



Enclosed is a short list of names and numbers of organizations/professionals from the community that you may find suitable to assist with counselling and/or support. This list is by no means complete and those named are not necessarily endorsed by the Specialized Victim Assistance Program. We suggest you personally contact the organization/individual to obtain detailed information and to arrange an appointment to meet with the parties of your interest.

****COUNSELLING SERVICES****

ABBOTSFORD ADDICTIONS CENTRE (archwaycommunityservices.com)..... 604-850-5106

- No-cost drug and alcohol outpatient program

ABBOTSFORD MENTAL HEALTH CENTRE 604-870-7800

MISSION MENTAL HEALTH 604-814-5600

- No-Cost: Assessment, treatment and groups for mental and emotional disorders

ABUSE COUNSELLING & SUPPORT SERVICES (archwaycommunityservices.com) . 604-859-7681

- **STOPPING THE VIOLENCE (STV):**ext 209
Counselling for women impacted by sexual and/or physical violence
- **SEXUAL ABUSE INTERVENTION PROGRAM (SAIP):** ext 251
Counselling for children impacted by sexual abuse
Fee: No charge for 20 counselling sessions
Accepts CVAP

FIRST NATIONS HEALTH AUTHORITY (www.fnha.ca/benefits/mental-health) .. 1-855-550-5454

- If you are First Nations and have a First Nations status number you may be eligible for 20+ counselling sessions fully funded through the FNHA
- More info and list of registered counsellors on the website

FRASER RIVER COUNSELLING CENTRE (fraserrivercounselling.ca) 604-513-2113

- TWU Counselling Psychology students provide a broad range of counselling services
- \$20 per session (fee is negotiable)
- Locations: Abbotsford, Aldergrove and Langley

MCC END ABUSE PROGRAM (When Love Hurts) 604-850-6639

- Group support for victims of domestic violence. Elsie Goerzen, Program Coordinator

SARA for Women (saraforwomen.ca) Abbotsford: 604-855-3363, Mission: 604-820-8455

- Group and individual counselling for victims of wife assault and sexual assault; drop-ins available
- No Fee
- Prevention, Education, Advocacy, Counselling & Empowerment (PEACE): for children ages 4-18
- Family court support and parenting support

WARM ZONE 604-746-3301

- Access to phone and internet, bathroom and laundry facilities, and support programs
- Provides a Peer Outreach Support Program

WOMEN EXITING ABUSE, VIOLENCE AND EXPLOITATION (WEAVE) 604-859-7681 ext 283

- Program for women wanting to leave the sex trade

BC ASSOCIATION OF CLINICAL COUNSELLORS (www.bc-counsellors.org/) 1-800-909-6303

- Database for counsellors – can filter city, area of practice, CVAP registered, gender

BC PSYCHOLOGICAL ASSOCIATION (www.psychologists.bc.ca) 1-800-730-0522

- Database for psychologists – can filter city, area of practice, gender

BC MENTAL HEALTH INFORMATION LINE 1-800-661-2121

HERETOHELP (heretohelp.bc.ca/)

- Mental health and substance use information

****COUNSELLING SERVICES ACCEPTING CVAP****

ABUSE COUNSELLING 604-859 7681 extensions 766/304

- Archway Community Services - no fee, often a waitlist
- Trauma-informed play therapy for children impacted by sexual and/or physical abuse
- Counselling for men and women impacted by domestic and/or sexual violence

CARES COUNSELLING (cares.ca) 604-853-8916

- Abbotsford, BC
- Fee based on a sliding scale
- No fee for clients w/CVAP

CASCADE CHRISTIAN COUNSELLING (cascadechristiancounselling.com) 604-854-5413

- Abbotsford, BC
- Fee based on a sliding scale
- No fee for clients w/CVAP

CHILLIWACK COUNSELLING (chilliwackcounselling.ca) 604-220-6572

- No fee for clients w/CVAP
- Shannon Petovello and Dawn Buckley
- Both are also a Registered Clinical Counsellor with the First Nations Health Authority (see First Nations Health Authority above)

COLUMBIA COUNSELLING ASSOCIATES (columbiacounselling.ca) 604-852-2557

- Chilliwack and Abbotsford
- Difference paid by client

EAGLE SPIRIT COUNSELLING (eaglespiritcounselling.com) 604-728-1574

- Mission, BC
- No fee for clients w/CVAP
- Registered Clinical Counsellor with the First Nations Health Authority (see First Nations Health Authority above)

ETERNA COUNSELLING & WELLNESS (eternacounselling.ca) 604-746-2025

- Abbotsford, BC
- Will see Clients free while awaiting CVAP
- Clients seeing Cecilia pay \$40 difference w/CVAP
- Clients seeing Jill or Jessy do not pay difference w/CVAP
- Jill Hall is also a Registered Clinical Counsellor with the First Nations Health Authority (see First Nations Health Authority above)

EXPRESSION COUNSELLING (expressioncounselling.ca) 604-819-8401

- Abbotsford, BC
- Will see Clients for free while awaiting CVAP, or can offer sliding scale (to be evaluated by counsellor)
- No fee for clients w/CVAP
- Laurie Schulz is also a Registered Clinical Counsellor with the First Nations Health Authority (see First Nations Health Authority above)

DR. SUSAN GOLDSMITH & ASSOCIATES (drgoldsmithandassociates.ca) 604-504-5444

- Abbotsford, BC
- Difference paid by Client

FARAH HAQ (1lifecentre.com) 778-858-7998

- Maple Ridge, BC (currently offering phone/video sessions due to COVID)
- Offered in English, Punjabi, Hindi and Urdu
- No fee for clients w/CVAP
- Will see clients who have a CVAP claim number even prior to approval

JASBIR HUNDAL (jhundalcounselling@gmail.com) 604-961-2060

- Abbotsford, BC
- English and Punjabi
- No fee for Clients w/CVAP
- Registered Clinical Counsellor with the First Nations Health Authority (see First Nations Health Authority above)

JYOTI RANA 778-779-2627

LIFE LINK COUNSELLING (<http://www.lifelinkcounselling.com/>) 604-855-6677

- Abbotsford, BC
- No fee for Clients w/CVAP

KASHMIR BESLA 778-218-1180

- Surrey, BC
- Offered in English and Punjabi

MARK DOUGLAS 604-820-7020

- Mission, BC
- Provides play therapy for children
- Registered Clinical Counsellor with the First Nations Health Authority (see First Nations Health Authority above)

OAKHILL COUNSELLING & MEDIATION SERVICES (oakhill.ca) 604-850-3774

- CVAP counsellors: Deborah Mater, Josie Kane, Linda Temple, Cheryl Ainsworth, Paul Henry, Tony Lapointe, Pree Wadhawan, Debbie Welsh, Sandy Chiner, Cindy Merrick, Raymond Welliver, Magda Darkazalli, Tina Leknois
- Sliding-scale available with: Maggie Roman (\$60), Bonnie Seitz (\$80), Sandy Chinery (\$65-\$75), Debbie Welsh (\$65-\$75)
- No fee for Clients w/CVAP

RE.POSE THERAPY 604-799-7573

- Abbotsford and Chilliwack, BC
- Registered counselors (Abbotsford): Danielle Braun-Kauffman, Julia Weins, Teresa McLellen, Kara Phelan, Charmaine Bond, Lorraine Reimer
- Registered counselor (Chilliwack): Mike Cameron
- Typically client must pay the difference, but may vary depending on counselor

SHAMROCK COUNSELLING (shamrockcounselling.com) 604-859-7474

- Aldergove, BC
- Equine Therapy
- Difference paid by Client, unless seeing an intern

THRIVE COLLECTIVE (<https://www.thrivewellbc.com/>) 604-217-6003

- Chilliwack, BC
- Erin Perkes is the only CVAP counsellor there
- No fee for clients w/CVAP

VOTH COUNSELLING SERVICES (vothcounsellingandtherapy.com) 604-308-6567

- Abbotsford, BC
- No fee for clients w/CVAP
- Will see clients who have a CVAP claim number even prior to approval

****SUBSTANCE USE SERVICES****

FIRTH RESIDENCE (elizabethfry.com) 604-520-1166

- Detox, stabilization and structured relapse prevention for women
- Transitional housing and support services for women on their own or with children

FRASER HOUSE SOCIETY (fraserhouse.org) 604-826-6810

- Mission, BC
- Clinic for alcohol and drug dependency
- Outpatient programs – non-residential
- Adult, youth and family counselling

FOUNDRY (foundrybc.ca/abbotsford) 604-746-3392

- For youth 12-24 years old and their families
- Health clinic hours
- Drop-in, individual, family counselling
- Activities & groups

PEARDONVILLE HOUSE (peardonvillehouse.ca) 604-856-3966

- Women’s residential substance treatment program
- Need a referral from a professional: Abbotsford Addictions Centre, Social Worker, addictions counsellor, probation officer, community support worker, therapist, or mental health worker

****LEGAL INFORMATION****

Federal Victim Services 1-866-806-2275

Victim Safety Unit (BC): 24 hour accused in-custody info 1-877-315-8822

- Online application for updates available at www.gov.bc.ca

Court Information/Preparation

- Adult - YouTube: Your Voice in Criminal Court www.courtprep.ca www.victimsinfo.ca
- Youth - www.courtchoices.ca & www.coryscourthouse.ca

Abbotsford Crown Counsel 604-870-5400

Court Services Online (search Traffic/Criminal) <https://justice.gov.bc.ca/cso/index.do>

Criminal Court Lists (by region): <http://www.ag.gov.bc.ca/courts/court-lists/criminal/index.htm>

Free Pro Bono Clinic (accessprobono.ca/) 1-877-762-6664

- If you do not qualify for Legal Aid

Legal Aid (Conroy Building) 604-852-2141

Community Legal Advocacy Centre (ACS) 604- 859-7681 ext. 207

Legal Services Society website (including Family Law) www.lss.bc.ca

Clicklaw (Provides legal information and education) www.clicklaw.bc.ca/

Abbotsford Court Registry 604-855-3200

North Fraser Institute (Victim notifier) 1-604-468-3567

Surrey Pre Trial (Victim notifier) 1-604-572-2154

Family Justice Centre info 1-888-216-2211 // 604-851-7055

- Separation, divorce, custody, support

Abbotsford Probation 604-851-7100

Parole Duty Officer (breach of parole 24 hours) 1-800-669-1322

Protection Order Registry (Civil restraining orders) 1-800-563-0808

FOOD & SHELTER

Salvation Army: Cascade Community Church (35190 Delair) 604-556-7000

Salvation Army: Thrift Store, Family Services, Meal Centre (33933 Cyril St) 604-852-9305

Archway Food Bank & Free Dental Clinic (abbotsfordfoodbank.com) 604-859-5749

Abbotsford Transition House 24 hrs 604-852-6008

Mission Transition House 24 hrs 604-826-7800

Warm Zone 604-746-3301

After Hours Emergency Shelter (after 4:30pm) 604-660-3194

BC Housing (bchousing.org) 604-433-1711

- Subsidized, supportive housing, rental assistance

CRISIS

Crisis Line 1-877-820-7444

Helpline for children (BC Ministry line) Dial "0" ask for Zenith 1234

Kids Help Phone (24-hour counseling for all child/youth issues) 1-800-668-6868

Youth In BC Distress Line 1-866-661-3311

Online Chat Services for Youth www.youthinbc.com - noon to 1 am

Online Chat Services for Adults www.crisiscentreachat.ca - Noon to 1 am

Mental Health (after hours) 1-877-384-8062

1800SUICIDE 1-800-784-2433

OTHER SERVICES

VictimLINK Resource Line 1-800-563-0808

- Counseling and referrals for victims of crime

BC211 (www.bc211.ca) 211

- 24-hour referrals to community, social & government programs

HealthLink BC (www.healthlinkbc.ca) 811

- 24-hours - Speak with a nurse or pharmacist

Public Health Unit 604-864-3400

- immunizations, pregnancy support, hearing clinic, speech therapy, nutrition
- Early childhood development, dental care, and harm reduction

Options for Sexual Health Sexual and Reproductive Health Care and Education .. 604-731-4252

- www.optionsforsexualhealth.org

Abbotsford Youth Health Centre (ayhc.ca) 604-746-3392

HEAL Program at Surrey Memorial Hospital604-585-5634

- Intake & assessment for non-acute physical and sexual abuse of children under 18

Forensic Nursing 604-851-4700 ext. 646147

- Abbotsford Regional Hospital for victims of sexual assault and violence

Abbotsford Police 604-859-5225

Abbotsford Police Victim Services 604-864-4757

Mission RCMP 604-826-7161

Mission RCMP Victim Services 604-820-3504

Fraser Valley Aboriginal Children & Family Services Society 604-855-3328

Ministry of Children & Families (Child Protection, Abbotsford) 604-870-5880

Ministry of Children & Families (Child Protection, Mission) 604-820-4300

Ministry of Children & Families (Community living) 604-870-5900

Ministry for Social Development (Income Assistance) 1-866-866-0800

Bikers Against Child Abuse Canada (<http://canada.bacaworld.org/>) 604-807-4340

Child Care and Resource Referral (<http://www.ccr.bc.ca/>) 604-850-7934

Crime Victim Assistance Program (CVAP) 1-866-660-3888

Mission Community Services Society 604-826-3634

Mission Indian Friendship Centre 604-826-1281

BC Restorative Justice 604-534-6736

Service Canada 1-800-622-6232