

Community Counselling Resources

1) University of British Columbia (UBC)

New Westminster Counselling Centre

Service Description

Training facility operated jointly by UBC Department of Counselling Psychology and New Westminster School District. All counsellors are in training and receive direct supervision from university faculty. Provides counselling for issues related to personal, interpersonal, work, life transition, and school issues. Serves children, youth, and adults. Priority is given to New Westminster residents, but all lower mainland residents are welcome. Accepts self referrals. **No fee for service.** Office hours are 8:30 am to 4:30 pm Monday to Friday. Appointments are available days and evenings from September to June; times vary.

Contact Info

Address

821 Eighth Street

New Westminster, BC V3M 3S9

Phone:

604-525-6651

Fax:

604-517-6390

2) Living Systems: Family Systems Counselling, Education, Training and

Research Society

Burnaby Office

Service Description

Provides family-systems and pastoral counselling services regarding relationship issues, communication, separation, divorce, remarriage, anxiety and depression, abuse and violence, chronic medical conditions, and death and dying. Services are on a sliding fee scale from \$15 to \$50.

Contact Info

Address:

Grace Lutheran Church

7283 Nelson Avenue

Burnaby, BC V5J 4C2

Phone:

604-926-5496

Fax:

604-973-0272

E-Mail:

livingsystems@telus.net

3) HR Mental Wellness Centre

Agency Description

Support group for people suffering from anxiety and/or depression meets 10:15 am to 12:30 pm Saturdays. Individual coaching sessions are also available. Addresses anxiety and/or depression using meditation, mindfulness, cognitive-behavioural therapy, and spiritual approaches. Screening interview required. Services are by donation. Office hours are 9 am to 6 pm seven days a week.

Contact Info

Address:

307-1190 West 10th Avenue

Vancouver, BC V6H 1J1

Phone:

604-630-6865

E-Mail:

mentalwellness@gmail.com

Website:

<http://www.mentalwellnessbc.ca>

4) Trinity Western University ACTS Counselling Centre

Service Description

Offers relationship, family, individual, and play therapy. Counselling is provided by supervised students in the Master's university program of Arts in Marriage and Family Therapy. Fee is \$20 to \$30 per one-hour session. Office hours vary; counselling is available days and evenings on Mondays from beginning January to end May, and throughout the week from May to December.

Contact Info

Address:

230-3701 Hastings Street

Burnaby, BC V5C 2H6

Phone:

604-430-1303

Fax:

604-431-7553

E-Mail:

info@counsellinggroup.org

Mailing Address:

230-3701 Hastings Street

Burnaby, BC V5C 2H6

5) Burnaby Family Life (BFL) Agency Description Encourages individuals, partners, and families to develop healthy, caring relationships. Delivers workshops, education, counselling, and family support programs. Also offers personal and family development groups, and special events within the community. Free child care may be available for those attending parent programs. Programs are offered in collaboration with the City of Burnaby, Burnaby School Board, Fraser Health, and various community agencies. Office hours are 8:30 am to 3:30 pm Monday to Friday. Nonprofit society. Programs are described below, grouped as follows: cross-cultural services, family violence counselling and intervention services, parent education and support, and pregnancy support.

Contact Info

Address: Holdom Resource Centre
102-2101 Holdom Avenue
Burnaby, BC
V5B 0A4
Phone:
604-659-2200
Fax:
604-299-9731
Website
<http://www.burnabyfamilylife.org>

6) Burnaby Counselling Group

Agency Description

Professional therapists offer individual, marital, family, and play therapy to people of all faiths and backgrounds, addressing a wide range of issues and using a variety of approaches such as play therapy, neurofeedback, CBT, and EMDR. Offers sliding fee scale to clients in financial need. Workshops, group counselling, and counselling from a Christian perspective are also available. Accepts some third party claims. Hours vary among therapists; evening appointments are available. Registered not-for-profit society.

Contact Info

Address:
230-3701 Hastings Street
Burnaby, BC V5C 2H6
Phone:
604-430-1303
Fax:
604-431-7553
E-Mail:
info@counsellinggroup.org
Website:
<http://www.counsellinggroup.org>
Mailing Address:
230-3701 Hastings Street
Burnaby, BC V5C 2H6

7) Dixon Transition Society Counselling Services

Service Description

Provides professional counselling for Burnaby and New Westminster low-income families, children, and adults who are significantly involved in raising children. Accepts crime victim assistance, ICBC claims, and extended benefit plans; priority is given to referrals from MCFD. Partially funded by MCFD.

Contact Info

Address:
201-3701 Hastings Street
Burnaby, BC V5C 2H6
Phone:
604-433-7380

Fax: 1-866-290-9044

E-Mail:

counselling@dixonsociety.ca

Mailing Address:

201-3701 Hastings Street

Burnaby, BC V5C 2H6

8) AnxietyBC

Agency Description

Works to increase awareness of anxiety disorders, including panic disorder, generalized anxiety disorder, social anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, separation anxiety disorder and specific phobias. Provides information and resources for individuals wanting to manage their own anxiety, including free online resources for parenting anxious children and self-help toolkits (see website). Produces DVDs for managing anxiety disorders from a cognitive behavioural therapy approach. Office hours are 9 am to 5 pm Monday to Wednesday, and 9 am to 3 pm Thursdays.

Contact Info

Address:

101-631 Columbia Street

New Westminster, BC V3M 1A7

Phone:

604-525-7566

Fax:

604-525-7586

E-Mail:

info@anxietybc.com

Website:

<http://www.anxietybc.com>

9) Recovery Canada: CBT Mental Health Self-Help

Recovery International - Port Coquitlam

Service Description

Self-help peer support group for people 18 and up who struggle with stress, fear, anger, depression, anxiety, panic, and nervous symptoms. Utilizes cognitive behaviour techniques. Welcomes donations. Meetings held 7:30 pm Wednesdays at Tri-Cities

Mental Health Centre,

1-2232 Elgin Avenue.

Contact Info

Address:

c/o Tri-Cities Mental Health Centre

1-2232 Elgin Avenue

Port Coquitlam, BC

Phyllis (Port Coquitlam):

604-931-5945

Website: <http://www.recoverycanada.org>

10) Recovery Canada: CBT Mental Health Self-Help

Recovery International - New Westminster

15) Foundry Central Office

Foundry is a province-wide network of integrated health and social service centres for young people ages 12-24. Foundry centres provide a one-stop-shop for young people to access mental health care, substance use services, primary care, social services and youth and family peer supports. **Contact Foundry Central Office via email at info@foundrybc.ca**

16) BC Society for Male Survivors Of Sexual Abuse

The British Columbia Society for Male Survivors of Sexual Abuse (BCSMSSA) is a non-profit society established to provide therapeutic services for males who have been sexually abused at some time in their lives. As specifically outlined in our constitution, our purposes are to:

- Provide treatment and support services to male survivors of sexual abuse and support significant-others and relatives of the survivors.
- Acquire and develop educational material concerning sexual abuse of males.
- Gather statistics for dissemination to professionals and the community at large.
- Assist in establishing within British Columbia new agencies dealing with male survivors of sexual abuse by providing training opportunities, whenever possible, to interested personnel.
- Ensure clear, consistent communication in dealing with other involved agencies or professionals in order to guarantee comprehensive case management.
- Consult with community and government groups in the areas of prevention, treatment, therapy, and other matters relating to sexual abuse of males.

3126 West Broadway

Vancouver, BC V6K 2H3

Phone: Vancouver: 604-682-6482; Surrey: 778-222-6885

17) Borderline Personality Disorders Society of BC

Everyone welcome! Weekly online BPD support group.

Wednesday nights 7pm – 8.30pm <https://us04web.zoom.us/j/252792981>

Or call in by phone: 1.778.907.2017 Meeting ID 252 792 981

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

18) This Way Up – for panic attacks

<https://thiswayup.org.au/>

19) CBT Skills Groups for BC Residents

The Cognitive Behavioural Therapy (CBT) Skills Groups are open to all BC residents with a valid Canadian health card number. The course is designed for adult patients (17.5 years and up) who want to learn practical tools to improve their mental health. All groups are facilitated by trained physicians.

cbtskills.ca - I have attached a brief overview and referral form.

Service Description

Self-help peer support group for people 18 and up who struggle with stress, fear, anger, depression, anxiety, panic, and nervous symptoms. Utilizes cognitive behaviour techniques. Welcomes donations. Meetings held 1 pm Wednesdays at Unity in Action, 1630 Edinburgh Street.

Contact Info

Address:

c/o Unity in Action
1630 Edinburgh Street
New Westminster, BC

Diane:

604-953-0638

Website:

<http://www.recoverycanada.org>

11) Simon Fraser University (SFU) Student counselling.

Psychological Services

The CPC offers a wide range of services in the greater Vancouver region, providing assessment and psychological treatment for individual adults, adolescents, children, couples, and families as well as group therapy. Services are provided by Masters or Doctoral level graduate students in the Clinical Psychology Program.

Contact Information

Saywell Hall (SWH) 9044

8888 University Drive
Burnaby, BC V5A 1S6

Voice: 778-782-4720

Fax: 778-782-5859

12) SUCCESS - Individual and Family Counselling Program - 604-408-7266

[http://www.successbc.ca/eng/services/family-youth/counselling-service/611-](http://www.successbc.ca/eng/services/family-youth/counselling-service/611-individualand-family-counselling)

[individualand- and family-counselling](http://www.successbc.ca/eng/services/family-youth/counselling-service/611-individualand-family-counselling)

Counselling offered in Mandarin, Cantonese, Korean and English with a focus on helping new immigrants of Chinese and other ethnic origins. Play and art therapy also available.

13) Bounce Back Program - Canadian Mental Health Association - 1-866-639-0522

<http://www.cmha.bc.ca/programs-services/bounce-back/>

Telephone coaching for people with mild-moderate depression with or without accompanying anxiety. Coaching available in English, Cantonese, French and Punjabi.

Family doctor's referral required to access this program. Free.

14) Mood Disorders Association of BC - 604-873-0103

Counselling and Wellness Centre

www.mdabc.net

Individual therapy with certified counsellor (\$85-\$95 an hour) or intern (\$50 hour).

Group

therapy also available.