

Private Sliding-Scale Counsellors/Clinics in BC

January 2024

A list of private counsellors and counselling clinics offering sliding-scale counselling in British Columbia. Updated quarterly. *Please share, to help get the word out about affordable therapy.*

To be included on this list, counsellors must be registered with a professional college or association and have a minimum of a master's degree. Interns are graduate students supervised by master's or PhD counsellors.

Do you want to receive quarterly email alerts when this resource list is revised?

Email megan@willowtreecounselling.ca to sign up. Your email address is never sold or shared.

Notes to Readers: It is incumbent on users of this list to ensure that the chosen counsellor is the right fit and that their professional registration is active and in good standing. **Counsellors/clinics are grouped by the city where they are based, however are also available for online therapy within BC.** Counsellor fees may be subject to change, may/may not be posted online and are sometimes listed as a range. Although this list is updated quarterly, counsellors' subsidized spaces may vary or there may be a waitlist. Not all BC-based sliding scale counsellors/clinics are on this list. Googling may yield more options.

Notes To Counsellors: To be considered for this list, please complete this form: <https://forms.gle/bUSeMQoia9J79Vy36> To be removed from the list, or to update your information, email megan@willowtreecounselling.ca. I will be in touch once every 3 months to ensure accuracy of your information. There will be a deadline to respond in order to remain on the list. Contact me if you have missed the deadline, or my email has gone to your spam folder, and I will include you in the next edition. If being on this directory helps your practice, please join me in donating to the [Healing in Colour Directory](#) or [The Vancouver Black Therapy and Advocacy Foundation](#).

Inclusion of these counsellors and clinics does not indicate an endorsement of them or an affiliation with Willow Tree Counselling; Megan also reserves the right to decline or de-list therapists at any time. Please note: Although Willow Tree Counselling maintains this list, WTC's sliding scale spaces are full.

Contents - By region, alphabetically, starting next page

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<u>Comox-Courtenay</u>	<u>North/West Vancouver</u>	<u>Whistler</u>
<u>Coquitlam</u>	<u>Port Coquitlam</u>	
<u>Kamloops</u>	<u>Port Moody</u>	
<u>Kelowna</u>	<u>Surrey/Delta</u>	
<u>Langley</u>	<u>Squamish</u>	
<u>Maple Ridge</u>	<u>Vancouver</u>	

Online Only

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Emergence Counselling and Wellness Inc.	emergence-counselling.com/services	info@emergence-counselling.com	\$63		✓
Gravitate Counselling Inc	gravitatecounselling.ca/affordable	hello@gravitatecounselling.ca	\$50		✓
Katy Vinson Counselling	katyvinsoncounselling.com/services	info@katyvinson.com	\$85-\$100	✓	
Krista Blakelock Counselling	kristablakelock.com	blakelock.krista@gmail.com	\$70-\$100	✓	
Leona Westra Counselling	leonawestra.ca	leona@leonawestra.ca	\$40-\$150	✓	
Liberate Counselling Collective	liberatecounsellingcollective.com/pricing	hello@liberatecounsellingcollective.com	\$80-\$140	✓	
Mareel Counselling	mareelcounselling.ca/aboutveronika	veronika@mareelcounselling.ca	\$70-\$100	✓	
Our Landing Place Therapy Collective	ourlandingplace.com	250-806-0445	\$25-\$150	✓	✓
Sereda Psychotherapy Group	seredapsychotherapy.ca	info@seredapsychotherapy.ca	\$45-\$120	✓	✓
Strong Counselling	strongcounselling.com/low-cost-counselling	intakes@strongcounselling.com	\$65		✓
Tanya Barr Counselling	tanyabarrcounselling.com	tanya@tanyabarrcounselling.com	\$100-\$120	✓	
Women's Mental Health	https://womensmentalhealth.ca/low-cost-counselling/	604-529-4700	\$60		✓

In-Person and Online

Burnaby-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Mohit Bassi	mohitbassi.com	vancouvercounselling@pm.me	\$100-\$115	✓	
Prospect Counselling + Training* *BIPOC clients only	prospectcounselling.ca/services	connect@prospectcounselling.ca	\$25-\$80		✓

Comox/Courtenay-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Pacific Therapy & Consulting	www.pacifictherapy.ca	admin@pacifictherapy.ca	\$30		✓

Coquitlam-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Wellness North Counselling	wellnessnorth.ca	support@wellnessnorth.ca	\$0-\$100	✓	✓

Kamloops-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Healing Spaces	www.healingspaces.center	kelsey@healingspaces.center	\$50-\$130	✓	✓
WellMind Counselling	wellmind.ca/cost	250-572-2324	\$55		✓

Kelowna-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Motion Counselling	motioncounselling.com/fees-1	778-484-5600	\$50-\$60		✓

Langley-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Lavender Counselling	www.lavendercounselling.com/booking	604-455-8399	\$40-\$120	✓	✓
Thrive Life Counselling and Wellness	thrive-life.ca/reduced-cost-services	internship@thrive-life.ca	\$50		✓
Treehouse Trauma Centre	treehousetraumacentre.com/pricing	info@treehousetraumacentre.com	\$60	✓	✓

Maple Ridge-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Harbour Counselling & Consulting	harbourcounselling.ca	info@harbourcounselling.ca	\$100-\$120		✓

Nanaimo-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Island Clinical Counselling	islandclinicalcounselling.ca/services-and-fees	778-762-3750	\$25-\$100	✓	✓

North Shore-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Boomerang Counselling Centre	boomerangcc.ca/about-us/	778-639-0955	\$50-\$150		✓
Healing Spaces	healingspaces.center	kelsey@healingspaces.center	\$50-\$130	✓	✓
Nova Mental Health	novamentalth.ca	info@novamentalth.ca	\$50		✓ (PhD intern)

Port Coquitlam-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Wellness North Counselling	wellnessnorth.ca	support@wellnessnorth.ca	\$0-\$100	✓	✓

Port Moody-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Dawn Slykhuis - RVN Wellness	rvnwellness.com/counselling	778-883-4933	\$75 (max 6 sessions)	✓	

Squamish-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Communicating Well	communicatingwell.com/about-practicum-student/	info@communicatingwell.com	\$50		✓
Gina Frank, Creative Counselling	creative-counselling.com	squamishcreative@gmail.com	\$50-\$100	✓	

Surrey/Delta-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Annekatriin Shaw	cs4w.ca	604-593-3522	\$60-\$90	✓	

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Sojourn Counselling and Neurofeedback	sojourncounselling.com/low-cost-counselling	778-381-5868	\$0-\$155	✓	✓
Wellness North Counselling	wellnessnorth.ca	support@wellnessnorth.ca	\$0-\$100	✓	✓

Vancouver-Based

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Allura Sex Therapy Centre	alluracentre.com/lowcost-counselling	connect@alluracentre.com	\$60 + GST		✓
Avery Therapy Centre	averytherapy.com/low-cost-counselling-vancouver	admin@averytherapy.com	\$50 + GST		✓
Collective Healing Counselling and Consulting	collective-healing.ca/lower-cost-counselling	connect@collective-healing.ca	\$30-\$150	✓	✓
Dragonstone Counselling	dragonstonecounselling.ca/sliding-scale-program	dragonstone.counselling@gmail.com	\$10-\$80	✓	✓
East Vancouver Counselling	eastvancouvercounselling.ca/counsellors	info@eastvancouvercounselling.ca	\$30-\$110	✓	✓
Emotion Wise Counselling	www.emotionwise.ca/adriana	info@emotionwise.ca	\$0-\$50		✓
Expressive Wellness	expressivewellness.ca/lower-cost-counselling	samkaplan@expressivewellness.ca	\$30-\$80 (individuals) \$50-\$150 (couples)	✓	✓
Fieldwork Counselling	fieldworkcounselling.ca	hello@fieldworkcounselling.ca	\$10-\$35		✓
Justice Skinner	justiceskinnertherapy.com	justiceskinnercounselling@gmail.com	\$80-\$160	✓	
Latitude Counselling/Latitude Wellness	latitude-wellness.com	hello@latitude-wellness.com	\$0-\$80, sliding scale	✓	✓
New Tides Counselling and Wellness	newtides.ca/low-cost-counselling-vancouver	connect@newtides.ca	\$50-\$110	✓	✓
Peak Resilience	peak-resilience.com	604-682-7325	\$22-\$118	✓	✓
Prospect Counselling + Training* *BIPOC clients only	preospectcounselling.ca	connect@prospectcounselling.ca	\$25-\$80		✓
Starry Wonderland Play Therapy	starrywonderlandplaytherapy.ca/fees	swptbc@gmail.com	\$50-\$120	✓	
Thriving Hearts Therapy Clinic	thrivinglhearts.ca	thrivingheartstherapyclinic@gmail.com	\$70-\$100	✓	
WestCoast Vitality	westcoastvitality.com	connect@WestCoastVitality.com	\$50		✓

Victoria-Based

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Bodymind Counselling	bodymindcounselling.ca/low-fee-counselling	hello@bodymindcounselling.ca	\$40-\$80		✓
Sarah Davis, PhD, RCC	sarahdavisconsulting.ca/counselling#faqs	sarah@sarahdavisconsulting.ca	\$100-\$120	✓	

Whistler-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Liz Lee, RCC	lizleecounselling.com	liz@lizleecounselling.com	\$90	✓	



Willow Tree
Counselling

willowtreecounselling.ca
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