

## Free and Affordable Counselling in Victoria BC

There are more than 20 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](mailto:information@drcvictoria.com) so we can update our database.

### **Arbour Counselling Centre**

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

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

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

### **British Columbia Schizophrenia Society**

250-384-4225  
941 Kings Road  
Victoria, BC V8T 1W7

- Counselling for individuals and family members dealing with mental health illness/issues
- Free
- Short term
- Self-referral

<http://www.bcscs.org/category/branches/branches-branches/victoria-branch/>

### **Citizen's Counselling**

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

- Adults, couple & group counselling
- Sliding scale; Lowest \$10/session
- Self-referral

<http://www.citizenscounselling.com/index.html>

### **Epsilon Counselling**

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

- Individual counselling
- Sliding scale
- Self-referral

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

### **Family Services of Greater Victoria**

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

- Individual, couple, family & child counselling
- Sliding scale; Lowest \$30/session
- Self-referral

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

### **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/e>

### **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/>

### **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

<http://calvinblack.com/counselling/>

### **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

<http://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.viha.ca/mhas/locations/victoria\\_gulf/community/addictionsoutpatient.html](https://www.viha.ca/mhas/locations/victoria_gulf/community/addictionsoutpatient.html)

### **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.viha.ca/youth-substance-use/discovery.html>

### **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/>

### **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/>

### **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/>

## **Strength Counselling Services**

1-866-295-0551

- E-Counselling-(online)
- Couples and family support
- (Free 10 week program is determined during intake, for persons with proof of low income)
- Otherwise a sliding scale; Lowest \$80/session; \$25/group session
- Self-referral

<https://strengthcounselling.ca/>

## **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://vsac.ca/>

## **Men's Trauma 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/>