

# Private Sliding-Scale Counsellors/Clinics in BC

## April 2026

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>

- **Willow Tree Counselling Does Not Offer Sliding-Scale Counselling to the Public** •

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**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, there may be a waitlist, or interns may have left their listed host clinic. Not all BC-based sliding scale counsellors/clinics are on this list. Googling may yield more options.*

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**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](mailto: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](#). **Also, please consider linking to this list and/or my low cost counselling list, from your website, to help improve the public's access to more affordable counselling.**

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**Inclusion of these counsellors and clinics does not indicate an endorsement of them or an affiliation with Willow Tree Counselling; As this is a volunteer project, Megan also reserves the right to decline or de-list therapists at any time.**

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Willow Tree Counselling - [willowtreecounselling.ca](http://willowtreecounselling.ca)  
915-1125 Howe St. Vancouver BC V6Z 2K8 | | 604-521-3404

## Online Only

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Casacura Holistic Healing Space	<a href="http://mycasacura.com/rates">mycasacura.com/rates</a>	<a href="mailto:robbie@mycasacura.com">robbie@mycasacura.com</a>	\$100-\$160	✓	
Compassionate Conversations	<a href="http://compassionateconversations.ca">compassionateconversations.ca</a>	<a href="mailto:linaleecounseling@gmail.com">linaleecounseling@gmail.com</a>	\$100-\$120	✓	
Counselling For All	<a href="http://counsellingforall.org/fees">counsellingforall.org/fees</a>	<a href="mailto:admin@counsellingforall.org">admin@counsellingforall.org</a>	\$30-\$180	✓	✓
Krista Blakelock Counselling	<a href="http://kristablakelock.com/my-approach">kristablakelock.com/my-approach</a>	<a href="mailto:blakelock.krista@gmail.com">blakelock.krista@gmail.com</a>	\$70-\$100	✓	
Leona Westra Counselling	<a href="http://leonawestra.ca">leonawestra.ca</a>	<a href="mailto:leona@leonawestra.ca">leona@leonawestra.ca</a>	\$40-\$150	✓	
Liberate Counselling Collective	<a href="http://liberatecounsellingcollective.com/pricing">liberatecounsellingcollective.com/pricing</a>	<a href="mailto:hello@liberatecounsellingcollective.com">hello@liberatecounsellingcollective.com</a>	\$100-\$150	✓	
N. Chan Counselling	<a href="http://nchancounselling.ca">nchancounselling.ca</a>	<a href="mailto:info@nchancounselling.ca">info@nchancounselling.ca</a>	\$70-\$130	✓	
Sereda Psychotherapy Group	<a href="http://seredapsychotherapy.ca">seredapsychotherapy.ca</a>	<a href="mailto:info@seredapsychotherapy.ca">info@seredapsychotherapy.ca</a>	\$45-\$180	✓	✓
The Commons Wellness Collective	<a href="http://thecommonswellness.ca/low-cost-counselling">thecommonswellness.ca/low-cost-counselling</a>	<a href="mailto:info@thecommonswellness.ca">info@thecommonswellness.ca</a>	\$40	✓	✓
Women's Mental Health	<a href="https://womensmentalhealth.ca/low-cost-counselling/">https://womensmentalhealth.ca/low-cost-counselling/</a>	<a href="mailto:connect@womensmentalhealth.ca">connect@womensmentalhealth.ca</a>	\$60		✓

## In-Person and Online

### Burnaby-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
JM Counselling	<a href="http://psychologytoday.com/ca/therapists/jackson-mulligan-burnaby-bc/1535391">psychologytoday.com/ca/therapists/jackson-mulligan-burnaby-bc/1535391</a>	<a href="mailto:jacksonmulligan.counselling@gmail.com">jacksonmulligan.counselling@gmail.com</a>	\$80-\$150	✓	
Shanna Hickey Counselling	<a href="http://shannahickeycounselling.ca/counselling-rates">shannahickeycounselling.ca/counselling-rates</a>	<a href="mailto:shannahickeycounselling@gmail.com">shannahickeycounselling@gmail.com</a>	\$100	✓	

### Duncan-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Island Clinical Counselling	<a href="http://islandclinicalcounselling.ca/services-and-fees">islandclinicalcounselling.ca/services-and-fees</a>	<a href="mailto:admin@islandclinicalcounselling.ca">admin@islandclinicalcounselling.ca</a>	\$20-\$150	✓	✓

## Langley-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Alicia Dover/Verity Therapy	<a href="http://melissamarietherapy.janeapp.com/#/staff_member/14/bio">melissamarietherapy.janeapp.com/#/staff_member/14/bio</a>	<a href="mailto:aliciadovertherapy@gmail.com">aliciadovertherapy@gmail.com</a>	\$60		✓
Ally Counselling	<a href="http://allycounselling.ca/services">allycounselling.ca/services</a>	604-723-0197	\$100	✓	
Grigore Counselling & Associates	<a href="http://grigorecounselling.com/services-and-pricing">grigorecounselling.com/services-and-pricing</a>	<a href="mailto:info@grigorecounselling.com">info@grigorecounselling.com</a>	\$100, if requested		✓
Thrive Life Counselling and Wellness	<a href="http://thrive-life.ca/reduced-cost-services">thrive-life.ca/reduced-cost-services</a>	<a href="mailto:internship@thrive-life.ca">internship@thrive-life.ca</a>	\$50		✓

## Nanaimo-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Hollyburn Support Services	<a href="http://hollyburnsupport.ca">hollyburnsupport.ca</a>	<a href="mailto:counselling@hollyburn.ca">counselling@hollyburn.ca</a>	\$0-\$60	✓	✓
Island Clinical Counselling	<a href="http://islandclinicalcounselling.ca/services-and-fees">islandclinicalcounselling.ca/services-and-fees</a>	778-762-3750	\$20-\$150	✓	✓

## New Westminister-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Dr. Rosa Wu Counselling and Psychotherapy Services	<a href="http://rosawucounselling.com/fees-availability">rosawucounselling.com/fees-availability</a>	<a href="mailto:info@rosawucounselling.com">info@rosawucounselling.com</a>	\$0-\$90		✓

## North Shore-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Hollyburn Support Services	<a href="http://hollyburnsupport.ca">hollyburnsupport.ca</a>	<a href="mailto:counselling@hollyburn.ca">counselling@hollyburn.ca</a>	\$0-\$60	✓	✓
Morgan Donahue	<a href="http://empowerpsychotherapy.ca/morgan-donahue">empowerpsychotherapy.ca/morgan-donahue</a>	<a href="mailto:morgan@empowerpsychotherapy.ca">morgan@empowerpsychotherapy.ca</a>	\$80-\$100	✓	
North Shore CBT Centre	<a href="http://northshorecbt.com/faqs">northshorecbt.com/faqs</a>	778-928-9069	\$65-\$85	✓	✓

## Parksville-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Island Clinical Counselling	<a href="http://islandclinicalcounselling.ca/services-and-fees">islandclinicalcounselling.ca/services-and-fees</a>	778-762-3750	\$20-\$150	✓	✓

## Port Alberni-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Island Clinical Counselling	<a href="http://islandclinicalcounselling.ca/services-and-fees">islandclinicalcounselling.ca/services-and-fees</a>	778-762-3750	\$20-\$150	✓	✓

## Port Moody-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Dawn Slykhuis - RVN Wellness	<a href="http://rvnwellness.com/counselling">rvnwellness.com/counselling</a>	778-883-4933	\$85 (max 6 sessions)	✓	

## Richmond-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Grigore Counselling & Associates	<a href="http://grigorecounselling.com/services-and-pricing">grigorecounselling.com/services-and-pricing</a>	<a href="mailto:info@grigorecounselling.com">info@grigorecounselling.com</a>	\$100, if requested		✓

## Surrey/Delta-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Annekatriin Shaw	<a href="http://cs4w.ca">cs4w.ca</a>	604-593-3522	\$90	✓	
Hollyburn Support Services	<a href="http://hollyburnsupport.ca">hollyburnsupport.ca</a>	<a href="mailto:counselling@hollyburn.ca">counselling@hollyburn.ca</a>	\$0-\$60	✓	✓

## Vancouver-Based

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Allura Sex Therapy Centre	<a href="http://alluracentre.com/lowcost-counselling">alluracentre.com/lowcost-counselling</a>	<a href="mailto:hello@alluracentre.com">hello@alluracentre.com</a>	\$75		✓
An Elegant Mind Counselling Clinic	<a href="http://anelegantmindcounselling.janeapp.com">anelegantmindcounselling.janeapp.com</a>	<a href="mailto:admin@anelegantmind.com">admin@anelegantmind.com</a>	\$37		✓
Avery Therapy Centre	<a href="http://averytherapy.com/low-cost-counselling-vancouver">averytherapy.com/low-cost-counselling-vancouver</a>	<a href="mailto:admin@averytherapy.com">admin@averytherapy.com</a>	\$50		✓
Boundless Heart Counselling Group	<a href="http://boundlessheartcounselling.ca">boundlessheartcounselling.ca</a>	<a href="mailto:connect@boundlessheartcounselling.ca">connect@boundlessheartcounselling.ca</a>	\$30-\$50		✓
Chroma Counselling	<a href="http://chromacounselling.ca">chromacounselling.ca</a>	<a href="mailto:info@chromacounselling.ca">info@chromacounselling.ca</a>	\$0-\$75	✓	✓
Cicada Counselling	<a href="http://cicadacounselling.com/services">cicadacounselling.com/services</a>	<a href="mailto:lou.counselling@gmail.com">lou.counselling@gmail.com</a>	\$70-\$120	✓	

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Collective Healing Counselling and Consulting	<a href="http://collective-healing.ca/lower-cost-counselling">collective-healing.ca/lower-cost-counselling</a>	<a href="mailto:connect@collective-healing.ca">connect@collective-healing.ca</a>	\$30-\$150	✓	✓
Dragonstone Counselling	<a href="http://dragonstonecounselling.ca/sliding-scale-program">dragonstonecounselling.ca/sliding-scale-program</a>	<a href="mailto:dragonstone.counselling@gmail.com">dragonstone.counselling@gmail.com</a>	\$10-\$80	✓	✓
East Vancouver Counselling	<a href="http://eastvancouvercounselling.ca/low-cost-counselling/">eastvancouvercounselling.ca/low-cost-counselling/</a>	<a href="mailto:info@eastvancouvercounselling.ca">info@eastvancouvercounselling.ca</a>	\$30-\$60		✓
Heartspace Counselling and Art Therapy	<a href="http://heartspace-counselling.com">heartspace-counselling.com</a>	<a href="mailto:stephanie@heartspace-counselling.com">stephanie@heartspace-counselling.com</a>	\$80-\$150	✓	✓
JM Counselling	<a href="http://psychologytoday.com/ca/therapists/jackson-mulligan-burnaby-bc/1535391">psychologytoday.com/ca/therapists/jackson-mulligan-burnaby-bc/1535391</a>	<a href="mailto:jacksonmulligan.counselling@gmail.com">jacksonmulligan.counselling@gmail.com</a>	\$80-\$150	✓	
Justice Skinner	<a href="http://justiceskinnertherapy.com">justiceskinnertherapy.com</a>	<a href="mailto:justiceskinnercounselling@gmail.com">justiceskinnercounselling@gmail.com</a>	\$80-\$160	✓	
Morgan Donahue	<a href="http://empowerpsychotherapy.ca/morgan-donahue">empowerpsychotherapy.ca/morgan-donahue</a>	<a href="mailto:morgan@empowerpsychotherapy.ca">morgan@empowerpsychotherapy.ca</a>	\$80-\$100	✓	
New Tides Counselling and Wellness	<a href="http://newtides.ca/low-cost-counselling-vancouver">newtides.ca/low-cost-counselling-vancouver</a>	<a href="mailto:connect@newtides.ca">connect@newtides.ca</a>	\$50-\$110	✓	✓
Prospect Counselling + Training* *BIPOC clients only	<a href="http://preospectcounselling.ca">preospectcounselling.ca</a>	<a href="mailto:connect@prospectcounselling.ca">connect@prospectcounselling.ca</a>	\$25-\$80		✓
Shivani Wells Therapy Group	<a href="http://shivaniwells.com">shivaniwells.com</a>	<a href="mailto:coordinator@shivaniwells.com">coordinator@shivaniwells.com</a>	\$60-\$80		✓
WestCoast Vitality	<a href="http://westcoastvitality.com">westcoastvitality.com</a>	<a href="mailto:connect@WestCoastVitality.com">connect@WestCoastVitality.com</a>	\$50		✓

## Victoria-Based

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Bodymind Counselling	<a href="http://bodymindcounselling.ca/low-fee-counselling">bodymindcounselling.ca/low-fee-counselling</a>	<a href="mailto:hello@bodymindcounselling.ca">hello@bodymindcounselling.ca</a>	\$60-\$100		✓
Joanne Hickman	<a href="http://joannehickman.com">joannehickman.com</a>	<a href="mailto:hello@joannehickman.com">hello@joannehickman.com</a>	\$80-\$150	✓	

[willowtreecounselling.ca](http://willowtreecounselling.ca) | 604-521-3404 | [megan@willowtreecounselling.ca](mailto:megan@willowtreecounselling.ca)