

Abbotsford Counselling Resource List

Low Cost and No Cost Counselling Services

Abbotsford Addiction Centre

203-2420 Montrose Ave, Abbotsford, BC

Phone: 604.850.5106

Fax: 604.850.5492

Therapist: Lesley Braithwaite, MA Program Coordinator; Diane Robinson, M.Ed, RCC; Sharon Hollingsworth BA, Seniors Liaison Addictions Counsellor; Josie Kane, MA, RCC, Youth Addictions Counsellor; Paul Henry, MSW, RSW; Dalbir Randhawa, MA, M Phil, RCC, Multicultural Therapist; Devinder Dherari, BA School based Prevention Worker

Lang. Serv: English, Punjabi

Hours: Office is open 8:30 to 4:30 and is closed daily between 12pm and 1pm. Some late afternoon/evening appointments (M-F)

Fee Structure: No Fee

CVAP: Not applicable

Works with: Children (groups); Youth (1-1 counselling and group); Adults (1-1 counselling and group); Couples, Families, Individual. Group counselling available.

Specialties: Alcohol and drug addicted, in-recovery, affected (loved ones), youth and seniors services/counselling, multicultural

Abbotsford Hospice Society

33134 Marshall Road, Abbotsford, BC

Phone: 604.852.2456

Fax: 604.852.2459

Therapist: 3 days a week a professional therapist is available to meet with people

Companions: Service is run by trained volunteers

Lang. Serv: English, Punjabi

Hours: 9-5pm Monday through Friday

Fee Structure: Free to members of the community

Works With: Children, teens, individuals, couples, provides group sessions for a variety of clients; volunteers are willing to tailor program to client specific needs

Specialties: Grief and loss (music therapy available for children who are either palliative or grieving)

Abbotsford Women's Support Services

Women's Resource Society of the Fraser Valley

Phone: 604.855.3363

Fax: 604.855.9583

Address will be given on an as needed basis

Therapists: Tricia Antonuk MSW- STV Counsellor for women; Maureen Birks- Children who witness abuse counsellor; June Dickson- Women's Outreach; Swinder Pal Singh, Women's outreach; Amber- Women's outreach

Lang. Serv: English, Punjabi, Hindi

Hours: M-F 9am-5pm

Fee Structure: no cost for women and children who fit within mandate

CVAP: do not accept CVAP claims

Works With: Children and women who have witnessed/experienced abuse

Specialties: trauma, abuse, advocacy, working with individuals and groups

Abbotsford Mental Health Centre:

Phone: 604.870.7800

Operated by the Ministry of Health with therapists who provide direct and group counselling to people who are in temporary or chronic emotional distress.

Child and Youth Mental Health:

Phone: 604.870.4010

Operated by the Ministry of Children and Families. Provides counselling for children and youth under 19. No charge. Deal with mental health issues. Does not provide services for children and youth who have only behaviour problems or FAS/FAE.

Garden Ministries

201 - 2296 McCallum Rd.

Phone: 604.504.5682

Abbotsford, BC

Fax 604.504.5680

Therapist: Hazel Reimer BA, MABC (Master of Arts in Biblical Counselling)

Lang. Serv: English

Hours: Normal daytime hours with possibilities for evening or weekends.

Fee Structure: No fees (donations accepted)

CVAP: *Not registered.*

Works with: Mainly with women but are willing to see others. I have assistants to help in various situations as necessary.

Private Abbotsford Counselling Services

The following counselling organizations accept clients with Crime Victim Assistance (CVA) claims. CVA applications are available through Victim Services at 604.864.4757.

Abbotsford Counselling

Phone: 604.853.7797

34748 Chantrell Place Abbotsford, BC

Therapist: Ian Harrison, MEd, CCC

Hours: 4-10pm (after school hours), weekends and holidays 10am-5pm

Fee Structure: \$80 and based on income

CVAP: Registered with CVAP; accepts CVA claims before they are finalized; still counsels individuals whose claims did not get approved with zero fees attached

Works With: Children and parents, individuals, adults, adolescents; cannot work with children who attend the following elementary schools: * Auguston, Prince Charles, Stenersen, Swift, Matsqui and Sandy Hill

Specialties: Art and play therapy, sexual assault, sexual abuse

Clear Day Counselling Services

Phone: 604.556.7180

32860 Bevan Ave., Abbotsford, BC

Therapist: Kelly Price, MA, RCC

Hours: Monday through Thursday, 5:30 – 9 pm

Fee Structure: Sliding fee scale \$40 – 80

CVAP: Registered with Provincial Crime Victim Assistance Program

Works with: Individuals, couples and families

Specialties: Addictions and trauma including sexual and abuse trauma. Able to provide assessment and provisional diagnosis and have strong community liaison skills.

Gordon M. Auld

Phone: 604.859.2364

3826 Old Clayburn Rd

Fax: 604.859.2363

Therapist: Gordon M. Auld, MA RCC

Hours: M-F 10am to 9pm and Saturdays from 10am to 2pm

Fee Structure: 95.00 no deposit. Sliding scale available

CVAP: Registered with CVAP

Works With: Families, youth (8yrs +), couples and individuals, cross-cultural client base

Specialties: Traumatic Incidence Reduction, relationship counselling, stress, anxiety, depression, cognitive behavioural treatments. Brief therapy using a mostly narrative approach.

Irene V. Peterson & Associates Counselling Services Inc.

Phone: 604.859.1462

10 – 2151 McCallum Road, Abbotsford, BC

Fax: 604.859.1472

Therapists: Irene Peterson, RPN, BA, BSW, MSW, RSW, RCC; Cinny Bubber, PhD, Registered Psychologist; Bob LaRoy, BA, MA, Registered Psychologist; Ron Laye, PhD, Registered Psychologist; Jonaire Bowyer-Smyth, MA, CCC.

Hours: 9am to 9pm (no weekends)

Fee Structure: \$80/hr base rate; \$130/hr for Registered Psychologists; CVA applications are accepted before being approved and finalized.

Works With: Individuals, couples, families; children, adolescents, adults, elderly

Specialties: Trauma Specialists, anxiety/panic/phobia disorders, post traumatic stress disorder, sexual, physical, emotional, verbal abuse and family violence. Critical incident stress debriefing, grief and loss issues. Stress management, self-esteem issues, anger management, chronic pain management, depression, eating disorders, nutritional counselling. Family relationships, divorce/separation, and blended family issues. Assessments/consultation. EMDR Level II.

Seven Oaks Counselling and Restoration Services

Phone: 604.853.8916

103-2790 Gladwin Rd, Abbotsford BC

Fax: 604.870.8916

Therapists: Don Huston MC, RCC; Marilyn Ibsen MC, RCC; Grace Yong MC, RCC; Marlayne Penner MC, RCC; Loid Loewen MC; Joy MacKenzie MC, RCC; Carol Salmon MC, RCC; Gwen Scott MC, RCC; Elizabeth Tribe MC, RCC; Tracy Steen MC, RCC; Al Wiebe MC, RCC

Hours: 9am to 9pm M-F, Saturdays

Lang. Serv: English, Spanish, Mandarin

Fee Structure: \$60 per session. Sliding scale and financial assistance available.

CVAP: 1 counsellor registered with CVAP.

Works With: Couples, Individuals, families and Children (3+)

Specialties: Couple dynamics, men's issues, women's issues, anxiety and depression, grief and loss, stress and relaxation, self worth and personal growth development, personal empowerment, female survivors of abuse, women with eating disorders, anger management, sexual issues