

Parenting Counselling Referral Guide

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Please note: The information in this resource list is provided to the best of our knowledge at the time of compilation. Service availability, eligibility criteria, costs, wait times, and delivery methods may change without notice. Inclusion in this list does not guarantee access to services.

Clients are encouraged to contact service providers directly to confirm current information, eligibility, availability, and how to access services. This list is provided for information purposes only and does not constitute a recommendation or endorsement of any specific service or provider.

EMERGENCY & CRISIS SUPPORT:

- **BC 24/7 Crisis Line:** 1-800-SUICIDE (1-800-784-2433) **Website:** crisiscentre.bc.ca
- **KUU-US Crisis Line** (Support for Indigenous Peoples) 24/7 phone line: 1-800-588-8717
Website: kuu-uscrisisline.com
- **Suicide Crisis Helpline:** 24/7 call or text: 9-8-8 **Website:** 988.ca

FOR ADDITIONAL COUNSELLING RESOURCES: <https://victoria-southisland.pathwaysbc.ca/>

FOR ADDITIONAL PARENTING RESOURCES:

Pathways Directory for parenting: https://victoria-southisland.pathwaysbc.ca/service_categories/11

Parenting Support, Connection & Family Services (IN-PERSON)

Family Services of Greater Victoria

Low-cost counselling for adults, youth, and children in the Greater Victoria Area.

Services provided:

- In person or virtual counselling for adults, youth and children aged 4 years and up.
- Cost: Sliding scale fees starting at \$30

How to access services:

- **Phone:** 250-386-4331
- **Website:** <https://www.fsgvic.org/counselling>
- **Location:** 1004 N Park Street, Victoria, British Columbia, V8T 1C6

1Up Victoria Single Parent Resource Centre

Provides practical support, education, and a sense of hope to single parent families with children up to age 18.

Services provided:

- Drop in groups
- Courses on topics such as parenting, boundaries, and stress
- Mentorship, coaching and counselling

How to access services:

- **Website:** <http://singleparentvictoria.ca>
- **Address:** 103-771 Vernon Avenue, 602 Gorge Road East
Victoria, BC, V8Z 3E9

Connect Parent Group for Parents and Caregivers of Teens

An Attachment Group for Parents and Caregivers of Teens, supporting parents for children and youth(8 and 18 years of age).

How to Access Services:

- Phone: 778-621-2260 (Program Coordinator)
- Email: siobhan.avery@gov.bc.ca
- Website: <https://www.connectattachmentprograms...>

BGC South Vancouver Island

Weekly groups for families and their babies across various stages.

- **Best Babies:** *Best Babies offers support to pregnant families and their newborns up to 6-8 weeks of age.*
- **Baby Steps:** *A weekly group for families with babies between 8-weeks to 1-year that cover topics including:*
 - stages of development
 - safe infant sleep
 - introducing solids
 - maternal mental health
- **Big Steps:** *Big Steps is a drop-in group for families with toddlers between ages 1 and 3 years old with a kinder gym for toddlers. Supervision from a caretaker is required to attend.*

How to access services

- **Website:** <https://bgcsvi.org/programs/baby-programs>
- **Phone:** Nicola MacKay- 250-686-9109
- **Email:** bestbabies@bgcsvi.org

Location: 345 Wale Road, Colwood BC

Sooke Family Resource Society

Provides various family services such as pre- and post-natal programs, family support, and more.

Services provided:

- Family Support Program
- Family Support Group
- Family Support Workers
- Dad's Group
- Prenatal Support

How to Access Services:

- **Phone:** 250-642-5152
- **Email:** tnorquay@sfrs.ca
- **Website:** <http://www.sfrs.ca/programs/family-services/>

Locations:

- **250-940-4882** 345 Wale Road, Victoria, British Columbia, V9B 2P8
- **778-433-2023 #202,** 2800 Bryn Maur Road, Langford, British Columbia, V9B 3T4

Parent Support Services BC

Supports the well-being of children by empowering those who care for them through connection, education, and advocacy.

- Resources
- Workshops
- Support groups

General Phone: 1-877-345-9777

Kinship Care Helpline: 1-855-474-9777

Parenting Support Group Website: <https://www.parentsupportbc.ca/support-groups/>

Website: <https://www.parentsupportbc.ca/>

Cascadia Consultation

Cascadia provides counseling services to individuals (children, youth, and adults), couples, and families. We specialize in complex cases where there are numerous presenting issues occurring in one or more family members simultaneously.

Services provided:

- Individual and family counselling
- Groups

How to access services:

Phone: 250-590-7050 or email: info@cascadiaconsultation.com

Website: <https://www.cascadiaconsultation.com/>

Location: 755 Queens Ave, Victoria, British Columbia

Parenting Resources (VIRTUAL PROVINCE WIDE)

Foundry Virtual BC

Offers same day and scheduled counselling by video, audio or chat for **young people ages 12-24 and their caregivers**.

When are Services Available?

- Booked appointments available Monday-Friday, 10:00am-9:00pm, and Saturday-Sunday, 10:00am-6:00pm (book up to 3 days in advance).
- Same day access to virtual counselling appointments is available! Download the Foundry BC app, register for an account, and book in with one of the counsellors.

Who can access these services?

- BC young people aged 12-24
- Caregivers of youth ages 12-24

How to Access Services:

Phone: 1-833-308-6379

Email: online@foundrybc.ca

LIFE: Living In Families Effectively

LIFE Seminars provides parents, couples, individuals, and professionals, with knowledge, insight and skills based on science, experience and research. Developed by a child psychologist and expert family therapists.

How to access services:

Website: <https://www.lifeseminars.com/>

Find Support BC

Tool for parenting information and support across life domains and stages.

How to access services:

- **Website:** <https://www.findsupportbc.com/timeline/>

Positive Parenting Programs

The Triple P – Positive Parenting Program® gives you tips and ideas to help you bring out the best in your children, to help them be resilient, confident, and have the self-discipline to succeed

How to access services:

- <https://www.triplep-parenting.ca/ca/triple-p/>

Kidcare Canada

Offers a collection of carefully-crafted, trustworthy resources that show you how to do it! They have resources to support you on your journey as a parent.

How to access services:

<https://kidcarecanada.org/>

Specific Parenting/Family Supports & Resources (IN-PERSON & VIRTUAL)

Family Smart

FamilySmart is a non-profit organization that supports parents and caregivers of children and youth facing mental health and/or substance use challenges. Our work is grounded in compassion, connection, and lived experience. Services available include family peer support, workshops, resources/videos and events

How to access services:

- Phone: (250) 940-6105
- Email: lisa.tate@familysmart.ca
- Website: [FamilySmart - Together-Centred™ for Child & Youth Mental Health](https://www.familysmart.ca/)

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Confident Parents: Thriving Kids

Provided by Canadian Mental Health Association (CMHA)

Services Provided: free web and phone-based coaching service to help parents support their children aged 3-12 to manage either anxiety or behaviour challenges. **offered at no cost** to parents and caregivers across BC. **Referral needed from a family doctor or pediatrician.**

Programs to Access:

- **Confident Parents: Thriving Kids – Behaviour Program:**

A telephone-based coaching service for parents that includes a series of 6 to 14 weekly coaching sessions, along with exercises and workbooks, trained coaches empower parents and caregivers to learn effective skills and techniques that support social skills and cooperation in their child.

Confident Parents: Thriving Kids – Anxiety Program:

- A new telephone coaching service for parents and caregivers to engage in scheduled sessions to help them build skills and strategies to help kids manage anxiety. It includes a series of videos that demonstrate key concepts and approaches, developed in collaboration with BC experts who work extensively with children experiencing anxiety and their families.

How to access services:

- **Phone:** 604-688-3234
- **Toll Free:** 1-855-871-8445
- **Website:** <https://welcome.cmhacptk.ca>

Foundations Parenting Program – THRIVE

This program is an intensive parenting program provided in a group setting and in the family home. The program runs for 10 weekends and is designed to educate parents on:

- Meeting the children's emotional, social, and physical needs as a priority
- Specific child development and age-appropriate child management skills
- Understanding causes of difficulties within the families
- Understand the importance of attachment and attunement
- Enhance communication skills for successful family relations

*Referrals must be made through an MCFD Social Worker

How to access services

- **Phone:** 250-383-4821
- **Website:** <https://thrivevictoria.org/family-services/foundations/>

Pacific Post Partum Support Society

Support, education, and peer connection for individuals experiencing perinatal and postpartum mental health challenges.

Services available:

- Telephone and text support for parents and supporters of new parents
- Support groups

How to access services:

- Call/texting: 604-255-7999
- Website: <https://postpartum.org/>

ACCESSING PRIVATE COUNSELLING

Finding a Private Counsellor – BC Association of Clinical Counsellors

BCACC maintains an online directory of Registered Clinical Counsellors (RCCs) who meet professional and ethical standards set by the association across British Columbia. This tool is useful for individuals seeking private counselling, including counsellors who may accept CVAP, FNHA, or offer sliding-scale fees.

How to use the BCACC Find a Counsellor tool:

- Visit the BCACC website and select “Find a Counsellor”
- Search by location (city, region, or postal code)
- Filter by areas of practice (e.g., trauma, anxiety, depression, substance use, parenting and by funding they might accept.
- Review counsellor profiles to check credentials, approaches, fees, and whether they accept third-party funding (such as CVAP or FNHA)
- Contact counsellors directly to ask about availability, fees, and funding acceptance

Website: <https://bcacc.ca/counsellors/f/aop-Stress>

Finding a Private Counsellor – Psychology Today

Psychology Today hosts an online directory of mental health professionals, including counsellors, psychologists, social workers, and psychiatrists. It can be used to search for both in-person and virtual counselling options.

Psychology Today includes both regulated and unregulated providers. Clients are encouraged to check credentials and ask about registration, funding acceptance (CVAP, FNHA), and fees before booking.

How to use Psychology Today:

- Visit the Psychology Today website and select “Find a Therapist”
- Enter a city, postal code, or region
- Filter by issues (e.g., trauma, anxiety, grief, substance use), therapy types, and client populations
- Use filters to look for counsellors who accept specific funding types or offer sliding-scale fees
- Read profiles to understand a counsellor’s approach, training, availability, and costs
- Contact counsellors directly through the platform or using the contact details provided

Website: <https://www.psychologytoday.com/ca/therapists/bc/victoria>