

Free and Affordable Counselling in Victoria BC

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.

1Up - Victoria Single Parent Resource Centre

250-385-1114
103-4489 Viewmont Avenue
Victoria, BC V8Z 5K8

- 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 (Island Health)

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>

Arbour Counselling Centre

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

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

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

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/>

Citizens' Counselling Centre

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/>

Counselling Support Centre

1-800-716-6846
info@counsellingsupport.ca

- Online, low-cost counselling
- Serviced by graduate students under supervision by professional counsellors, psychologists or registered clinical counsellors

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

Discovery Youth & Family Services (Island Health)

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>

Epsilon Counselling

1-778-300-8485
550 – 2950 Douglas Street
Victoria, BC V8T 4N4

- Individual counselling
- Sliding scale
- Self-referral

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

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/>

Family Services of Greater Victoria

250-386-4331
1004 North Park Street
Victoria, BC V8T 1C6

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

<http://www.fsgv.org/>

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/>

Huma Wellness

250-415-2751
327 - 1175 Cook Street
Victoria, BC V8V 4A1

- Addictions, Anxiety and Mood Disorders, Emotional Regulation, Trauma
- In-person, Video, Phone
- Reduced fees are provided to make therapy more accessible.

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

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
- Free
- Self-referral; GP (medical doctor) involvement required for post follow-up

<https://keltyeatingdisorders.ca/south-vancouver-island-eating-disorders-program/>

Men's Therapy 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/>

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://www.mhrp.ca/>

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/>

Seniors Serving Seniors

250-382-4331
109 – 1022 Pandora Avenue
Victoria, BC V8V 3P6

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

<http://seniorsservingseniors.bc.ca/>

Victoria Sexual Assault Centre

250-383-3232
201 – 3060 Cedar Hill Road
Victoria, BC V8T 3J5

- Sexual Assault Response Team/Integrated Sexual Assault Clinic: available 24 hours a day, 7 days a week to all genders of survivors of recent sexual assault, 13 years and older. Call the Vancouver Island Crisis Line at 1-888-494-3888 to be connected to our response team or clinic.
- Individual crisis counselling assists in dealing with the most immediate emotional, physical, and behavioural reactions to sexual assault or historical sexual abuse.
- Group counselling offers support that focuses on education, skills development, and peer support.
- Victim Services provides services connected to the criminal justice system, including information, and support with police reports and court appearances.
- <https://vsac.ca/>

The Wholesome Edge

Located at: Mā Yoga and Wellness
539 Herald St (Sky Studio)
Victoria, BC
V8W 1S5

- Sliding-Scale Counselling
- Chronic Illness Support
- Yoga Teaching

Miranda.Abild@gmail.com

(250) 899-7886

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