



## Counselling

Agencies and organizations which help people with emotional difficulties. Listed by subject heading. For Counsellors in private practice please look under Counsellors in the yellow pages of the TELUS Phone Directory.

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### Information and Referrals

**BC Association of Clinical Counsellors** 250-595-4448  
1-800-909-6303

204 - 780 Tolmie Avenue  
Victoria, BC V8X 3W4

Regulates the practice of clinical counsellors working at a Master's level. Provides referrals to counsellors.

[www.bc-counsellors.org](http://www.bc-counsellors.org)

### Abuse

**Men's Trauma Centre** 250-381-6367

102-1022 Pandora Avenue  
Victoria, BC V8V 3P5

Provides one-on-one counselling for persons who identify as men who have experienced sexual abuse or other trauma. Sessions are usually weekly. Free victim services for men.

[www.menstrauma.com](http://www.menstrauma.com)

**Pacific Centre Family Services Association** 250-478-8357

Westshore Child & Youth Centre  
345 Wale Road

Victoria, BC V9B 6X2

Individual counselling for women who experienced violence in their adult relationship or who were sexually abused.

[www.westshore.bc.ca](http://www.westshore.bc.ca)

**Sooke Transition House Society** 250-642-2544

PO Box 527

Sooke, BC V9Z 1H5

Emergency shelter for women and their children who are in crisis resulting from family violence. Provides advocacy, counselling, education and prevention.

[www.sooketransitionhousesociety.com](http://www.sooketransitionhousesociety.com)

**Victoria Sexual Assault Centre Crisis & Information Line** 250-383-3232  
**Business Line** 250-383-5545

201-3060 Cedar Hill Road

Victoria, BC V8T 3J5

Provides individual and group counselling for survivors of sexual assault and historical sexual abuse.

[www.vsac.ca](http://www.vsac.ca)

**Victoria Women's Transition House Crisis Line** 250-385-6611  
**Community Office** 250-592-2927

100-3060 Cedar Hill Road

Victoria, BC V8T 3J5

A temporary shelter for women with or without children who are experiencing abuse in their intimate relationships. Wheelchair accessible.

[www.transitionhouse.net](http://www.transitionhouse.net)

### Addictions

**Al-Anon** 250-383-4020

2-2020 Douglas Street

Victoria, BC V8T 4L1

Support for families and friends of alcoholics. Open Monday, Wednesday and Friday, 10 am to 2 pm.

[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

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**Alcoholics Anonymous** 250-383-0415  
**24 hour Help Line** 250-383-7744

8-2020 Douglas Street  
Victoria, BC V8T 4L1

12 step program to help people to learn how to live without alcohol.

[www.aavictoria.ca](http://www.aavictoria.ca)

**Island Health (South)  
Addiction Outpatient Treatment  
Mental Health and Substance  
Use Services** 250-519-3544

1250 Quadra Street, 2nd floor  
Victoria, BC V8W 2K7

Provides addictions treatment both group and individual, counselling and education for individuals 19 years and older, and who are experiencing difficulties with alcohol or other drugs, or who are affected by someone else's substance abuse. Self referral accepted through Substance Use Intake at 250-213-4439 located at 1125 Pembroke Street.

**Narcotics Anonymous** 250-383-3553

A self-help organization offering a supportive recovery environment for persons suffering from addiction.

[www.svina.ca](http://www.svina.ca)

**Problem Gambling  
Helpline** 1-888-795-6111

Offers telephone advice and referral to counseling.

**Salt Spring Island  
Community Services** 250-537-9971

268 Fulford Ganges Road  
Salt Spring Island, BC V8K 2K6  
Offers counselling.

[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)

## Bereavement

**BC Bereavement  
Helpline** 1-877-779-2223

Provides listening and resource listings for support of grief and loss.

[www.bcbereavementhelpline.com](http://www.bcbereavementhelpline.com)

**Beacon Community  
Services** 250-656-0134

9860 Third Street  
Sidney, BC V8L 4R2

Grief and loss support, counselling services.

[www.beaconcs.ca](http://www.beaconcs.ca)

**Compassionate Friends of Canada  
Victoria Chapter** 250-478-9270

Offers friendship and support for bereaved parents who have had a child die at any age from any cause. Monthly meetings and quarterly newsletter.

[www.tcfcandana.net](http://www.tcfcandana.net)

**Salt Spring Hospice** 250-537-2770

129 Hereford Avenue  
Salt Spring Island, BC V8K 2T3

Offers counselling services for chronically and terminally ill persons and their families. Volunteers provide one-to-one visits at home or at the hospital. Respite care and bereavement support. Loans educational materials.

[www.saltspringhospice.org](http://www.saltspringhospice.org)

**Sooke Hospice  
Volunteers** 250-642-4345

PO Box 731  
Sooke, BC V9Z 1H7

## **Victoria Hospice Society 250-370-8868**

Royal Jubilee Hospital  
3rd Floor, Richmond Pavilion  
1952 Bay Street  
Victoria, BC V8R 1J8

A team of support staff, volunteers and counsellors provides information, individual and group support and counselling. Evening counselling sessions are available.

[www.victoriahospice.org](http://www.victoriahospice.org)

## **Crisis Intervention**

### **Vancouver Island**

#### **Crisis Line 1-888-494-3888**

24/7 confidential phone support provided by trained Crisis Line workers. Provides non-judgmental emotional support, crisis intervention, and suicide prevention and assessment. Public access for mental health crisis response teams. Provides information on community resources. Provides online emotional support via crisis chat services daily from 6 p.m. to 10 p.m. Crisis text program available daily from 6 p.m. to 10 p.m. by texting **250-800-3806**. If you have unlimited coverage for SMS text messages with your mobile service provider, the texting service will be free of charge.

[www.vicrisis.ca](http://www.vicrisis.ca)

## **Family Counselling**

### **Beacon Community Services**

**250-656-0134**

9860 Third Street

Sidney, BC V8L 4R2

Counselling for families, youth, adults and seniors.

[www.beaconcs.ca](http://www.beaconcs.ca)

### **Citizens Counselling Centre**

**250-384-9934**

941 Kings Road

Victoria, BC V8T 1W7

Individual counselling, couples counselling, and group counselling. Groups run three times each year (Fall, Winter and Spring) and include self esteem groups, anger management groups, mindfulness groups, and groups with a focus on stress, anxiety and depression.

[www.citizenscounsellingcentre.com](http://www.citizenscounsellingcentre.com)

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

**250-386-4331  
or 1-877-386-4333**

899 Fort Street

Victoria, BC V8W 1H6

Provides professional counselling, mediation, group programs, legal information and more for family relationship issues.

[www.fsgv.org](http://www.fsgv.org)

### **Pacific Centre Family Services Association**

**250-478-8357**

345 Wale Road

Victoria, BC V9B 6X2

Individual counselling for women who experienced violence in their adult relationship or who were sexually abused.

[www.pacificcentrefamilyservices.org](http://www.pacificcentrefamilyservices.org)

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## **Salt Spring Island Community Services      250-537-9971**

268 Fulford Ganges Road  
Salt Spring Island, BC V8K 2K6  
Provides counselling for adults, families and youths.

**[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)**

## **The Salvation Army Stan Hagen Centre For Families                      250-386-8521**

2695 Quadra Street  
Victoria, BC V8T 4E3  
Vocational counselling and emergency services provides professional supportive counselling for individuals, families and couples, by donation.

**[www.sashcf.ca](http://www.sashcf.ca)**

## **Sooke Family Resource Society                      250-642-5152**

100-6672 Wadams Way  
Sooke, BC V9Z 0H3  
Offers income-based counselling to individuals, couples, and families.

**[www.sfrs.ca](http://www.sfrs.ca)**

## **South Island Centre for Counselling and Training                      250-472-2851**

3821-A Cedar Hill X Road  
Victoria, BC V8P 2M6  
Offers affordable counselling to individuals, couples, families for issues including grief, life transitions, self-esteem, depression/anxiety, addictions, spirituality, relationship enrichment & conflict. Trains caregivers, family members and laypersons in helping others with these issues.

**[www.southislandcentre.ca](http://www.southislandcentre.ca)**

## **Mental Health**

### **Seniors Outreach Team (SORT)**

Provides outreach services, assessment, and treatment for seniors with complex mental health issues (including dementia) and/or addiction issues. The team is also involved in investigations of abuse and neglect. For further information and to determine eligibility call Seniors Health Intake at **250-370-8565**.

## **Senior Peer Counselling**

*Senior Peer Counsellors are trained volunteer non-professional counsellors who provide active listening, emotional support and empathy with life-style changes. They offer encouragement towards self help and exploration of choices. The following agencies offer this service, free of charge.*

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### **Beacon Community Services                                      250-656-5537**

SHOAL Centre  
10030 Resthaven Drive  
Sidney, BC V8L 3G4  
**[www.beaconcs.ca](http://www.beaconcs.ca)**

### **Salt Spring Community Services                      250-537-4607**

129 Hereford Avenue  
Salt Spring Island, BC V8K 2T3  
**[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)**

### **Seniors Serving Seniors                      250-382-4331**

109-1022 Pandora Avenue  
Victoria, BC V8V 3P5  
**[www.seniorsservingseniors.bc.ca](http://www.seniorsservingseniors.bc.ca)**