FREE AND AFFORDABLE COUNSELLING

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

Click on the weblinks or scan the QR codes to access these websites.

Arbour Counselling Centre

250-479-9912 4277 Quadra Street Victoria, BC V8X 1L5



- Individual counselling
- Sliding scale; Lowest \$80/session

https://www.arbourcounselling.ca/

Mental Health Recovery Partners (previously BC Schizophrenia Society) 250-384-4225 941 Kings Road Victoria, BC V8T 1W7



 Counselling for family members of people with a lived experience of a mental illness

https://mhrp.ca/

Citizens' Counselling

250-384-9934 941 Kings Road Victoria, BC V8T 1W7



- Adults individual, couples and group counselling
- Sliding scale; Lowest \$10/session
- Self-referral

https://citizenscounselling.com/

Epsilon Counselling 1-778-300-8485 550 — 2950 Douglas Street Victoria. BC V8T 4N4





- · Sliding scale
- Self-referral

http://www.epsiloncounselling.ca/

Family Services of Greater Victoria 250-386-4331 1004 North Park Street Victoria, BC V8T 1C6



- Individual, couple, family & child counselling
- Sliding scale with 30S intake fee
- Self-referral

https://www.fsgv.org/

Kelty Centre-Eating Disorders Program South Vancouver Island

250-387-0000 302 — 2955 Jutland Road Victoria, BC V8T SJ9



- Eating disorder child, family and adult counselling
- Free
- Self-referral; GP (medical doctor) involvement required for post follow-up

https://keltyeatingdisorders.ca/south-vancouverisland-eating-disorders-program/

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://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
- Visit the South Island Centre for Counselling and Training Website

https://www.southislandcounselling.org/

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

https://www.sfrs.ca/

Calvin Black Counselling

250-888-3536 4277 Quadra Street Victoria, BC V8X 1L5



(located in the Victoria First Church of The Nazarene)

- Men's counselling
- Sliding scale; lowest \$80/session
- Self-referral

https://www.arbourcounselling.ca/meet-calvin

1Up - Victoria Single Parent Resource Centre

250-385-1114 602 Gorge Road E Victoria. BC V8T 2W6



- Counselling for single parent members, selfawareness, parenting time management, boundaries, anatomy of anger, and mentoring
- Up to 10 free sessions
- Self-referral

https://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.islandhealth.ca/our-services/mentalhealth-substance-use-services/outpatienttreatment-substance-use

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

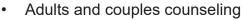


- Substance abuse youth (13-19) & family counselling
- Free
- Self-referral

https://www.islandhealth.ca/our-services/youth-family-substance-use-services/discovery-youth-family-substance-use-services

Esquimalt Neighbourhood House Society

250-360-0644 511 Constance Avenue Esquimalt, BC V9A 6NS



- Youth (13-18), and Family
- Free
- Self-referral

https://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

https://www.hulitan.ca/

Seniors Serving Seniors

250-413-3211 602-602 View Street Victoria, BC, V8W



- Seniors peer counselling
- Free (Volunteer non-professional support for grief and loss active listening)
- Self-referral

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://www.vsac.ca/

Men's Trauma Centre

250-381-6367 301-3491 Saanich Road Victoria, BC V8X 1W8



- Victim/Trauma support and counselling
- Individual/group
- Fees determined during free intake session

http://www.menstrauma.com/

Virtual Art Therapy Clinic

1-866-515-2916

clinic@ciiat.org

The virtual art therapy clinic is only available online and is available by donation. Access help from the comfort, privacy, and safety of your own home.

The virtual art therapy sessions are suitable for individuals:

- looking to improve self-esteem
- wanting to make career or life choices
- dealing with mild depression or anxiety

No previous art experience is required.

https://arttherapy.network/

CHILD AND ADOLESCENT PSYCHOLOGISTS

Dr. Shelley O'Connor

250-478-3476 103-785 Station Ave. Victoria, BC V9B OE6

http://drsoconnor.com/index.html

Kelly Price

250-886-9788 1834 Oak Bay Ave. Victoria, BC

https://www.drkprice.com

Dr. Jillian Roberts

250-370-0358 11 - 810 Humboldt St Victoria, BC V8V 5B1

https://drjillianroberts.com/

Laila Thaiss

250-516-6692 209-2186 Oak Bay Ave. Victoria, BC

https://thaiss.ca



Vancouver Island Psychological Services Victoria, BC

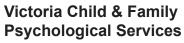
778-440-8880 202-4420 Chatterton Way.

https://www.vipsychology.ca/home.html



Dr. Lise McLewin

250-727-7060 218-284 Helmcken Rd. Victoria, BC



250-880-4243 280-4243 Glanford Ave. Victoria, BC





https://www.victoriachildpsychology.com/

Dr. Kristin Frampton

778-922-3144 302-821 Burdett Ave. Victoria, BC

