

**Title of Document:**

**List of Lower Cost Counseling Services in BC**

**Overview:**

This document contains a list of counseling options in BC. They are provided for your information only, and none have been pre-screened by SCI BC.

**Counseling Services: Anywhere in BC:**

**Faith Based Counseling**

Many ministers, priests of the various religions, rabbis etc. will often offer counseling services as part of their duties. Non-denominational services are often available through hospitals on a short-term basis.

**Health Authorities:**

The health authorities in BC have a variety of mental health programs available; talk to your doctor or call your local health authority for further information.

**BC Responsible and Problem Gambling Program**

Toll Free: 1 888 795-6111

[www.gamblingsupportbc.ca/support/services](http://www.gamblingsupportbc.ca/support/services)

Free professional, 24/7 multilingual counseling for any BC resident struggling with their own or their family member's gambling. Counselors have a minimum of a Master's degree in a counseling-related discipline.

**Bounce Back Program**

**Canadian Mental Health Association**

Toll Free: 1 866 639-0522

<https://bouncebackbc.ca/>

Free coaching for people with mild-moderate depression. Coaching available in multiple languages. Family doctor's referral required to access the coaching program, but the online self-paced course is available to everyone.

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**Disclaimer:** SCI BC will attempt to keep content information as up to date *and* current as possible. SCI BC does not make any representation with respect to the quality of the service or products and the customer is responsible for making all necessary inquiries to protect themselves before contracting, utilizing or procuring any services or products.

**Crime Victims Assistance Program Victim Link BC**

Toll Free: 1 866 660-3888

[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](http://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)

Counseling and information for victims of crime, their immediate family members and witnesses. Available in multiple languages.

**Ryan Yellowlees, MC, RCC**

Ph: 778 743-8187

<https://www.psychologytoday.com/ca/therapists/ryan-yellowlees-victoria-bc/997981>

Disability-focused counselling by phone or Zoom. Sliding scale fees may be possible.

**The Woods Counselling Co.**

Ph: 604 302-2193

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

Online counselling anywhere in BC. Sliding scale rates for lower income clients.

**Lower Mainland:**

**The Adler Centre**

440 2184 W. Broadway

Vancouver, BC V6K 2E1

Ph: 604 742-1818

<https://www.adlercentre.ca/counselling>

Subsidies available

**Burnaby Counseling Group**

Suite 230 Boundary View Plaza

3701 Hastings Street

Burnaby, BC V5C 2H6

Ph: 604 430-1303

<http://counsellinggroup.org/>

Sliding scale fees may be possible. Also has locations in Langley and Kelowna; use the main number for all locations.

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**Spinal Cord Injury BC 780 SW Marine Drive, Vancouver, BC V6P 5Y7**

**DiverseCity: Community Resources Society**

13455 76 Ave.

Surrey, BC V3W 2W3

Ph. 604 597-0205

<https://www.dcrs.ca/our-services/mental-health-and-substance-use-services/>

This is a registered not for profit agency that offers a wide range of services and programs, including mental health services, to the culturally diverse communities of the Lower Mainland in multiple languages.

**Family Services of Greater Vancouver**

Ph: 604 874-2938

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

Subsidies available for people who are lower income; locations include: Vancouver, Richmond, Surrey, Burnaby/New Westminster.

**Family Services North Shore**

203-1111 Lonsdale Ave

North Vancouver, BC V7M 2H4

Ph: 604 988-5281

<http://www.familyservices.bc.ca>

Counseling for residents of the North Shore. Some services are free, while others are sliding scale.

**Fraser River Counseling – Trinity Western University**

Ph: 604 513-2113

[www.twu.ca/academics/school-graduate-studies/counselling-psychology-ma/fraser-river-counselling-centre](http://www.twu.ca/academics/school-graduate-studies/counselling-psychology-ma/fraser-river-counselling-centre)

Christian-based counseling, staffed by students of TWU Counseling Psychology Program. Small fee, which may be waived under certain circumstances. Counselling offered in several locations; see the website for details.

**Jewish Family Services**

320 2285 Clark Drive

Vancouver, BC V5N 3G9

Ph: 604 558-5719

[www.jfsvancouver.ca/services/counselling/](http://www.jfsvancouver.ca/services/counselling/)

No cost counseling with students; sliding scale for other services.

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### **Living Systems Counseling**

<https://livingsystems.ca/about/contact/>

Sliding scale may be possible. Five offices in the Lower Mainland. Contact through the website for an appointment.

### **Oak Counseling Services Society Centre**

949 West 49<sup>th</sup> Ave.

Vancouver, BC V5Z 2T1

<http://oakcounselling.org/>

Sliding scale available. Contact through the website. Appointments can be done virtually or in person.

### **Qmunity**

Ph: 604 684-5307

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

Sliding scale available, including free counseling in some circumstances, for members of the LGBTQ2SAI+ communities. Join the waitlist using the website.

### **Simon Fraser University Surrey Counseling Centre**

4th Floor, Room 4350

250 13450 102 Ave.

Surrey, BC V3T 0A3

Ph: 778 782-4913

[www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html](http://www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html)

Free counseling offered by graduate students for community members. Services only available for part of the year.

### **S.U.C.C.E.S.S. Counseling Services**

Ph: 604 684-1628

[www.successbc.ca/eng/services/family-youth/counselling-service/](http://www.successbc.ca/eng/services/family-youth/counselling-service/)

Multiple locations. Sliding scale available, some services may be free. Multiple languages.

### **ThriveLife Counselling and Wellness**

340 8063 199 St.

Langley, BC V2Y 0E2

<https://thrive-life.ca/>

Reduced cost counselling available. In person or virtual sessions available.

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**UBC Psychology Clinic**

2136 West Mall

Vancouver, BC V6T 1Z4

Ph: 604 822-3005

<http://clinic.psych.ubc.ca/>

Lower cost counseling services depending on income.

**UBC Psychological Services and  
Counselling Training Centre**

1100 2125 Main Mall, UBC

Vancouver, BC V6T 1Z4

Ph: 604 827-1523

<https://psctc.educ.ubc.ca/>

Free psychological assessments and interventions, supervised by a psychologist.

**Northern BC:****Community Counseling Centre**

206 1811 Victoria St.

Prince George, BC V2L 2L6

Ph: 250 562-6690

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

Qualified Masters students provide services under direct supervision. Low cost or free.

**Ruth Murdoch Counselling**

Ph: 250 847-4989

<http://www.ruthmurdochcounselling.com/>

Sliding scale fee may be available.

**Interior:****Connect Counselling & Therapy Society**

4 1890 Cooper Rd.

Kelowna, BC V1Y 8B7

Ph: 250 860-3181

<http://www.connectcounsellingsociety.ca/>

Couples counselling for a lower cost.

**Vancouver Island:****Inner Light Counseling**

Ph: 250 891-7452

<http://www.innerlightcounselling.com>

Sliding scale rates may be available; discuss before booking. Phone or online sessions only.

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### **Island Community Counseling**

Ph: 250 716-8888

<https://islandcommunitycounselling.ca/>

Offices in Duncan, Nanaimo, Parksville and Comox. Cheaper rates to see a practicum student counsellor.

### **University of Victoria Psychology Training Centre**

Ph: 250 721-7538

<https://onlineacademiccommunity.uvic.ca/psychologyclinic/>

Sessions with a Masters students are cheaper, sliding scale may be available.

### **Useful References:**

#### **BC Association of Clinical Counselors**

<https://bcacc.ca/counsellors/>

Search for registered counselors throughout BC.

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