



**PACIFIC CENTRE**  
family services association

## **Community Counselling**

PCFSA offers affordable community counselling options. Fees for these affordable programs are to be paid directly by clients or their families and may be covered by Extended Health Benefits or sources such as the Crime Victims Assistance Program.

## **Clinical Counselling**

Registered therapists provide counselling to adults and couples for a broad range of issues from trauma to mental health and historical concerns.

## **Child & Youth Counselling**

Registered therapists provide counselling to children and youth for a broad range of issues.

## **Short-Term Affordable Counselling**

Youth, adults and couples can access clinical counselling with Masters level interns for a broad range of issues at reduced rates.

## **How we help**

- contending with depression and anxiety
- coping with grief and loss issues
- responding to trauma
- overcoming acute and chronic issues including stress and illness
- making life decisions and dealing with transitions
- developing improved coping skills
- addressing workplace issues
- working on relationships
- dealing with parenting challenges
- enhancing self-esteem
- planning for the future
- gender sensitive issues

## **Connect with Community Counselling**

To connect with PCFSA's Community Counselling Program, please call 250-478-8357.

We will do our best to respond to your call within 5 business days. We look forward to hearing from you!