



Counselling

Agencies and organizations which help people with emotional difficulties. Listed by subject heading. For Counsellors in private practice please look under Counsellors in the yellow pages of the TELUS Phone Directory.

Information and Referrals

BC Association of Clinical Counsellors **250-595-4448**
1-800-909-6303

14 - 2544 Dunlevy

Victoria, BC V8R 5Z2

Regulates the practice of clinical counsellors working at a Master's level. Provides referrals to counsellors.

www.bc-counsellors.org

Abuse

Cridge Transition House For Women **250-479-3963**

PO Box 48014

3575 Douglas Street

Victoria, BC V8Z 7H5

A temporary shelter for women with or without children who are experiencing abuse in their intimate relationships.

www.cridge.org

Men's Trauma Centre **250-381-6367**

102-1022 Pandora Avenue

Victoria, BC V8V 3P5

Provides one-on-one counselling for men who have experienced sexual abuse or other trauma. Sessions are usually weekly. Free victim services for men.

www.menstrauma.com

Pacific Centre Family Services Association **250-478-8357**
ext. 2221

103 - 2849 Peatt Road

Victoria, BC V9B 3V5

Individual counselling for women who experienced violence in their adult relationship or who were sexually abused.

www.pacificcentrefamilyservices.org

Vancouver Island Crisis Line **1-888-494-3888**

The official telephone line to report abuse. 24 hour-a-day, 7 day-a-week telephone support provided by trained crisis line workers. Crisis intervention and suicide prevention. Access to emergency mental health services. Conversations are confidential.

www.cvics.ca

Victoria Women's Sexual Assault Centre Crisis & Information Line **250-383-3232**

Business Line **250-383-5545**

511 - 620 View Street

Victoria, BC V8W 1J6

Provides individual and group counselling for survivors of sexual assault and historical sexual abuse.

www.vwsac.com

Victoria Women's Transition House Crisis Line **250-385-6611**
Community Office **250-592-2927**

100-3060 Cedar Hill Road

Victoria, BC V8T 3J5

A temporary shelter for women with or without children who are experiencing abuse in their intimate relationships. Wheelchair accessible.

www.transitionhouse.net

Addictions

Al-Anon 250-383-4020
2-2020 Douglas Street
Victoria, BC V8T 4L1
Support for families and friends of alcoholics.

Alcoholics Anonymous 250-383-0415
24 hour Help Line 250-383-7744
8-2020 Douglas Street
Victoria, BC V8T 4L1
12 step program to help people to learn how to live without alcohol.
www.aavictoria.ca

Narcotics Anonymous 250-383-3553
A self-help organization offering a supportive recovery environment for persons suffering from addiction.

Pacific Centre Family Services Association 250-478-8357
103-2849 Peatt Road
Victoria, BC V9B 3V5
Provides professional counselling.
www.pacificcentrefamilyservices.org

Salt Spring Island Community Services 250-537-9971
268 Fulford Ganges Road
Salt Spring Island, BC V8K 2K6
Offers counselling and food bank.
www.saltspringcommunityservices.ca

Vancouver Island Health Authority Adult Addictions Community Treatment Mental Health & Addiction Services 250-727-3544

1250 Quadra Street, 2nd floor
Victoria, BC V8W 2K7
Provides addictions treatment both group and individual, counselling, education and referral services for individuals 19 years and older, and who are experiencing difficulties with alcohol or other drugs, or who are affected by someone else's substance abuse. Self referral accepted.

Seniors Outreach Resource Team (SORT) 250-953-3966

2828 Nanaimo Street
Victoria, BC V8T 4W9
Formerly Elderly Outreach Services and VISTA. Provides outreach services. Community education and consulting services concerning seniors and substance abuse.

Bereavement

BC Bereavement Helpline 1-877-779-2223
Provides listening and resource listings for support of grief and loss.
www.bcbereavementhelpline.com

Beacon Community Services 250-656-0134
9860 Third Street
Sidney, BC V8L 4R2
Grief and loss support, counselling services.
www.beaconcs.ca

Compassionate Friends Victoria Chapter 250-478-9270

Offers friendship and support for bereaved parents who have had a child die at any age from any cause. Resource meetings, monthly meetings and quarterly newsletter.
www.tcfcanada.net

Salt Spring Hospice 250-537-2770

PO Box 521

Salt Spring Island, BC V8K 2W2

Offers counselling services for chronically and terminally ill persons and their families. Volunteers provide one-to-one visits at home or at the hospital. Respite care and bereavement support. Loans educational materials.

www.saltspringhospice.org

Sooke Hospice Volunteers 250-642-4345

PO Box 731

Sooke, BC V9Z 1H7

Victoria Hospice Society 250-370-8868

Royal Jubilee Hospital

3rd Floor, Richmond Pavilion

1952 Bay Street

Victoria, BC V8R 1J8

A team of support staff, volunteers and counsellors provides information, individual and group support and counselling. Evening counselling sessions are available.

www.victoriahospice.org

Widows' Walk 250-385-9474

Support/walking group for widows. Victoria group meets at Mile 0, Dallas Road every Wednesday at 9:45 a.m. Sidney group meets at Port of Sidney every Saturday at 9:45 a.m.

Crisis Intervention

Vancouver Island Crisis Line 1-888-494-3888

24 hour-a-day, 7 day-a-week telephone support provided by trained crisis line workers. Access to information about community resources/services. Crisis intervention and suicide prevention. Access to emergency Mental Health and Addictions Services. Conversations are confidential.

www.cvics.ca

Family Counselling

BC Families in Transition 250-386-4331

812-B Broughton Street

Victoria, BC V8W 1E4

Provides professional counselling, legal support, group programs, information and more, for family relationship issues. Legal information hotline, Tuesdays and Thursdays at **1-877-386-4333**.

www.bcfrit.org

Beacon Community Services 250-655-5309

9860 Third Street

Sidney, BC V8L 4R2

Counselling for families, youth, adults and seniors.

www.beaconcs.ca

Salt Spring Island Community Services 250-537-9971

268 Fulford Ganges Road

Salt Spring Island, BC V8K 2K6

Provides counselling for adults, families and youths, and Seniors' health promotion.

www.saltspringcommunityservices.ca

Salvation Army Family & Community Services 250-386-8521

2695 Quadra Street

Victoria, BC V8T 4E3

Vocational counselling and emergency services. Provides professional supportive counselling for individuals, families and couples, by donation.

www.salvationarmy.ca

South Island Centre for Counselling and Training **250-472-2851**

3821-A Cedar Hill X Road

Victoria, BC V8P 2M6

Offers income-based counselling to individuals, couples, families for issues including grief, life transitions, self-esteem, depression/anxiety, addictions, spirituality, relationship enrichment & conflict. Trains caregivers and family members in helping others with these issues.

www.southislandcentre.ca

Mental Health

Seniors Outreach Resource Team **SORT** **250-953-3966**

2828 Nanaimo Street

Victoria, BC V8T 4W9

Formerly Elderly Outreach Services and VISTA. Provides outreach services, community education and consulting services concerning seniors for complex mental health and/or substance abuse issues.

Senior Peer Counselling

Senior Peer Counsellors of BC are trained volunteer counsellors who provide active listening, emotional support and guidance, empathy with life-style changes, decision-making and problem solving. The following agencies offer this service, free of charge.

Beacon Community Services **250-656-5537**

SHOAL Centre

10030 Resthaven Drive

Sidney, BC V8L 3G4

www.beaconcs.ca

Salt Spring Seniors Services Society **250-537-4607**

379 Lower Ganges Road

Salt Spring Island, BC V8K 2V4

Seniors Serving Seniors **250-382-4331**

109-1022 Pandora Avenue

Victoria, BC V8V 3P5

www.seniorsservingseniors.bc.ca



Seniors Serving Seniors

The top three questions we get asked are:

- 1) Where can I get help with my personal and household needs?
- 2) What housing options are available for seniors?
- 3) Where can I find financial and legal resources?

If you have questions on services for seniors, call us at **250-382-4331**.