

FREE AND AFFORDABLE COUNSELLING

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

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



- Individual counselling
- 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-vancouver-island-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, self-awareness, 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/mental-health-substance-use-services/outpatient-treatment-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/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



- Adults and couples counseling
- 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

<https://sssbc.org/>

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

Victoria Child & Family Psychological Services

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