session • Self-referral <http://www.fsgv.org/>

Kelty Centre-Eating Disorders Program South Vancouver Island 250-387-0000 302 – 2955 Jutland Road Victoria, BC V8T 5J9 • Eating disorder child, family and adult counselling • Free 3 • Self-referral; GP (medical doctor) involvement required for post follow-up <https://keltyeatingdisorders.ca/south-vancouver-island-eating-disordersprogram/e>

Pacific Center Family Services Association 250-478-8357 Wellness Centre 324 Goldstream Avenue 2nd floor Colwood, BC V9B 2W3 • Stopping the Violence program: women who have experienced abuse • Free • Self-referral <https://www.pacificcentrefamilyservices.org/>

South Island Centre for Counselling and Training 250-472-2851 3821 – A Cedar Hill Cross Road Victoria, BC V8P 2M6 • Individual, couple, family and child counselling • Sliding scale; Lowest $10/session • Self-referral <https://www.southislandcentre.ca/>

Sooke Family Resource Society 250-642-5152 6672 Wadams Way Sooke, BC V9Z 0H3 • Individual, couple & family counselling (Up to 12 free sessions) • USTAT program: short term mental health intervention (GP-medical doctor referral) •

Caring for Communities Counselling Program: sliding scale http://www.sfrs.ca/ 4 Calvin Black Counselling 250-888-3536 4277 Quadra Street Victoria, BC V8X 1L5 (located in the Victoria First Church of The Nazarene) •

Men’s counselling • Sliding scale; lowest $80/session • Self-referral http://calvinblack.com/counselling/ 1Up –

Victoria Single Parent Resource Centre 250-385-1114 602 Gorge Road E Victoria, BC V8T 2W6 • Counselling for single parent members, self-awareness, parenting time management, boundaries, anatomy of anger, and mentoring • Up to 10 free sessions • Self-referral <http://singleparentvictoria.ca/>

Addictions Outpatient Treatment (VIHA) 250-519-3544 1250 Quadra Street 2nd floor Victoria, BC V8W 2K7 • Adults with substance abuse • Free • Self-referral or (GP-medical doctor referral) [https://www.viha.ca/mhas/locations/victoria\_gulf/community/addictionsoutpatient.html 5](https://www.viha.ca/mhas/locations/victoria_gulf/community/addictionsoutpatient.html%205)

Beacon Community Services 250-656-0134 9860 Third Street Sidney, BC V8L 4R2 • Adult, youth, and children counselling • Seniors peer counselling (Free) • Youth and family services • Self-referral (Sliding scale; Lowest $5/session) <https://beaconcs.ca/>

Cascadia Counselling Clinic 250-590-7050 300 – 755 Queens Avenue Victoria, BC V8T 1M2 • Individual, couple & family counselling, and (CBT-Cognitive Behavioral Therapy) • Sliding scale; Lowest $50/session • Self-referral or (GP-medical doctor) http://www.cascadiaconsultation.com/ Discovery

Youth & Family Services (VIHA) 250-519-5313 Esquimalt Health Unit 530 Fraser Street 2nd floor Victoria, BC V9A 6H7 • Substance abuse youth (13-19) & family counselling • Free • Self-referral https://www.viha.ca/youth-substance-use/discovery.html

Esquimalt Neighbourhood House Society 250-360-0644 511 Constance Avenue Esquimalt, BC V9A 6N5 • Adults and couples counselling • Youth (13-18), and Family • Free • Self-referral http://www.enh.bc.ca/

Hulitan Social Services Society 250-384-9466 902-A Caledonia Avenue Victoria, BC V8T 1E8 • Aboriginal children and families counselling • Free • Self-referral http://www.hulitan.ca/ Seniors Serving Seniors 250-382-4331 109 – 1022 Pandora Avenue Victoria, BC V8V 3P6 • Seniors peer counselling • Free (Volunteer non-professional support for grief and loss active listening) • Self-referral http://seniorsservingseniors.bc.ca/

Strength Counselling Services 1-866-295-0551 • E-Counselling-(online) • Couples and family support • (Free 10 week program is determined during intake, for persons with proof of low income) • Otherwise a sliding scale; Lowest $80/session; $25/group session • Self-referral <https://strengthcounselling.ca/>

Victoria Sexual Assault Centre 250-383-3232 201 – 3060 Cedar Hill Road Victoria, BC V8T 3J5 • Individual trauma & group counselling • By donation • Self-referral https://vsac.ca/ Men’s Trauma Centre 250-381-6367 102-1022 Pandora Avenue Victoria, BC V8V 3P5 • Victim/Trauma support and counselling • Individual/group • Fees determined during free intake session http://www.menstrauma.com/