

# Private Sliding-Scale Counsellors/Clinics in BC

## July 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!**

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**Do you want to receive quarterly email alerts when this resource list is revised?**  
Email [megan@willowtreecounselling.ca](mailto:megan@willowtreecounselling.ca) to sign up. Your email address is never sold or shared.

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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 or there may be a waitlist.* 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](#).

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**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.**

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## Contents - By region, alphabetically, starting next page

- Online Only

- In-Person and Online

<u>Burnaby</u>	<u>North/West Vancouver</u>	<u>Richmond</u>
<u>Duncan</u>	<u>Surrey/Delta</u>	<u>Vancouver</u>
<u>Langley</u>	<u>Port Coquitlam</u>	<u>Victoria</u>
<u>Nanaimo</u>	<u>Port Moody</u>	

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## Online Only

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Compassionate Conversations	<a href="http://compassionateconversations.ca">compassionateconversations.ca</a>	<a href="mailto:linaleecounseling@gmail.com">linaleecounseling@gmail.com</a>	\$80-\$100	✓	
Gravitate Counselling Inc	<a href="http://gravitatecounselling.ca/affordable">gravitatecounselling.ca/affordable</a>	<a href="mailto:hello@gravitatecounselling.ca">hello@gravitatecounselling.ca</a>	\$50		✓
Help Clinic Canada	<a href="http://helpclinic.ca/low-fee-therapy-application/">helpclinic.ca/low-fee-therapy-application/</a>	604-283-6550	\$25 (+\$25 1-time admin fee)		✓
Joanne Hickman	<a href="http://joannehickman.com">joannehickman.com</a>	<a href="mailto:hello@joannehickman.com">hello@joannehickman.com</a>	\$80-\$150	✓	
Krista Blakelock Counselling	<a href="http://kristablakelock.com/my-approach">kristablakelock.com/my-approach</a>	778-775-1970	\$70-\$100	✓	
Kristen Hydes Counselling	<a href="http://kristenhydescounselling.com">kristenhydescounselling.com</a>	<a href="mailto:tess@kristenhydescounselling.com">tess@kristenhydescounselling.com</a>	\$80-\$110	✓	
Liberate Counselling Collective	<a href="http://liberatecounsellingcollective.com/pricing">liberatecounsellingcollective.com/pricing</a>	<a href="mailto:hello@liberatecounsellingcollective.com">hello@liberatecounsellingcollective.com</a>	\$80-\$140	✓	
Mareel Counselling	<a href="http://mareelcounselling.ca/interns">mareelcounselling.ca/interns</a>	<a href="mailto:info@mareelcounselling.ca">info@mareelcounselling.ca</a>	\$10-\$65		✓
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>	\$35-\$160	✓	✓
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
Shanna Hickey Counselling	<a href="http://shannahickeycounselling.ca/equitable-pricing">shannahickeycounselling.ca/equitable-pricing</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>	778-762-3750	\$10-\$70	✓	✓

## Langley-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
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>	\$50-\$100		✓
Karen Caspian, Verity Therapy	<a href="http://veritytherapy.ca/karen-caspian">veritytherapy.ca/karen-caspian</a>	<a href="mailto:karencaspiantherapy@outlook.com">karencaspiantherapy@outlook.com</a>	\$100 (option for sliding scale)		✓
Sydney Arnold, Verity Therapy	<a href="http://veritytherapy.ca/sydney-arnold">veritytherapy.ca/sydney-arnold</a>	<a href="mailto:sydneyarnoldtherapy@gmail.com">sydneyarnoldtherapy@gmail.com</a>	\$80 (option for sliding scale)		✓
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		✓
Treehouse Trauma Centre	<a href="http://treehousetraumacentre.com/pricing">treehousetraumacentre.com/pricing</a>	<a href="mailto:info@treehousetraumacentre.com">info@treehousetraumacentre.com</a>	\$60-\$160	✓	✓

## Nanaimo-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	\$10-\$70	✓	✓

## North Shore-Based

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

## Port Coquitlam-Based

Counsellor or Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
Arshia Sidhu - Bright Minds Counselling	<a href="http://brightmindscounselling.com/arshia-bio">brightmindscounselling.com/arshia-bio</a>	<a href="mailto:Arshia.kooner@gmail.com">Arshia.kooner@gmail.com</a>	\$75 (max 6 sessions)	✓	

## 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>	\$50-\$100		✓

## 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	✓	
Sojourn Counselling and Neurofeedback	<a href="http://sojourncounselling.com/low-cost-counselling">sojourncounselling.com/low-cost-counselling</a>	778-381-5868	\$0-\$175	✓	✓

## 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:connect@alluracentre.com">connect@alluracentre.com</a>	\$65		✓
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>	\$0-\$50		✓
Chroma Counselling	<a href="http://chromacounselling.ca/low-cost-counselling">chromacounselling.ca/low-cost-counselling</a>	<a href="mailto:info@chromacounselling.ca">info@chromacounselling.ca</a>	\$30-\$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-\$100	✓	
Ciel Counselling	<a href="http://cielcommunitycounselling.com">cielcommunitycounselling.com</a>	<a href="mailto:cielcommunitycounselling@gmail.com">cielcommunitycounselling@gmail.com</a>	\$60	✓	
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:dragonstonecounselling@gmail.com">dragonstonecounselling@gmail.com</a>	\$10-\$80	✓	✓

Counsellor/Clinic	Web Page	Contact	Fees: Hour	Master's Counsellor	Intern
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		✓
Expressive Wellness	<a href="http://expressivewellness.ca/lower-cost-counselling">expressivewellness.ca/lower-cost-counselling</a>	<a href="mailto:samkaplan@expressivewellness.ca">samkaplan@expressivewellness.ca</a>	\$30-\$80 (individuals) \$50-\$150 (couples)	✓	✓
Heartspace Counselling and Art Therapy	<a href="http://heartspace-counselling.com/investment">heartspace-counselling.com/investment</a>	<a href="mailto:stephanie@heartspace-counselling.com">stephanie@heartspace-counselling.com</a>	\$100-\$150	✓	
Justice Skinner	<a href="http://justiceskinnertherapy.com">justiceskinnertherapy.com</a>	<a href="mailto:justiceskinnercounselling@gmail.com">justiceskinnercounselling@gmail.com</a>	\$80-\$160	✓	
KCR Counselling	Not Available	<a href="mailto:krcounselling1@gmail.com">krcounselling1@gmail.com</a>	\$50-\$150	✓	
Latitude Counselling/Latitude Wellness	<a href="http://latitudecounselling.com">latitudecounselling.com</a>	<a href="mailto:hello@latitudecounselling.com">hello@latitudecounselling.com</a>	\$20-\$170	✓	✓
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	✓	✓
Nimble Counselling	<a href="http://nimblecounselling.com/low-cost-counselling">nimblecounselling.com/low-cost-counselling</a>	<a href="mailto:info@nimblecounselling.com">info@nimblecounselling.com</a>	Free 1st, then \$50		✓
Peak Resilience	<a href="http://peak-resilience.com">peak-resilience.com</a>	604-682-7325	\$35-\$122	✓	✓
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		✓
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		✓

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