

Counselling – Quick List

ABBOTSFORD COMMUNITY SERVICES

Abbotsford Addictions Centre

604-850-5106 | aac@abbotsfordcommunityservices.com

- The Abbotsford Addiction Centre provides therapists with Masters Degrees at a free Alcohol and Drug Outpatient Program, with a Multicultural and Seniors Addictions component. We serve both youth and adults using and those affected by substance misuse. In order to access our services attendance at an orientation session is required. There is a waitlist for individual counselling however new clients can usually join a group right away.

Moving Ahead Program

604-859-7681 ext. 235

- The Moving Ahead (MAP) helps immigrant individuals and families with multiple needs and significant integration barriers.

Services include:

- Intake and In-Home Assessment
- Case management of Individual Client Files
- Settlement Information and Counselling
- Practical Assistance & Supported Access to Services
- Support Groups and Workshops
- Life Skills, Literacy and Essential Skills Development

Sexual Abuse Intervention Program

604-743-0377

- We provide a range of appropriate, timely and accessible assessment, treatment and/or support services to children and youth who have been sexually abused, and to children under the age of 12 with sexual acting out behaviors. Referrals come from a variety of community, and professional sources. Self-referral is also accepted.

Stopping The Violence

604-859-7681 ext. 209 | Jill.Blaylock@abbotsfordcommunityservices.com

- We provide individual and/or group counselling for women who have experienced childhood sexual abuse, sexual assault, and/or violence/abuse in relationships. These services are offered from a client centered perspective. We offer a group for female survivors of childhood sexual abuse – called Women's Therapy Group. Referrals come from a variety of community, and professional sources. Self-referral is also accepted.

ADOLESCENT DAY TREATMENT PROGRAM

Fraser Health Crisis Line: 604-951-8855 | toll-free 1-877-820-7444

- The Adolescent Day Treatment Program provides services to youth ages 13-18 who are experiencing severe psychiatric difficulties such as schizophrenia and other psychotic disorders, major affective disorders, anxiety disorders, or other severe mental health issues, and are also struggling with academic and social/family functioning.

CARES COUNSELLING

604-853-8916 | cares.info@gmail.com | [website](#)

- As a local non-profit counselling agency, we recognize that many people in our community are struggling to cope with problems in their lives. Our mandate is to respond to those needs through high quality counselling services offered at affordable rates.

CHILD YOUTH MENTAL HEALTH

604-870-5853

- Parents and youth can access community mental health assessments, supports and services in Abbotsford.

EPI: EARLY PSYCHOSIS INTERVENTION

1-866-870-7847

- The Early Psychosis Intervention team provides and coordinates all aspects of treatment, counselling, education, case management, support and referrals to other support services in the individuals' community. Group sessions provide psychosis education through videos, presentations, written material and discussions with others who have been through similar experiences.

FRASER RIVER COUNSELLING CENTRE

1-604-513-2113 | info@fraserrivercounselling.ca | [website](#)

- FRC offers a broad range of low-cost counselling services for the community. While under the supervision of a Registered Clinical Counsellor, practicum counsellors-in-training deliver a range of clinical services for children, youth, and adults.

QUEST RESOLUTIONS

604-556-4805 | [website](#) | info@questresolutions.ca

- Quest Resolutions specializes in conflict resolution services for individuals, families, groups and workplaces in the Fraser Valley. We offer counselling, coaching, mediation, training and workplace conflict management.

SARA FOR WOMEN

604-855-3363 | abbotsfordSTV@saraforwomen.ca | [website](#)

There are offices in Mission and Abbotsford that are places where women can come for support and access to a variety of programs and services. Outreach, counselling, and referral are delivered one-on-one or in group sessions for women and their children. Individual counselling and group counselling are provided at no cost for women.

START

1-844-782-7811

- The Short Term, Assessment, Response, Treatment (START) Team provides confidential mental health crisis intervention services for children and teens ages 6 -18.

TELECARE CRISIS AND CARING LINE

604-852-9099 | Text 604-210-2299 | admin@telecarebc.com | [website](#)

- Professionally-trained volunteers provide information and referral services, support, and lay counselling for people in distress. 24-hour service, seven days a week. Also offers support through text messaging from 3 pm to 9 pm daily. Office hours vary. Serves BC. Non-profit faith-based agency.