

Doing Time List of Free Counselling in the Greater Vancouver Area

For more information, please go to: <http://www.womenin2healing.org> and [Continuing support Link](#)

1. Crisis Center (Greater Vancouver). Telephone: 604-872-3311
2. UBC Life & Career Services. Free ongoing counselling with Counselling Psychology Graduate Practicum Students (wait list only, via an intake process). UBC Robson Square, 800 Robson Street, Plaza Level, Rm 1.400, Vancouver, BC. V6Z 3B. DROP IN HOURS are Monday-Friday, 10 AM - 4PM. 604-822-8585
3. Hey-Wayn-Noqu is an aboriginal healing circle for First Nations and Métis families. Head Office #401, 1638 East Broadway, Vancouver. Note: Counselling approach uses the Medicine Wheel to enhance individuality and independence, and includes therapeutic groups for specific issues. Also offers mental health counselling. Office hours are 8:30 am to 5 pm Monday, Tuesday, and Thursday, 8:30 am to 6 pm Wednesday, and 8:30 am to 12 noon Friday. 604-874-1831
4. Vancouver Rape Relief and Women's Shelter. Open 24 hours. Note: offers peer counseling for women that have experienced male violence abuse. 604-872-8212
5. Women Against Violence Against Women in China Town. Note: for women survivors of sexual violence. 24 hour crisis line Crisis Phone Number 604-255-6344
6. The Downtown Eastside Women's Centre, free advocacy and career help and counselling. 44 E. Cordova Street, Vancouver BC. Note: come in person from 10:00-noon and 2:00-5:00 pm. 604-681-8480
7. Vancouver Coastal Health, Aboriginal Health Services. May offer free services. 255 East 12th Avenue, Second Floor, Vancouver, BC. 604-876-6601
8. Salvation Army Community and Family Services 2313 Fraser Street. Provides abuses, mental and emotional counseling, including anxiety, depression, compulsive behaviour, and parenting skills. Services may be faith based. 604-872-7676

Updated November 5, 2008