

Victoria Counsellors & Mental Health Supports

Traci McGee (250) 885-6760 <http://www.tracimcgee.ca>

Jill Davoren, MSW (250) 415-7575

<https://thecounsellingcollective.ca/team/jill-davoren/>

Formerly and for many years the perinatal social worker at VGH, now in private practice.
Douglas & Quadra area

Sarah Nakatsuka, Grief counselor Website: <http://sarahnakatsuka.com>

Specializes in perinatal grief and loss.

Erinn Doncaster (250) 538-8777 E-mail: erinn@coherence-counselling.com

www.coherence-counselling.com

Fort & Cook area. Trauma, couple and perinatal counselling

Joss Hurtig-Mitchell, RCC (250) 415-9650 <http://www.josshurtigmitchell.ca/>

Quadra & Pandora area

Nichole Fairbrother PhD, RPsych (250) 519-5390, Ext 36320 CACBT-ACTCC Certified Cognitive Behaviour Therapist and Founding Member Assistant Professor Department of Psychiatry | Island Medical Program Email: nicholef@uvic.ca

<https://bcchr.ca/our-research/researchers/results/Details/nichole-fairbrother>

Jennifer Vining (250) 216-7345 <http://www.jenvining.ca/>

Richmond & Hillside area.

Vanessa Bailey (250) 858-7770 <http://baileycounsellingtherapy.ca/sexual-reproductive/>

Also does birth trauma—on parental leave to June 2020

Elements of Health Centre (250) 383-2626 <https://www.elementscentre.ca/mindfulness/>

Classes, workshops and resources specific to mindfulness & loss

Nicole Makin (250) 384-9934 <https://www.clearcoast.ca>

Sarah Kathleen Wilson (778) 400-2249

https://sarahkathleenwilson.com/contact/?_gl=1*wi9kap*_ga*NTE5ODQ1MTg0LjE3NDY5ODI3MTA.*_ga_QSBM3T6VWR*cZ3NDY5ODI3MTAkbzEkZzEkdDE3NDY5ODI3NDakajAkbDAkaDA

Cook St area. Queer friendly. Hypnotherapy, social worker, clinical counsellor

Citizen's Counselling (250) 384-9934 <http://www.citizenscounselling.com>

Has a waiting list and is quite affordable-sliding scale

Local grief and pregnancy loss support groups:

- <https://www.westcoastperinatalcare.com/about-4>
- <http://www.healingheartsfoundation.ca/>
- <https://victoriahospice.org/how-we-can-help/bereavement-services/>

Resources specific to pregnancy and infant loss, but can also be useful for more universal grief:

- <https://bipocwomenshealth.com/cultural-resources/indigenous/indigenous-patients-pregnancy-loss/>
- <https://womenshealthclinic.org/resources/pregnancy-and-infant-loss-resources>
- <https://pailnetwork.sunnybrook.ca/support-for-families-menu/>

General grief resources:

- <https://refugeingrief.com/>
- <https://modernloss.com/>
- <https://www.centerforloss.com/grief/>
- <https://whatsyourgrief.com/>
- <https://blog.goodgriefapp.com/our-story/>
- <https://ttfa.org/>

Supporting children through grief and loss:

- https://victoriahospice.org/wp-content/uploads/2020/02/VH_ChildYthGrief-1912-gs-proof6.pdf

Mindfulness and helpful coping skills:

- https://victoriahospice.org/wp-content/uploads/2019/07/26188-vichospice_relax_bro_sept14_proof.pdf