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## 1. Vancouver Community Counselling & Therapy Resources:

**For individuals with extended health benefits coverage for a Registered Clinical Counsellor or wanting a private pay counsellor:**

Visit <http://bc-counsellors.org/>. Search by the type of counselling, city, gender of counsellor, and language of counsellor to find a therapist in British Columbia.

Clinic & Contact Information	Cost	Details
<b>Aboriginal Wellness Program</b> 288-2750 East Hastings Street, Vancouver BC, V5K 1Z9 Tel: 604-675-2551 (Monday – Friday) E-mail: <a href="mailto:aboriginalwellnessprogram@vch.ca">aboriginalwellnessprogram@vch.ca</a>	*Free	<ul style="list-style-type: none"><li>• <b>*For clients who are Indigenous</b></li><li>• Individual counselling</li><li>• Self-referral only</li><li>• Call to make an appointment</li><li>• Cannot bring children to intake</li></ul>
<b>Adler Centre Counselling Clinic</b> 440-2184 West Broadway, Vancouver BC, V6K 2E1 Tel: 604-742-1818 E-mail: <a href="mailto:apabc@adler.bc.ca">apabc@adler.bc.ca</a> <a href="https://adlercentre.ca/counselling-clinic">https://adlercentre.ca/counselling-clinic</a>	Phone for details	<ul style="list-style-type: none"><li>• Sliding scale individual and couples counselling</li><li>• Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician</li></ul>
<b>Archdiocese of Vancouver</b> <a href="http://rcav.org/personal-counselling/">http://rcav.org/personal-counselling/</a>	Phone for details	<ul style="list-style-type: none"><li>• Sliding-scale individual, couples, and family counselling by a registered counsellor who is Catholic or a practicing Christian</li><li>• Counsellors work throughout the Lower Mainland</li></ul>
<b>Atira Women’s Resource Society</b> 101 East Cordova Street, Vancouver BC, V6A 1K7 Tel: 604-331-1407 <a href="http://www.atira.bc.ca/">http://www.atira.bc.ca/</a>	Free	<ul style="list-style-type: none"><li>• Stopping the Violence counsellors for people identifying as female who reside in the DTES</li><li>• Individual and group support</li></ul>

<p><b>Battered Women’s Support Services</b>          Tel: 604-687-1867 (crisis &amp; intake)          E-mail: <a href="mailto:information@bwss.org">information@bwss.org</a>  <a href="https://www.bwss.org/">https://www.bwss.org/</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Counselling and healing spaces for women who have experienced abuse (childhood trauma, sexual abuse) and intimate relationships</li> <li>• Require intake 30-60 mins to assess if fits within mandate</li> <li>• Free and confidential, for self-identifying women</li> <li>• Short-term support worker (criminal law)</li> <li>• Waitlist: 6-12 months for counselling, shorter if under 25 years old or over 60 years old. No waitlist for Indigenous women.</li> <li>• AWARE (workplace program) offers support with resumes, networking, applying for jobs</li> <li>• Legal program supports women with immigration and family law</li> </ul>
<p><b>BC Society for Male Survivors of Sexual Abuse</b>          3126 West Broadway, Vancouver BC, V6K 2H3          Tel: 604-682-6482  <a href="http://bc-malesurvivors.com/">http://bc-malesurvivors.com/</a></p>	<p>*Free</p>	<ul style="list-style-type: none"> <li>• Private pay and sliding scale individual and group counselling (has a waitlist)</li> <li>• <b>*Free for victim services (CVAP, RHAP) - also helps self-identifying men navigate victim services applications</b></li> </ul>
<p><b>Bounce Back Program (CAMH)</b>          Tel: 1-866-639-0522          E-mail: <a href="mailto:bounceback@cmha.bc.ca">bounceback@cmha.bc.ca</a>  <a href="https://bouncebackbc.ca/">https://bouncebackbc.ca/</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Telephone coaching for people (age 15+) with mild-moderate depression with or without anxiety (GP/NP referral required) - available in English, French, Cantonese, Punjabi:</li> <li>• Online videos to teach CBT skills - available in English, Cantonese, Mandarin</li> <li>• Self-paced online learning modules</li> </ul>
<p><b>Broadway Youth Resource Centre</b>          2455 Fraser Street, Vancouver          Tel: 604-709-5720          Email: <a href="mailto:byrc@pcrs.ca">byrc@pcrs.ca</a>  <a href="http://pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/">http://pcrs.ca/service-resource-centres/broadway-youth-resource-centre-2/</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Run by City University</li> <li>• Services provided by interns from the Master of Counselling program</li> <li>• Wait time depends on client load, usually seen within a week</li> </ul>

<p><b>CBT Centre of Vancouver</b>          302-1765 West 8<sup>th</sup> Avenue, Vancouver BC, V6J 5C6          Tel: 604-738-7337  <a href="http://www.vancouvercbt.ca">www.vancouvercbt.ca</a></p>	<p>\$100+</p>	<ul style="list-style-type: none"> <li>• CBT, mindfulness-based CT for treatment of anxiety (and anxiety spectrum), GAD, OCD, depression, mindfulness program is an 8-week course, offered 3x a year at \$600</li> <li>• Fee for service: \$200/ hour for a psychologist, or \$100/hour to see a practicum student</li> <li>• Psychologist wait times vary, approx. a few months</li> </ul>
<p><b>Crime Victims Assistance Program</b>          Victim Link BC Tel: 1-800-563-0808 (24/7)          E-mail: <a href="mailto:VictimLinkBC@bc211.ca">VictimLinkBC@bc211.ca</a>  <a href="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">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</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Counselling for victims of crime, their immediate family members and witnesses</li> </ul>
<p><b>DBT Centre of Vancouver</b>          1040-1200 Burrard Street, Vancouver BC, V6Z 2C7          Tel: 604-569-1156          Email: <a href="mailto:info@dbt.com">info@dbt.com</a>  <a href="http://www.dbtvancouver.com">www.dbtvancouver.com</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Private centre (fee for service - not covered by MSP/disability, Gov't services)</li> <li>• Accepts extended program disability</li> <li>• Comprehensive DBT, individual therapy (adults and adolescents), group skills program, phone coaching, and consultation</li> <li>• Intake assessment, treatment recommendations</li> <li>• Waitlist: 6-12 months</li> </ul>
<p><b>Dragonstone Counselling</b>          3105 West 14th Avenue, Vancouver          Tel: 604-738-7557          Email: <a href="mailto:info@dragonstonecounselling.ca">info@dragonstonecounselling.ca</a>  <a href="https://www.dragonstonecounselling.ca/">https://www.dragonstonecounselling.ca/</a></p>	<p>Sliding scale</p>	<ul style="list-style-type: none"> <li>• Low cost counselling with supervised interns: \$10-\$40 - no one is turned away due to lack of funds</li> <li>• With registered clinical counselors and registered social workers: \$50-\$80</li> <li>• Standard fee: \$110-\$125</li> <li>• Individual counselling, couples counselling</li> <li>• Gender and sexual orientation, trauma, physical and emotional well-being</li> </ul>

		<ul style="list-style-type: none"> <li>• Also available on Skype or via phone if people are unable to access the centre</li> <li>• Services available in English, Spanish, Farsi, and Cantonese</li> </ul>
<p><b>Dialectical Behaviour Therapy (DBT) Group Therapy</b>  <b>Vancouver Coastal Health</b>            Tel: 604-675-3700            Above number is for the Access and Assessment Centre  <i>Specific link to DBT Group:</i>  <a href="http://www.vch.ca/Pages/Dialectical-Behaviour-Therapy-Group-Therapy.aspx?res_id=474">http://www.vch.ca/Pages/Dialectical-Behaviour-Therapy-Group-Therapy.aspx?res_id=474</a></p>	Free	<ul style="list-style-type: none"> <li>• 2 hours once a week</li> <li>• 26 sessions</li> <li>• Only Vancouver residents</li> <li>• Intake Process (calls have to be made by person interested – not anyone else)</li> <li>• Register by phone, one-hour phone screening, one hour in person appointment</li> </ul>
<p><b>Family Services of Greater Vancouver</b>            401-1638 East Broadway, Vancouver BC V5N 1W1            Tel: 604-874-2938            E-mail: <a href="mailto:intake@fsgv.ca">intake@fsgv.ca</a>  <a href="https://fsgv.ca/counselling/">https://fsgv.ca/counselling/</a></p>	*\$15+	<ul style="list-style-type: none"> <li>• Sliding-scale individual, couples, and family counselling by a master’s level therapist in English, Cantonese, Mandarin, Korean, and Spanish. Fees range from \$15/hour-\$125/hour. Full fee clients are seen quicker</li> <li>• Program has a dedicated intake worker who can also refer to other counselling services or groups.</li> <li>• <b>*Free: Trauma Services (Healthy Connections, PEACE Program, TASA, and VISAC)</b></li> </ul>
<p><b>Friends for Life</b>            1459 Barclay Street, Vancouver BC, V6G 1J6            Tel: 604-682-5992            Email: <a href="mailto:info@vancouverfriendsforlife.ca">info@vancouverfriendsforlife.ca</a>  <a href="https://www.vancouverfriendsforlife.ca/">https://www.vancouverfriendsforlife.ca/</a></p> <p>Client and practitioner forms:  <a href="https://www.vancouverfriendsforlife.ca/become-a-client-member">https://www.vancouverfriendsforlife.ca/become-a-client-member</a></p>	Free - Phone for more details	<ul style="list-style-type: none"> <li>• Fill out form (found on website)</li> <li>• Health care provider fill out a form (found on website)</li> <li>• Services for those diagnosed with HIV, cancer, Hep C and other life challenging diagnoses</li> <li>• Offers: Reiki, acupuncture, massage therapy, naturopathic medicine, reflexology, yoga, counselling, art therapy</li> </ul>

<p><b>Health Initiative for Men (HIM)</b>          Tel: 604-488-1001          E-mail: <a href="mailto:counselling@checkhimout.ca">counselling@checkhimout.ca</a>  <a href="http://checkhimout.ca/mind/him-programs/#counselling">http://checkhimout.ca/mind/him-programs/#counselling</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Low cost short term individual counselling for gay and bisexual men</li> <li>• Waitlist of approximately 8 weeks after intake interview</li> </ul>
<p><b>Jewish Family Services</b>          201-475 East Broadway, Vancouver BC, V5T 1W9          Tel: 604-637-3309          E-mail: <a href="mailto:astamp@jfsvancouver.ca">astamp@jfsvancouver.ca</a>  <a href="https://www.jfsvancouver.ca/services/counselling/">https://www.jfsvancouver.ca/services/counselling/</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Sliding-scale counselling by a registered counsellor for the Jewish community</li> <li>• Offers youth-specific counselling and services (Youth at Risk Program)</li> <li>• Short term (15 sessions maximum)</li> </ul>
<p><b>Kelty's Key: Online Therapy</b>  <b>Vancouver Coastal Health</b>          Tel: 604-675-3700          Above number is for the Access and Assessment Centre, they can help find the right fit for you, for this specific program specify that you want to refer yourself to the <u>MSHU Outpatient Services</u> online therapy program</p> <p><i>Specific link to online therapy:</i>  <a href="http://www.vch.ca/Pages/Kelty%E2%80%99s-Key--Online-Therapy.aspx?res_id=474">http://www.vch.ca/Pages/Kelty%E2%80%99s-Key--Online-Therapy.aspx?res_id=474</a></p>		<ul style="list-style-type: none"> <li>• Includes one initial phone-call intake process</li> <li>• 8-week service period</li> <li>• Age 16+</li> <li>• CBT focused</li> <li>• Email once a week (not instant messaging)</li> <li>• Requires access to internet, comfortability with email</li> <li>• Participants must read and write English comfortably</li> </ul>
<p><b>Living Systems Counselling</b>          Tel: 604-926-5496          E-mail: <a href="mailto:info@livingsystems.ca">info@livingsystems.ca</a>  <a href="https://livingsystems.ca/contact/">https://livingsystems.ca/contact/</a></p>	<p>\$15+</p>	<ul style="list-style-type: none"> <li>• Sliding-scale counselling by a counselling intern</li> </ul>

<p><b>Mood Disorders Association of BC Counselling &amp; Wellness Centre</b>          480-789 West Pender Street, Vancouver BC, 6C 2X1          Tel: 604-873-0103 (select option 2)  <a href="http://www.mdabc.net/counselling-and-wellness-centre-mdabc">http://www.mdabc.net/counselling-and-wellness-centre-mdabc</a></p>	<p>\$50+</p>	<ul style="list-style-type: none"> <li>• Low-cost counselling and individual CBT by a master’s level therapist</li> <li>• Group psychoeducational programs</li> <li>• Referral process on website (complete intake form)</li> </ul>
<p><b>Stopping the Violence Counselling MOSIAC</b>          Tel: 604-254-9626, ask for Stopping Violence Counsellor or the Women’s Support worker          Monday to Friday, 9am – 5pm  <a href="https://www.mosaicbc.org/services/counselling/stopping-the-violence/">https://www.mosaicbc.org/services/counselling/stopping-the-violence/</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Individual counselling</li> <li>• Group counselling</li> <li>• Domestic violence</li> <li>• Childhood abuse</li> <li>• Sexual assault</li> <li>• Services provided in English, Punjabi and Hindi</li> </ul>
<p><b>Multicultural Victim Services MOSAIC</b>          Tel: 604-254-9626          Monday to Friday, 9am – 5pm  <a href="https://www.mosaicbc.org/services/counselling/multicultural-victim-services/">https://www.mosaicbc.org/services/counselling/multicultural-victim-services/</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Services available to all immigrants, refugees, and multicultural populations of all genders and all crimes in Vancouver and Burnaby</li> <li>• Service in Cantonese and English</li> <li>• Website offers an extensive list of examples of victimization – such as being assaulted in a relationship (husband, partner, family) or by a complete stranger, robbed of personal belongings, stalked or harassed by a stranger or an ex-partner, sexually assaulted, threatened in a variety of ways, being told you have no rights in Canada</li> <li>• Service available over the phone</li> <li>• Can accompany people to appointments</li> </ul>

<p><b>Men In Change</b> <b>MOSIAC</b> Tel: 604-254-9626 Monday to Friday, 9:00am – 5:00pm <a href="https://www.mosaicbc.org/services/counselling/men-in-change/">https://www.mosaicbc.org/services/counselling/men-in-change/</a></p> <p>Focus on preventing the occurrence or recurrence of domestic violence</p>		<ul style="list-style-type: none"> <li>• Immigrant, refugee and visible minority men who have used or are at risk of using violence in relationships</li> <li>• Have children under the age of 19</li> <li>• Learn constructive ways to deal with conflict</li> <li>• Identify personal triggers, develop stress management skills and strategies</li> <li>• Move past aggression to identify and express a fuller range of emotions</li> <li>• Learn about the things that contribute to domestic violence</li> <li>• English, Hindi, Punjabi</li> </ul>
<p><b>Relationship Violence Prevention Program – Cultural Edition</b> <b>MOSIAC</b> Tel: 778-591-9334 <a href="https://www.mosaicbc.org/services/counselling/relationship-violence-prevention-program-cultural-edition/">https://www.mosaicbc.org/services/counselling/relationship-violence-prevention-program-cultural-edition/</a></p> <p>Program is intended for men who have used violence in their relationships</p>	Free	<ul style="list-style-type: none"> <li>• 3-hour group sessions</li> <li>• 17 sessions (usually on evenings or weekends in Vancouver and Surrey)</li> <li>• Learn constructive ways to deal with conflict</li> <li>• Identify personal triggers</li> <li>• Develop stress management skills and strategies</li> <li>• Move past aggression to identify and express a fuller range of emotions</li> <li>• Learn about the things that contribute to domestic violence</li> <li>• English, Hindi and Punjabi – possibility for interpreters for additional languages</li> </ul>
<p><b>I Belong</b> <b>MOSIAC</b> Tel (Kiana Reyes): 604-254-9626. Email: <a href="mailto:ibelong@mosaicbc.org">ibelong@mosaicbc.org</a> Monday – Friday, 9:00am – 5:00pm <a href="https://www.mosaicbc.org/services/settlement/lgbtq/">https://www.mosaicbc.org/services/settlement/lgbtq/</a></p>	Free	<ul style="list-style-type: none"> <li>• For LGBTQIA2+ immigrant newcomers</li> <li>• Support groups</li> <li>• Peer Support</li> <li>• One on One social mentorship</li> <li>• Transportation included</li> </ul>

<p><b>Moving Forward Family Services</b>          Tel: 778-321-3054          E-mail: <a href="mailto:counselling@mffs.ca">counselling@mffs.ca</a>  <a href="http://mffs.ca/">http://mffs.ca/</a></p>	<p>\$5+</p>	<ul style="list-style-type: none"> <li>• Low-cost individual, couples, and family counselling with a master’s level practicum student under supervision</li> <li>• Waitlist: 8 weeks for a practicum student, no wait for a registered clinical counsellor (\$38+)</li> </ul>
<p><b>Oak Counselling</b>          949 West 49<sup>th</sup> Avenue, Vancouver BC, V52 2T1          Tel: 604-266-5611          Email: <a href="mailto:info@oakcounselling.org">info@oakcounselling.org</a>  <a href="http://oakcounselling.org/">http://oakcounselling.org/</a></p>	<p>\$10+</p>	<ul style="list-style-type: none"> <li>• Sliding scale counselling services by a master’s level therapist.</li> <li>• Waitlist is full as of July 2020. Typically, a 3-6 month wait</li> </ul>
<p><b>QMUNITY</b>          1170 Bute Street, Vancouver BC, V6E 1Z6          Tel: 604-684-5307 ext 100          E-mail: <a href="mailto:resource@qmunity.ca">resource@qmunity.ca</a>  <a href="https://qmunity.ca/getsupport/counselling/">https://qmunity.ca/getsupport/counselling/</a></p>	<p>*Free</p>	<ul style="list-style-type: none"> <li>• Individual counselling for the LGBTQ2S+ community by a master’s level practicum student</li> <li>• Short-term (12 sessions maximum)</li> <li>• <b>*Waitlist for free counselling</b></li> <li>• Intake best during September</li> </ul>
<p><b>Residential Historical Abuse Program</b>          200-520 West 6<sup>th</sup> Avenue, Vancouver BC, V5Z 4H5          Tel: 604-875-4255          E-mail: <a href="mailto:rhap@vch.ca">rhap@vch.ca</a>  <a href="https://vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf">https://vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Free counselling for those who were sexually abused while under the care of the province (foster care, residential facility, etc.)</li> </ul>
<p><b>S.U.C.C.E.S.S.</b>          28 West Pender Street, Vancouver BC, V6B 1R6          Tel: 604-408-7266 / 604-684-1628 (Weekdays)  <a href="https://www.successbc.ca/eng/">https://www.successbc.ca/eng/</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Sliding scale counselling offered in Mandarin, Cantonese, Korean and English with a focus on helping new immigrants of Chinese and other ethnic origins</li> <li>• Play and art therapy also available</li> </ul>



<p><b>SAFER at Mental Health &amp; Substance Use Outpatient Services</b>          (2<sup>nd</sup> floor) 803 West 12<sup>th</sup> Avenue, Vancouver, BC, V5Z 1N1          Tel: 604-675-3710  <a href="http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474">http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474</a></p>	Free	<ul style="list-style-type: none"> <li>• Suicide Attempt Follow-up, Education, &amp; Research (SAFER)</li> <li>• Self-refer through Access and Assessment Centre at tel. 604-675-3700</li> <li>• Counselling for individuals 19 and over who are feeling suicidal, have made a suicide attempt, and those bereaved by a suicide death</li> <li>• 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</li> </ul>
<p><b>Scarfe Counselling UBC</b>          Psychoeducational Research and Training Clinic,          Wesbrook Building, 6174 University Blvd, UBC          Vancouver, BC, V6T 1Z4          Tel: 604-827-1523 (leave a message)  <a href="http://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/">http://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/</a></p>	Free	<ul style="list-style-type: none"> <li>• Accepts referrals in September as clinic runs from September to April</li> <li>• Counselling is provided by a master’s level practicum student and supervised by a registered psychologist</li> <li>• Adults, students, children over age 10</li> </ul>
<p><b>Stewart &amp; Associates</b>          Tel: 604-687-7171  <a href="https://counsellingservicevancouver.com/">https://counsellingservicevancouver.com/</a></p>	See website for details	<ul style="list-style-type: none"> <li>• Sliding scale individual, couple, and family counselling in English, French, Italian, and Mandarin.</li> <li>• Online intake form</li> <li>• Fees vary by counsellor, sliding scale available as well as counselling with interns at a reduced rate (\$30/hour)</li> </ul>
<p><b>Turning Point Therapy</b>          #608 – 402 W Pender Street, Vancouver, or 11420 Pemberton Cres., North Delta          Tel: 604-638-7221  <a href="http://trauma-vancouver.com/">http://trauma-vancouver.com/</a></p>	\$45+	<ul style="list-style-type: none"> <li>• Low cost trauma counselling available with an intern (book online)</li> <li>• No referral needed</li> </ul>

<p><b>UBC Psychology Clinic</b>          Douglas T. Kenny Building, 2136 West Mall, Vancouver, BC, V6T 1Z4          Tel: 604-822-3005          E-mail: <a href="mailto:clinic@psych.ubc.ca">clinic@psych.ubc.ca</a>  <a href="https://clinic.psych.ubc.ca/services/">https://clinic.psych.ubc.ca/services/</a></p>	<p>\$10+</p>	<ul style="list-style-type: none"> <li>• Individual counselling services provided by a master’s level practicum student and supervised by a registered psychologist.</li> <li>• Sliding scale of \$15-50/session for individual therapy, \$10-50/session for group therapy</li> </ul>
<p><b>Vancouver Feminist Therapy Clinic</b>          119 W Pender Street, #121, Vancouver BC V5T 3H9          Tel: 604-831-0459          E-mail: <a href="mailto:info@hildananningcounselling.ca">info@hildananningcounselling.ca</a>  <a href="https://hildananningcounselling.ca/vancouver-feminist-therapy-collective/">https://hildananningcounselling.ca/vancouver-feminist-therapy-collective/</a></p>		<ul style="list-style-type: none"> <li>• Intersectional feminist counselling clinic</li> <li>• Sponsored and lead by Hilda Nanning Counselling</li> <li>• Apprenticeship Program offers low-barrier counselling services at \$35/hour, Hilda Nanning Counselling Associated offer counselling at \$70/hour</li> </ul>
<p><b>Vancouver Psychology Centre</b>          204-1529 West 6<sup>th</sup> Avenue, Vancouver BC V6J 1R1          Tel: 604-733-7709  <a href="http://vancouverpsychologycentre.ca">vancouverpsychologycentre.ca</a></p>	<p>\$160+</p>	<ul style="list-style-type: none"> <li>• Private pay individual, youth, and family counselling: \$160 for registered clinical counsellors; \$200 - \$225 for registered psychologist</li> <li>• Services may be covered by health insurance or employee benefit plan (do not bill directly unless their specific plans bills directly)</li> <li>• No walk-in appointments, call for intake</li> </ul>
<p><b>Vancouver Psychotherapy Centre</b>          400-601 West Broadway, Vancouver BC V5Z 4C2          Tel: 604-871-4177          E-mail: <a href="mailto:info@vanpsych.com">info@vanpsych.com</a>  <u>preferred contact method:</u> “<b>contact us</b>” form at <a href="http://vanpsych.com">vanpsych.com</a></p>	<p>\$100+</p>	<ul style="list-style-type: none"> <li>• Private pay counselling, CBT, EFT, and DBT</li> <li>• Physician referral required (found on webpage)</li> </ul>

<p><b>Vancouver Women’s Health Collective</b>          29 West Hastings Street, Vancouver BC V6B 1G4          Tel: 604-736-5262          E-mail: <a href="mailto:vwhc.centre@gmail.com">vwhc.centre@gmail.com</a>  <a href="https://www.womenshealthcollective.ca/counselling">https://www.womenshealthcollective.ca/counselling</a></p>	<p>*Free</p>	<ul style="list-style-type: none"> <li>● Sliding scale counselling with limited availability</li> <li>● Art Therapy available</li> <li>● *Also offers <b>free</b> drop-in yoga, Pilates, acupuncture, healing touch massage, and wellness counselling</li> </ul>
<p><b>VAST (Vancouver Association for Survivors of Torture)</b>          2610 Victoria Drive, Vancouver BC V5N 4L2          Tel: 604-255-1881          Toll Free: 1-866-393-3133  <a href="http://vast-vancouver.ca/">http://vast-vancouver.ca/</a></p>	<p>*Free</p>	<ul style="list-style-type: none"> <li>● <b>*For clients who have refugee status in Canada</b></li> <li>● Trauma-focused psychological counselling for refugees in one-on-one and group settings</li> <li>● Services are offered in over a dozen languages</li> <li>● Information and advocacy for refugees</li> </ul>

## 2. Community Addictions/Substance Use Counselling:

*\*Please contact services directly for more information*



Program	Cost	Details
<b>BC Responsible and Problem Gambling Program</b> Tel: 1-888-795-6111 (24/7) <a href="https://www.bcreponsiblegambling.ca/">https://www.bcreponsiblegambling.ca/</a>	Free	<ul style="list-style-type: none"> <li>Free professional multilingual counselling for BC residents struggling with their own or their family member's gambling.</li> </ul>
<b>Downtown Community Health Centre</b> 569 Powell Street, Vancouver BC, V6A 1G8 Tel: 604-255-3151 <a href="http://www.vch.ca/Locations-Services/result?res_id=725">http://www.vch.ca/Locations-Services/result?res_id=725</a>	Free	<ul style="list-style-type: none"> <li>Mental health and substance use counselling for marginalized residents of the DTES</li> <li>Prospective counselling clients must meet the mandate for Integrated Care Teams—must be in need of primary care services.</li> <li>Waitlist: 2 – 4 weeks</li> </ul>
<b>Evergreen Addiction Services</b> 3425 Crowley Drive, Vancouver BC, V5N 1V9 Tel: 604-707-3620 <a href="http://www.vch.ca/Locations-Services/result?res_id=1203">http://www.vch.ca/Locations-Services/result?res_id=1203</a>	Free	<ul style="list-style-type: none"> <li>Intake is Tuesdays from 1:00 PM - 3:00 PM</li> <li>Substance Use (current or risk of relapse) needs to be a presenting issue</li> <li>Groups and short-term individual counselling</li> <li>Offers youth and older adult-specific support</li> </ul>
<b>Heatley Community Health Centre</b> 330 Heatley Avenue, Vancouver BC, V6A 3G3 Tel: 604-253-4401	Free	<ul style="list-style-type: none"> <li>Mental health and substance use counselling for marginalized residents of the DTES</li> <li>Culturally-inclusive health care</li> <li>Clients work directly with a care coordinator to navigate wraparound services (social workers, counsellors, peers, physicians, nurses, Elders)</li> <li>Intake (Walk-in) – call to see if in catchment area</li> </ul>
<b>Native Courtworker &amp; Counselling Association</b> 520 Richards Street, Vancouver BC, V6B 3A2 Tel: 604-628-1134 <a href="http://nccabc.ca/">http://nccabc.ca/</a>	Free	<ul style="list-style-type: none"> <li>Do not need to have current legal issues</li> <li>Alcohol &amp; drug outpatient services</li> <li>One-to-one adult, youth, family, and group counselling</li> <li>Referrals to detox centres, rehabilitation, residential treatment centres</li> </ul>

<p><b>Pender Community Health Centre</b>  59 West Pender Street, Vancouver BC, V6B 1R3  Tel: 604-669-9181  <i>Brochure:</i>  <a href="http://oasis.vch.ca/media/Pender_CHC_brochure.pdf">http://oasis.vch.ca/media/Pender_CHC_brochure.pdf</a></p>	Free	<ul style="list-style-type: none"> <li>• Mental health and substance use counselling for people in the DTES</li> <li>• Prospective counselling clients must meet the mandate for Integrated Care Teams —must be in need of primary care services</li> <li>• Free service for those living in the DTES, Gastown, Strathcona, but must be accepted through intake</li> <li>• Accepts 1-2 intakes per day</li> </ul>
<p><b>Raven Song Addiction Services</b>  3<sup>rd</sup> floor 2450 Ontario Street, Vancouver BC, V5T 4T7  Tel: 604-872-8441  <a href="http://www.vch.ca/Locations-Services/result?res_id=1202">http://www.vch.ca/Locations-Services/result?res_id=1202</a></p>	Free	<ul style="list-style-type: none"> <li>• Individual counselling</li> <li>• Substance use (current or risk of relapse) needs to be a presenting issue</li> <li>• Also provides counselling to those worried about someone else’s substance use</li> <li>• Drop-in or phone to speak to duty worker who will start intake process</li> <li>• Individuals 19+</li> </ul>
<p><b>South Mental Health and Substance Use Services</b>  220-1200 West 73<sup>rd</sup>, Vancouver BC, V6P 6G5  Tel: 604-266-6124  <a href="http://www.vch.ca/Locations-Services/result?res_id=1199">http://www.vch.ca/Locations-Services/result?res_id=1199</a></p>	Free	<ul style="list-style-type: none"> <li>• Individual counselling, access to mental health supports, access to rehabilitation (occupational therapy, employment counselling, peer support)</li> <li>• Substance use (current or risk of relapse) needs to be a presenting issue</li> <li>• STAR Program—day program/groups for women only</li> </ul>
<p><b>Three Bridges Addiction Services</b>  1128 Hornby Street, Vancouver BC V6Z 2L4  Tel: 604-331-8905  <a href="http://www.vch.ca/Locations-Services/result?res_id=724">http://www.vch.ca/Locations-Services/result?res_id=724</a></p>	Free	<ul style="list-style-type: none"> <li>• Short-term individual counselling, or longer-term counselling for Youth (24 and under)</li> <li>• Substance use (current or risk of relapse) needs to be a presenting issue</li> <li>• Offers a 16-week group-based addictions day program called VAMP (Vancouver Addiction Matrix Program). Individuals can self-refer to this group. One stream is specifically for gay, bisexual, and queer men, and another is for all</li> </ul>

<p><b>WATARI Community Addictions Counselling Team (CACT)</b>          200-678 East Hastings Street, Vancouver BC, V6A IR1          Tel: 604-254-6995  <a href="https://www.watari.ca/community-programs-watari/">https://www.watari.ca/community-programs-watari/</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Counselling services for individuals, couples and families with problematic substance use who live in the DTES</li> <li>• Substance misuse needs to be an issue—either current, or risk of relapse, or a family member who is affected by another’s substance misuse</li> </ul>
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### 3. Mental Health, Substance Use, Addictions Counselling



#### Resource List (Outside of Vancouver):

*\*These services may only be free for residents of each city. Please call services directly for more information.*

Abbotsford	Cost	Details
<b>Abbotsford Mental Health Office</b> 11-32700 George Ferguson Way, Abbotsford Fraser Health Tel: 604-870-7800	Free	<ul style="list-style-type: none"> <li>• Can self-refer, screening is completed either over the phone or in person</li> <li>• Primarily a group-based program with minimal 1:1</li> </ul>
<b>Abbotsford Addictions Centre</b> #202 – 31943 South Fraser Way Tel: 604-850-5106 E-mail: <a href="mailto:aac@archway.ca">aac@archway.ca</a> <a href="https://archway.ca/program/abbotsford-addictions-centre/">https://archway.ca/program/abbotsford-addictions-centre/</a>	Free	<ul style="list-style-type: none"> <li>• Formerly Abbotsford Community Services</li> <li>• Supports Abbotsford Addictions Centre</li> <li>• Continuous intake for those with a substance use issue or friends/family of someone who does</li> <li>• Can self-refer. Intake Monday-Friday from 9-11am or 1-3pm. Please call ahead!</li> </ul>
<b>Foundry Abbotsford</b> 101-32555 Simon Ave., Abbotsford Tel: 604-746-3392 E-mail: <a href="mailto:info@foundryabbotsford.ca">info@foundryabbotsford.ca</a> <a href="https://archway.ca/program/foundry-abbotsford/">https://archway.ca/program/foundry-abbotsford/</a>	Free	<ul style="list-style-type: none"> <li>• Youth 12-24</li> <li>• Features a navigator position to help find the right service</li> <li>• Counselling and health clinic are strictly walk-in (Counselling is Wednesday/Thursday from 3:00-6:00pm)</li> </ul>
<b>Moving Forward Family Services</b> Tel: 778-321-3054 E-mail: <a href="mailto:counselling@mffs.ca">counselling@mffs.ca</a> <a href="http://mffs.ca/">http://mffs.ca/</a>	\$5+	<ul style="list-style-type: none"> <li>• Low-cost individual, couples, and family counselling with a master’s level practicum student under supervision.</li> <li>• Waitlist: 8 weeks for a practicum student, no wait for a registered clinical counsellor (\$38+)</li> </ul>
<b>Agassiz (majority of services are in Chilliwack)</b>		
<b>Agassiz Mental Health and Substance Use Centre</b> 7243 Pioneer Avenue, Agassiz Tel: 604-793-7161	Free	<ul style="list-style-type: none"> <li>• Self-referral for intake and assessment, client will be connected to services in area</li> <li>• Limited individual counselling</li> </ul>

<b>Burnaby</b>		
<b>Burnaby Centre for Mental Health &amp; Addiction</b> 3405 Willingdon Avenue, Burnaby Tel: 604-675-3950	Phone for details	<ul style="list-style-type: none"> <li>• Referrals from health professionals – call with ext. 69948 for more information on referrals</li> <li>• 94-bed facility offering treatment for adults with severe and complex concurrent disorders</li> </ul>
<b>Burnaby Mental Health Centre</b> 3935 Kincaid Street, Burnaby Fraser Health Tel: 604-453-1900	Free	<ul style="list-style-type: none"> <li>• 19+</li> <li>• Self-referral, doctor, or professional</li> <li>• Intake process with intake worker and will make recommendations</li> </ul>
<b>Burnaby Substance Use Services Clinic</b> Tel: 604-777-6870	Free	<ul style="list-style-type: none"> <li>• Intake Tuesday – Friday from 1 PM – 3 PM, individual counselling</li> <li>• Provides services for adults ages 19 and over who have acute and/or persistent mental disorders with significant functional disabilities. Programs and services include assessment, individual or group treatment, case management, residential care, and referral/bridging to other community services.</li> </ul>
<b>Linkage Counselling Service</b> Tel: 604-629-2266 E-mail: <a href="mailto:linkage@ccmcanada.org">linkage@ccmcanada.org</a> <a href="http://www.en.ccmcanada.org/?page_id=2327">http://www.en.ccmcanada.org/?page_id=2327</a>	\$40+	<ul style="list-style-type: none"> <li>• Individual, couples, and family counselling for the Christian Chinese community by intern therapists</li> </ul>
<b>Sage Counselling &amp; Addiction Services</b> 303 - 4180 Lougheed Highway, Burnaby Tel: 604-558-0090 <a href="http://www.sagecounselling.com/">http://www.sagecounselling.com/</a>	Phone for details	<ul style="list-style-type: none"> <li>• Individual counselling</li> <li>• Addiction programs offered individually and an in-class setting</li> </ul>
<b>SFU Clinical Psychology Centre</b> Tel: 778-782-4720 <a href="https://www.sfu.ca/psychology/clinical-psychology-centre.html">https://www.sfu.ca/psychology/clinical-psychology-centre.html</a>	\$10+	<ul style="list-style-type: none"> <li>• Sliding scale counselling services</li> <li>• Clinic operates Mondays – Thursdays</li> <li>• Closed from August 17<sup>th</sup> – September 3<sup>rd</sup>, 2018.</li> </ul>



<b>Vancouver and Lower Mainland Multicultural Family Support Services Society</b> Tel: 604-436-1025 <a href="http://www.vlmfss.ca/web/index.php">http://www.vlmfss.ca/web/index.php</a>	Free	<ul style="list-style-type: none"> <li>• Support workers (not clinical counsellors) for women who are experiencing or have experienced family violence</li> <li>• Multilingual</li> </ul>
<b>Chilliwack</b>		
<b>Ann Davis Transition Society</b> Tel: 604-792-2760 <a href="https://www.anndavis.org/">https://www.anndavis.org/</a>	*Free	<ul style="list-style-type: none"> <li>• <b>*Sliding scale available if not free</b></li> <li>• Individual, youth, couples, and family counselling</li> <li>• Waitlist: 2 – 3 months</li> </ul>
<b>Chilliwack Addictions &amp; Prevention Services (CAPS)</b> 45921 Hocking Ave., Chilliwack Tel: 604-795-5994 <a href="http://pcrs.ca/">http://pcrs.ca/</a>	Free	<ul style="list-style-type: none"> <li>• Individual and group counselling for adults and youth affected by alcohol and drugs.</li> <li>• Self-referral, telephone screening, mandatory orientation Tuesdays at 2:00</li> </ul>
<b>Chilliwack Mental Health Office</b> Fraser Health Tel: 604-702-4860	Free	<ul style="list-style-type: none"> <li>• Individual counselling available, but primarily groups offered.</li> <li>• Self-refer by phone</li> </ul>
<b>Riverstone Home/Mobile Detoxification Program</b> Fraser Health Out of Chilliwack General Hospital Tel: 604-795-4141 Self-Refer: 1-866-795-0600	Phone for details	<ul style="list-style-type: none"> <li>• Short term access to recovery or STAR beds for the purpose of low to moderate detox for clients living in their catchment area within the Fraser Valley region</li> </ul>
<b>Delta</b>		
<b>Delta Mental Health &amp; Substance Use Office – North</b> Fraser Health Tel: 604-592-3700	Free	<ul style="list-style-type: none"> <li>• Self-refer by phone to set up appointment for intake and assessment</li> <li>• Individual, group and case management available</li> </ul>
<b>Delta Mental Health &amp; Substance Use Office – South</b> Fraser Health Tel: 604-948-7010	Free	<ul style="list-style-type: none"> <li>• Self-refer to set up appointment for intake assessment</li> <li>• Individual, group and case management available</li> </ul>

<b>Hope</b>		
<b>Hope Mental Health and Substance Use Centre</b> Fraser Health Tel: 604-860-7733	Free	<ul style="list-style-type: none"> <li>• Self-refer by phone</li> <li>• Individual counselling available</li> </ul>
<b>Langley</b>		
<b>Langley Community Services</b> Tel: 604-534-7921 <a href="https://www.lcss.ca/">https://www.lcss.ca/</a>	Free	<ul style="list-style-type: none"> <li>• Free individual counselling (16+) by students under supervision</li> <li>• Addictions counselling</li> <li>• Family connections-helps with MCFD and child custody issues</li> </ul>
<b>Langley Mental Health and Substance Use Centre</b> Fraser Health Tel: 604-514-7940	Free	<ul style="list-style-type: none"> <li>• Assessment, limited one to one counselling</li> <li>• Concurrent disorder services</li> <li>• Langley and Aldergrove residents, 19+</li> </ul>
<b>Maple Ridge</b>		
<b>Alouette Addictions</b> Tel : 604-467-5179 <a href="http://alouetteaddictions.org/">http://alouetteaddictions.org/</a>	Free	<ul style="list-style-type: none"> <li>• Self-referral for intake and assessment</li> <li>• Provide free individual (drop-in most days) and group counselling</li> <li>• Opioid Agonist Therapy (OAT) Clinic provides methadone and suboxone treatment</li> </ul>
<b>Maple Ridge Mental Health Centre</b> Fraser Health Tel: 604-476-7165	Free	<ul style="list-style-type: none"> <li>• Self-referral for assessment and counselling</li> </ul>
<b>Mission</b>		
<b>Mission Mental Health and Substance Use Centre</b> Fraser Health Tel: 604-814-5600	Free	<ul style="list-style-type: none"> <li>• Self-referral for counselling services by phone or walk-in for those living in Mission</li> </ul>

<b>New Westminster</b>		
<b>Fraser Side Community Service</b> Tel: 604-522-3722 ext 101 <a href="https://www.fraserside.bc.ca/mental-health-and-counselling/perspectives-addiction-services/">https://www.fraserside.bc.ca/mental-health-and-counselling/perspectives-addiction-services/</a>	Free	<ul style="list-style-type: none"> <li>• Counselling for adults, youth, and families suffering from substance use</li> <li>• Self-refer by phone or walk-in Tuesday and Wednesday mornings</li> </ul>
<b>Moving Forward Family Services</b> Tel: 778-321-3054 E-mail: <a href="mailto:counselling@mffs.ca">counselling@mffs.ca</a> <a href="http://mffs.ca/">http://mffs.ca/</a>	\$5+	<ul style="list-style-type: none"> <li>• Low-cost individual, couples, and family counselling with a master's level practicum student under supervision</li> <li>• "Pay what you can" services primarily offered in Surrey</li> <li>• Waitlist: 8 weeks for a practicum student, no wait for a registered clinical counsellor (\$38+)</li> </ul>
<b>New Westminister Mental Health Office</b> Fraser Health Tel: 604-777-6800	Free	<ul style="list-style-type: none"> <li>• Mental health and substance use services</li> <li>• Individual and group counselling</li> </ul>
<b>New Westminister UBC Counselling Centre</b> 821 – 8 <sup>th</sup> Street, New Westminister Tel: 604-525-6651 <a href="http://ecps.educ.ubc.ca/counselling-centres/new-westminister-ubc-counselling-centre/">http://ecps.educ.ubc.ca/counselling-centres/new-westminister-ubc-counselling-centre/</a>	Free	<ul style="list-style-type: none"> <li>• Free counselling for the general public by a master's level practicum student and supervised by a psychologist</li> <li>• Clinic runs from September to June each year</li> </ul>
<b>North Shore</b>		
<b>Adult Community Mental Health (HOPE Centre)</b> Vancouver Coastal Health Tel: 604-984-5000	Free	<ul style="list-style-type: none"> <li>• Referral from GP needed</li> <li>• Assessment by centralized intake team</li> <li>• Individual and group services</li> </ul>
<b>Canadian Mental Health Association (North and West Vancouver Branches)</b> Tel: 604-987-6959 E-mail: <a href="mailto:Northshore@cmha.bc.ca">Northshore@cmha.bc.ca</a> <a href="https://northwestvancouver.cmha.bc.ca/programs-services/counselling/">https://northwestvancouver.cmha.bc.ca/programs-services/counselling/</a>	\$25+	<ul style="list-style-type: none"> <li>• Low cost short-term individual and family counselling by a master's level practicum student and supervised by a registered clinical counsellor</li> <li>• Individual starts at \$25 and \$50 for couples/family</li> <li>• Counselling request form available online</li> </ul>

<p><b>Family Services North Shore</b>          Tel: 604-988-5281 ext. 226          E-mail: <a href="mailto:intake@familyservices.bc.ca">intake@familyservices.bc.ca</a>  <a href="http://www.familyservices.bc.ca/">http://www.familyservices.bc.ca/</a></p>	<p>\$20+ - Phone for details</p>	<ul style="list-style-type: none"> <li>• Sliding scale individual, couples, family, and youth counselling.</li> <li>• Multilingual</li> <li>• Some programs available at no cost</li> </ul>
<p><b>Stepping Stones Concurrent Disorders Service</b>          Vancouver Coastal Health          Tel: 604-982-5616</p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Individual counselling, groups (SMART, stress management)</li> <li>• Self-refer to make an appointment with intake counsellor.</li> <li>• Waitlist: 2 – 4 weeks for individual counselling</li> </ul>
<p><b>Richmond</b></p>		
<p><b>Richmond Adult Community Mental Health &amp; Addiction Services</b>          Vancouver Coastal Health          Tel: 604-244-5488</p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• GP referral required for mental health</li> <li>• Self-refer for substance use services by phone or walk-in</li> <li>• Individual and group therapy available for substance use treatment</li> </ul>
<p><b>Surrey</b></p>		
<p><b>Creekside Detox/Daytox</b>          Fraser Health          Tel: 604-585-5610</p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Detox services for clients</li> <li>• Day support program for those struggling with substance use</li> <li>• Self-refer by phone</li> </ul>
<p><b>Day, Evening, Weekend for Youth (DEWY)</b>          Tel:604-951-4821          E-mail: dewyprogram@pcrs.ca</p>	<p>Phone for Details</p>	<ul style="list-style-type: none"> <li>• For youth 13-18 looking to reduce or overcome substance abuse – offers counselling for personal health, goal setting, value, family and friends, substance misuse education, coping skills, relapse prevention</li> </ul>
<p><b>Diversecity</b>          Tel: 604-547-1202          E-mail: <a href="mailto:counsellingservices@dcrs.ca">counsellingservices@dcrs.ca</a>  <a href="http://www.dcrs.ca/services/family-services/">http://www.dcrs.ca/services/family-services/</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Multilingual short-term individual and family counselling for immigrants and refugees</li> </ul>

<p><b>Maxxine Wright Community Health Centre</b>          Tel: 604-584-7597          E-mail: <a href="mailto:maxxwright@atira.bc.ca">maxxwright@atira.bc.ca</a>  <a href="http://www.atira.bc.ca/maxxine-wright-community-health-centre">http://www.atira.bc.ca/maxxine-wright-community-health-centre</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Counselling for women who are pregnant or have a child under six months old who are also impacted by substance use and/or violence and abuse</li> <li>• Intake is on Tuesdays – Fridays by phone or drop-in</li> </ul>
<p><b>Moving Forward Family Services</b>          Tel: 778-321-3054          E-mail: <a href="mailto:counselling@mffs.ca">counselling@mffs.ca</a>  <a href="http://mffs.ca/">http://mffs.ca/</a></p>	<p>\$5+</p>	<ul style="list-style-type: none"> <li>• Low-cost individual, couples, and family counselling with a master’s level practicum student under supervision – primarily available in Surrey</li> <li>• Waitlist: 8 weeks for a practicum student, no wait for a registered clinical counsellor (\$38+)</li> </ul>
<p><b>Simon Fraser University Surrey Counselling Centre</b>          Tel: 604-587-7320  <a href="http://www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html">http://www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Individual individuals and youth by a master’s level practicum student and supervised by a registered counsellor/psychologist.</li> <li>• Clinic runs September through May, intake opens third week of August</li> </ul>
<p><b>Surrey Mental Health and Substance Use Centre</b>          Fraser Health          Tel: 604-953-4900</p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Self-refer by phone, for clients 19+</li> <li>• Individual counselling and group therapy</li> </ul>
<p><b>Surrey Substance Use Services</b>          Fraser Health          Tel: 604-580-4950</p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Individual counselling</li> <li>• Self-refer in person on Mondays - Fridays from 11:00 to 3:00pm</li> </ul>
<p><b>Surrey Youth Resource Centre</b>          Two locations: Newton &amp; City Centre          Tel: 604-592-6200          E-mail: <a href="mailto:nyrcreception@pcrs.ca">nyrcreception@pcrs.ca</a>  <a href="https://pcrs.ca/service-resource-centres/surrey-youth-resource-centre/">https://pcrs.ca/service-resource-centres/surrey-youth-resource-centre/</a></p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Individual and family counselling by master’s level practicum students</li> </ul>

<p><b>Surrey Women’s Centre</b> Tel: 604-583-1295 <a href="https://www.surreywomenscentre.ca/services/counseling">https://www.surreywomenscentre.ca/services/counseling</a></p>	<p>*Free</p>	<ul style="list-style-type: none"> <li>• <b>*Free short-term (6 sessions) individual counselling for women and girls who have experienced domestic violence, sexual assault, or childhood abuse</b></li> <li>• Free long-term individual counselling</li> <li>• Private pay individual counselling starts at \$80 per session</li> </ul>
<p><b>Tri Cities: Coquitlam, Port Moody, Port Coquitlam</b></p>		
<p><b>SHARE Family &amp; Community Services Society</b> Tel: 604-937-6969 Email: <a href="mailto:intake@sharesociety.ca">intake@sharesociety.ca</a> <a href="http://sharesociety.ca/talking-helps/">http://sharesociety.ca/talking-helps/</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Individual, family, and substance use counselling</li> <li>• Subsidized / lower fees to Tri-City residents with children or youth 18 and under in the home</li> <li>• Also offers a master’s student practicum program with reduced rates</li> </ul>
<p><b>Tri Cities Mental Health Office</b> Fraser Health Tel: 604-777-8400</p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Self-referral by phone or walk-in</li> <li>• Counseling services and group therapy</li> </ul>
<p><b>Tri Cities Transitions</b> Tel: 604-941-7111 <a href="https://www.tricitytransitions.com/get-help/services-for-adults/">https://www.tricitytransitions.com/get-help/services-for-adults/</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Various forms of counselling, supporting largely women, children, and men who have been affected by intimate partner violence</li> </ul>
<p><b>White Rock/South Surrey</b></p>		
<p><b>Moving Forward Family Services</b> Tel: 778-321-3054 E-mail: <a href="mailto:counselling@mffs.ca">counselling@mffs.ca</a> <a href="http://mffs.ca/">http://mffs.ca/</a></p>	<p>\$5+</p>	<ul style="list-style-type: none"> <li>• Low-cost individual, couples, and family counselling with a master’s level practicum student under supervision (primarily in Surrey)</li> <li>• Waitlist: 8 weeks for a practicum student, no wait for a registered clinical counsellor (\$38+)</li> </ul>

<p><b>Sources Women’s Place</b>          Tel: 604-538-2522          E-mail: <a href="mailto:counsellingservices@sourcesbc.ca">counsellingservices@sourcesbc.ca</a>  <a href="https://www.sourcesbc.ca/our-services/counselling-services/">https://www.sourcesbc.ca/our-services/counselling-services/</a></p>	<p>Phone for details</p>	<ul style="list-style-type: none"> <li>• Individual, couples, and family counselling by a master’s level therapist</li> <li>• There is a fee for service – contact their office for details</li> </ul>
<p><b>White Rock/ South Surrey Mental Health &amp; Substance Use Centre</b>          Fraser Health          Tel: 604-541-6844</p>	<p>Free</p>	<ul style="list-style-type: none"> <li>• Group therapy, individual counselling, and case management for mental health</li> </ul>

*To suggest changes or additions to these lists, please reach out to Sophie at [Sophie\\_TRRUST@outlook.com](mailto:Sophie_TRRUST@outlook.com)*