

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.

Arbour Counselling Centre

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

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

[Visit the Arbour Counselling Centre Website](#)

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

[Visit the Mental Health Recovery Partners \(previously BC Schizophrenia Society\) Website](#)

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

[Visit the Citizens' CounsellingWebsite](#)

Epsilon Counselling

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

- Individual counselling
- Sliding scale
- Self-referral

[Visit the Epsilon CounsellingWebsite](#)

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

[Visit the Family Services of Greater VictoriaWebsite](#)

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

[Visit the Kelty Centre-Eating Disorders Program South Vancouver IslandWebsite](#)

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

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](#)

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

[Visit the Sooke Family Resource Society Website](#)

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

[Visit the Calvin Black Counselling Website](#)

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

[Visit the 1Up - Victoria Single Parent Resource Centre Website](#)

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)

[Visit the Addictions Outpatient Treatment \(VIHA\) Website](#)

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)

[Visit the Beacon Community Services Website](#)

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)

[Visit the Cascadia Counselling Clinic Website](#)

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

[Visit the Discovery Youth & Family Services \(VIHA\)Website](#)

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

[Visit the Esquimalt Neighbourhood House SocietyWebsite](#)

Hulitan Social Services Society

250-384-9466
902-A Caledonia Avenue
Victoria, BC V8T 1E8

- Aboriginal children and families counselling
- Free
- Self-referral

[Visit the Hulitan Social Services SocietyWebsite](#)

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

[Visit the Seniors Serving SeniorsWebsite](#)

Victoria Sexual Assault Centre

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

- Individual trauma & group counselling
- By donation
- Self-referral

[Visit the Victoria Sexual Assault Centre Website](#)

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

Virtual Art Therapy Clinic

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.

clinic@ciat.org
<https://arttherapy.network/>
1-866-515-2916