



Reduced-Cost Counselling Services

A resource list of lower-cost, sliding-scale and free counselling services in Metro Vancouver, primarily the city of Vancouver, as well as other regions.

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 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>

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>

Overdose Outreach

<https://www.vch.ca/en/location-service/overdose-outreach-team-312-main-street>

Overdose Prevention Society
<https://www.vancityops.com>

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 are 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>

Overdose Outreach Team

301 – 312 Main Street, Vancouver

604-360-2874

<https://www.vch.ca/en/location-service/overdose-outreach-team-312-main-street>

Overdose Prevention Society

141 East Hastings Street, Vancouver

<https://www.vancityops.com>

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

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/>

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

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-incident-response>

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

<https://www.vch.ca/en/health-topics/mental-health-and-substance-use>

SAFER - Vancouver Coastal Health

For Vancouver residents, provides counselling for individuals aged 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

<https://www.vch.ca/en?res%20id=474>

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

<https://cmha.ca/bounce-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>

Youth

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/need-help-now-text-us/>

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 (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/our-youth-hubs/broadway-youth-resource-centre/>

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

<https://www.danslegacy.com/help/>

The Foundry

Offers youth ages 12-24 access to mental health and substance use support, primary care, peer support and social services.

Walk-in counselling (Monday – Thursday 1:00pm – 4:00pm).

604-805-9415

<https://foundrybc.ca/vancouver-granville/>

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>

Campbell River

Campbell River Family Services Society

487 – 10th Avenue, Campbell River, BC V9W 4E4
250-287-2421

Child and Youth Mental Health (CYMH) Intake Clinics

215 – 1180 Ironwood Street, Campbell River, BC V9W 5P7
250-830-6500

Foundry Campbell River

140 10th Avenue, Campbell River, BC V9W 4E3
250-286-0611

Island Community Counselling

#211, 437 10th Avenue, Campbell River, BC
250-716-8888

Native Youth Crisis Hotline

1-877-209-1266

Prince George

NiwH Hiskak Habibeh (For Our Children) Youth Services in Prince George

835 – 3rd Ave, Prince George, BC V2L 3C7
250-564-5643

Skai Zeh Yah Youth Centre (Prince George)

1575 - 2nd Ave, Prince George, BC V2L 3B8
250-645-5476

Youth Around Prince Resource

1160 7th Avenue, Prince George, BC
250-645-4010

General Counselling

Metro Vancouver Regional District

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

<https://www.oakcounselling.org/>

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 Westminister.

604-874-2938

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

Scarfe Counselling - UBC

Free for adults and children 10+. Counselling provided by counselling psychology graduate students, supervised by a psychologist. The 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>

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/counselling-support/>

Vancouver Women's Health Collective - Wellness Counselling

Counselling and art therapy available on select days.

604-736-5262

<https://womenshealthcollective.ca/counselling/>

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/>

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 <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

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

<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

<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

Repose 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 Avenue
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

#106 - 1851 Kirschner Rd

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 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
250.763.551

Child Advocacy Centre of Kelowna

1815 Kirschner Rd, Suite 200
Kelowna, BC Canada V1Y 4N7
236.361.8588

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

Diversified Rehabilitation Group

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

Family Resource Centre Society for the North Okanagan

#201 – 3402 27th Avenue
Vernon, BC V1T 1S1
(250) 545-3390

Freedom's Door

1279 Centennial Cres
Kelowna, BC V1Y 6K3
250.717.0472

Hearing Life Canada

Orchard Plaza
1876 Cooper Rd, Unit 110
Kelowna, BC V1Y 9N6
250.762.7228

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

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, 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 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 V1Y 5Y9
250.860.9507 ext 112

Kelowna & District Pro-Choice Action Society

250.769.3725

Kelowna Chiropractic Centre

#12 2070 Harvey Ave,
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 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)

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

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,
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**

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 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

Okanagan Boys and Girls Clubs, Counselling Programs

Jaycees Downtown Youth Center
1633 Richter Street St
Kelowna, BC
250.868.8541 ext 203

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 V1Y 2M3
250-868-8541

Okanagan Boys and Girls Clubs, Youth Housing Support Program
1633 Richter St
Kelowna, BC 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

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

Starbright Children's Development Centre

1546 Bernard Ave
Kelowna, BC V1Y 6R9
250.763.5100

Stepping Stones Counselling Group

1893 Ethel St
Kelowna, BC 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
250.763.045

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

#338 - 1865 Dr. Dilworth
Kelowna, BC V1Y 9T1
250.491.4593

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

Victoria

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.bcscs.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
- 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
- <http://calvinblack.com/counselling/>

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

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/>

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/>

Campbell River

Atypical Counselling

2 – 582 South Dogwood Street, Campbell River, BC

778-743-5144

Campbell River Family Services Society

487 – 10th Avenue, Campbell River, BC V9W 4E4

250-287-2421

Coastal Tides Counselling

Suite B - 625 11 Avenue, Campbell River, BC V9W 4G5

250-203-1370

Comox Valley Counselling

2426 – 1B Rosewall Crescent, Courtenay, BC V9N 8R9
1-888-936-3741

Foundry Campbell River

140 10th Avenue, Campbell River, BC V9W 4E3
250-286-0611

North Island Survivors' Healing Society

625 D 11th Avenue, Campbell River, BC, V9W 4G5
250-287-3325

Resonance Counselling

964 Shoppers Row, Campbell River, BC V9W 2C5
604-343-8120

Solstice Moon Counselling and Art Therapy

#115 1720 14th Avenue. Campbell River, BC
250-203-0105

Upper Island Counselling Services

625C- 11th Avenue, Campbell River, BC V9W 4G5
1-866-789-2266

Prince George

Community Counselling Centre

1811 Victoria St #206, Prince George, BC V2L 2L6
250-562-6690

Haven Counselling Services

#102-1811 Victoria Street, Prince George, BC V2L 2L6
778-763-1342

HML Counselling Services

236-423-0077
Crisis line: 1-888-562-1214

Northern Counselling & EMDR

201 - 1717 3rd Avenue, Prince George, V2L 3G7
Tel: 250-596-8954
Cell / Text: 250-640-2286

Prince George Counselling

250-885-5200

Validity Counselling

1512 Queensway, Prince George, BC. V2L 1L7
236-331-6106

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

<https://www.vch.ca/en/service/substance-use-counselling>

Overdose Outreach Team

301 – 312 Main Street, Vancouver

604-360-2874

<https://www.vch.ca/en/location-service/overdose-outreach-team-312-main-street>

Overdose Prevention Society

141 East Hastings Street, Vancouver

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

Native Court Worker 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/>

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://www2.gov.bc.ca/gov/content/sports-culture/gambling-fundraising/gambling-support-bc>

Campbell River

Campbell River Mental Health & Substance Ude

207 - 1040 Shoppers Row, Campbell River, BC V9W 2C6

250-850-2620

DRS (Drug Rehab Services) Campbell River

1-877-254-3348

Theravive

Suite B – 625 11th Avenue, Campbell River, BC V9W 4G5
250-202-0891

Prince George**Northern Health Mental Health & Addictions Services**

250-645-7400
Crisis: 1-800-784-2433

Prince George Detox

1304 Alward Street, Prince George, BC
250-645-7420

Set Free Recovery

3809 Pinewood Ave, Prince George, BC V2N 4W4
778-241-1499
778-241-1599

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/>

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
<https://www.bwss.org/>

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/>

Salal Sexual Violence Support Centre

Crisis support, counselling and justice assistance programs for cis and trans women, Two-Spirit, trans and/or non-binary people who are survivors of sexual assault and sexualized violence

<https://www.salalvsc.ca/>

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)

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits>

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/>

VAST - Supporting Refugee Mental Health

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

<https://www.vastbc.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://www.vch.ca/en/service/residential-historical-abuse-program-rhap>

Campbell River

Campbell River Family Services Society

487 – 10th Avenue, Campbell River, BC V9W 4E4

250-287-2421

Ending Violence BC

250-286-3666

Island Community Counselling

#211, 437 10th Avenue, Campbell River, BC

250-716-8888

North Island Survivors' Healing Society - Trauma & Abuse Counselling

625 D 11th Avenue, Campbell River, BC, V9W 4G5

Phone: 250.287.3325

Prince George

KUU-US Crisis Response

1-800-588-8717

Northern Health

<https://www.northernhealth.ca/services/mental-health-substance-use/services-by-community#prince-george>

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 Westminister, Surrey, Abbotsford.

604-488-1001 ext. 230

https://checkhimout.ca/gay-mens-health/mental-health/courseUlng_-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/>

Salal Sexual Violence Support Centre

Crisis support, counselling and justice assistance programs for cis and trans women, Two-Spirit, trans and/or non-binary people who are survivors of sexual assault and sexualized violence

<https://www.salalsvsc.ca/>

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/>

Campbell River**Island Community Counselling**

250-716-8888

North Island Gender Care Clinic

250-286-7020

Quadra Island Health Hub

1371 C Cedar Street, Campbell River, BC

250-830-0787

1-877-650-8787

Resources for LGBTQ2S Youth Vancouver Island

1-855-956-1777

<https://www.qchat.ca/vancouver-island-lgbtq2s-resources>

Umbrella Mental Health Network
647-687-6543

Prince George

Northern BC Queer Connection Society
<https://www.nbcqueerconnection.com/>

Northern Health
<https://www.northernhealth.ca/health-information/mental-wellness/2slgbtqi-mental-wellness>

Qchat
<https://www.qchat.ca/north-cariboo-lgbtq2s-resources>

Trans Lifeline
Peer support hotline run by and for trans people. 7am-1am Pacific Time.
Toll Free in Canada: 1-877-330-6366

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>

Metro Vancouver Indigenous Counselling
Provides a range of services for First Nations Peoples, Metis individuals and the Inuit
<https://mvic.ca/>

Salal Sexual Violence Support Centre
Crisis support, counselling and justice assistance programs for cis and trans women, Two-Spirit, trans and/or non-binary people who are survivors of sexual assault and sexualized violence
<https://www.salalsvsc.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://www.vch.ca/en/service/residential-historical-abuse-program-rhap>

Campbell River

First Nations Health Authority (FNHA)

<https://www.fnha.ca/what-we-do/mental-wellness-and-substance-use/mental-health-and-wellness-supports>

Hope for Wellness Helpline

1-855-242-3310

Kuu-us Aboriginal Crisis Line

1-800-588-8717

Laichwiltach Family Life Society

441 – 4th Avenue, Campbell River, BC

250.286.3430

877.777.8222

Native Youth Crisis Hotline

1-877-209-1266

Pathways BC

250-286-7100

Prince George

Carrier Sekani Family Services – Mental Health and Wellness Services

Suite 301– 1705 3rd Ave, Prince George, BC V2L 3G6

250-564-407

KUU-US Crisis Response

1-800-588-8717

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

Niwh Hiskak Habibeh (For Our Children) Youth Services in Prince George

835 – 3rd Ave, Prince George, BC V2L 3C7

250-564-5643

Skai Zeh Yah Youth Centre (Prince George)

1575 - 2nd Ave, Prince George, BC V2L 3B8

250-645-5476

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 | session.

604-732-0633

<https://www.callanish.org>

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.vancouverfriendsforlife.ca/>

Chuck Jung Associates Psychological & Counselling Services

No-cost counselling for individuals with traumatic brain injuries (TBIs) 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 TBIs is extremely limited, hence this resource's inclusion on this list

604-874-6574

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

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 – Health and Counselling

MOSAIC offers many physical health and mental well-being programs to help immigrants in their transition and settlement. These programs provide counselling, referrals, and group events to support your wellbeing.

<https://mosaicbc.org/our-services/health-and-counselling/>

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>

Faith-Based/Religious

Cascade Christian Counselling

33119 S Fraser Way
(604) 854-5413

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/?_page id=2327

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

Vancouver Coastal Health - Spiritual Health and Multi-Faith Services

Spiritual health is available to acute care patients, care home residents, families and staff, irrespective of religious or spiritual affiliation. Professional spiritual health practitioners hold a master's degree with extensive academic and clinical education, equipping them to work in multi-faith environments.

<https://www.vch.ca/en/service/spiritual-health-and-multi-faith-services>