

There was recently a question regarding the availability of free and low cost counselling services in Vancouver, particularly for those people who may benefit from counselling but will not be seen by a mental health team. Typically, these services are best suited to people with mental health problems that are less severe (for example, not psychotic) and who want to address their mental health symptoms. The list is not exhaustive of all free/low cost counselling in Vancouver, but these are some of the better ones.

A typical client who may benefit from these services would be someone with depression, anxiety, social isolation, passive thoughts of suicide who is reasonably cognitively intact and who wants to address their symptoms. Other people who could benefit would be someone who is going through a difficult time, but who may not be clinically diagnosable, for example, grief, loss, life transitions, relationship conflict, stress management, self esteem issues, assertiveness skills, social skills training, or trauma issues.

1) Oak Counselling Services Society  
949 West 49th Ave  
Vancouver, BC  
604-266-5611  
[www.oakcounsellingservices.com](http://www.oakcounsellingservices.com)

Offers professionally-supervised counselling for issues such as grief, relationships, and life transitions, by volunteers with a Master's degree in counselling or related discipline. Appointments are available between 9:30 am to 8 pm Monday to Thursday, and 9:30 am to 4:30 pm Fridays. Sliding scale, with fees waived for people receiving social assistance or provincial disability.

2) Catholic Family Services  
150 Robson St  
Vancouver, BC  
604-443-3220  
[www.rcav.bc.ca/cfs](http://www.rcav.bc.ca/cfs)

Provides professional counselling, including individual, marriage, and family counselling. Also offers support groups and skills training sessions. Office hours are 9 am to 4:30 pm Monday to Friday. Nonprofit organization. Part of the Roman Catholic Diocese of Vancouver, but does accept and welcome a diversity of clients.

3) Family Services of Greater Vancouver  
1616 West 7th Ave  
Vancouver, BC  
604-731-4951  
[www.fsgv.ca](http://www.fsgv.ca)

Community-based, not-for-profit organization providing social services to children, youth, adults, and families across the lower mainland. Services range from prevention to

intervention, including: addiction services, adoption services, counselling services, employment/vocational services, family support services, personal development, victim services, and youth services. Services are delivered in English, with some also offered in other languages, including Cantonese, Croatian, French, Hindi, Khmer, Korean, Mandarin, Punjabi, Spanish, and Vietnamese. Serves Vancouver, Richmond, Burnaby, New Westminster, and Surrey.

\* Very good for addiction, family issues and life transitions

4) Stewart and Associates  
227 - 1118 Homer St  
Vancouver, BC  
604-687-7171  
[www.stewart-assoc.com](http://www.stewart-assoc.com)

Provides counselling to a broad range of clients for stress, anxiety, addiction, First Nations issues, Gay and Lesbian issues, chronic illnesses, relationship problems, anger management, personal growth and more. Offers a variety of services, which includes one-to-one, couple, family, and group counselling. The company has a number of counsellors available with expertise in areas such as family violence, cultural issues (interpreter services available), and ritual abuse. A diversity of therapeutic styles represented including art therapy, brief solution focused, family of origin, Satir model, and play therapy. Some services provided by counselling interns who are providing service as part of their counselling program under the supervision of an experienced faculty member or counsellor. Provides counselling using a sliding scale fee which charges differing amounts based on gross monthly income.>

\* Very good for individual counselling, depression, anxiety, life transitions, grief

5) Vancouver Christian Counselling Centre  
969 Burrard St  
Vancouver, BC  
604-688-3945

Counsellors provide individual, relationship, and family counselling. People of any religious or cultural background; Christian perspective is available if desired. Counsellors have Master or Doctorate level qualifications. Counselling hours are flexible, including evenings. Fees on a sliding scale. Serves the lower mainland. Nonprofit organization.