

Private Sliding-Scale Counsellors/Clinics in BC

April 2025

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.

Old version? The most current version can be found at this permalink:
<https://willowtreecounselling.ca/wp-content/uploads/resources/sliding-scale-counselling-list.pdf>
Please bookmark!

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 [Indian Residential School Survivors Society](#) 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

- Online Only

- In-Person and Online

Burnaby	Port Moody
Langley	Surrey/Delta
Nanaimo	Vancouver
North/West Vancouver	Victoria

Online Only

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Gravitate Counselling Inc	gravitatecounselling.ca/affordable	hello@gravitatecounselling.ca	\$50		✓
Help Clinic Canada	helpclinic.ca/low-fee-therapy-application/	604-283-6550	\$25 (+\$25 1-time admin fee)		✓
Joanne Hickman	joannehickman.com	hello@joannehickman.com	\$80-\$150	✓	
Kristen Hydes Counselling	kristenhydescounselling.com	tess@kristenhydescounselling.com	\$80-\$110	✓	
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/interns	info@mareelcounselling.ca	\$10-\$65		✓
N. Chan Counselling	nchancounselling.ca	info@nchancounselling.ca	\$70-\$130	✓	
Sereda Psychotherapy Group	seredapsychotherapy.ca	info@seredapsychotherapy.ca	\$35-\$160	✓	✓
Women's Mental Health	https://womensmentalhealth.ca/low-cost-counselling/	connect@womensmentalhealth.ca	\$60		✓

In-Person and Online

Burnaby-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Shanna Hickey Counselling	shannahickeycounselling.ca/equitable-pricing	shannahickeycounselling@gmail.com	\$100-\$225	✓	

Langley-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Ally Counselling	allycounselling.ca/services	604-723-0197	\$100	✓	
Karen Caspian, Verity Therapy	veritytherapy.ca/karen-caspian	karencaspiantherapy@outlook.com	\$60 (option for sliding scale)		✓
Sydney Arnold, Verity Therapy	veritytherapy.ca/sydney-arnold	sydneyarnoldtherapy@gmail.com	\$80 (option for sliding scale)		✓
Resolve Trauma Collective	resolvetraumacollective.com/low-cost-counselling	info@resolvetraumacollective.com	\$60		✓
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-\$160	✓	✓

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	\$10-\$70	✓	✓

North Shore-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
North Shore CBT Centre	northshorecbt.com/faqs	778-928-9069	\$50-\$80	✓	✓

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)	✓	

Surrey/Delta-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Annekatriin Shaw	cs4w.ca	604-593-3522	\$90	✓	
Sojourn Counselling and Neurofeedback	sojourncounselling.com/low-cost-counselling	778-381-5868	\$0-\$155	✓	✓

Vancouver-Based

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Allura Sex Therapy Centre	alluracentre.com/lowcost-counselling	connect@alluracentre.com	\$65		✓
Avery Therapy Centre	averytherapy.com/low-cost-counselling-vancouver	admin@averytherapy.com	\$50		✓
Boundless Heart Counselling Group	boundlessheartcounselling.ca/about-sarapirouz#low-cost	604-243-2563	\$30-\$50		✓
Chroma Counselling	chromacounselling.ca/low-cost-counselling	info@chromacounselling.ca	\$30-\$75		✓
Cicada Counselling	cicadacounselling.com/services	lou.counselling@gmail.com	\$50-\$100	✓	
Ciel Counselling	cielcommunitycounselling.com	cielcommunitycounselling@gmail.com	\$60	✓	
Collective Healing Counselling and Consulting	collective-healing.ca/lower-cost-counselling	connect@collective-healing.ca	\$30-\$150	✓	✓
Dragonstone Counselling	dragonstonecounselling.ca/sliding-scale-program	dragonstonecounselling@gmail.com	\$10-\$80	✓	✓
East Vancouver Counselling	eastvancouvercounselling.ca/counsellors	info@eastvancouvercounselling.ca	\$30-\$60		✓
Expressive Wellness	expressivewellness.ca/lower-cost-counselling	samkaplan@expressivewellness.ca	\$30-\$80 (individuals) \$50-\$150 (couples)	✓	✓
Heartspace Counselling and Art Therapy	heartspace-counselling.com/investment	stephanie@heartspace-counselling.com	\$100-\$150	✓	
Justice Skinner	justiceskinnertherapy.com	justiceskinnercounselling@gmail.com	\$80-\$160	✓	
KCR Counselling	Not Available	counsellorkate25@gmail.com	\$60-\$100	✓	
Latitude Counselling/Latitude Wellness	latitude-wellness.com	hello@latitude-wellness.com	\$80-\$160	✓	
New Tides Counselling and Wellness	newtides.ca/low-cost-counselling-vancouver	connect@newtides.ca	\$50-\$110	✓	✓
Nimble Counselling	nimblecounselling.com/low-cost-counselling	info@nimblecounselling.com	Free 1st, then \$50		✓
Peak Resilience	peak-resilience.com	604-682-7325	\$35-\$122	✓	✓
Prospect Counselling + Training* *BIPOC clients only	preospectcounselling.ca	connect@prospectcounselling.ca	\$25-\$80		✓
Resolve Trauma Collective	resolvetraumacollective.com/low-cost-counselling	info@resolvetraumacollective.com	\$60		✓

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
The Trauma Therapy Group	traumatherapygroup.com	info@traumatherapygroup.com	\$75		✓
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	\$60-\$100		✓

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