

Victoria Counsellors & Mental Health Supports

Adrienne Carruthers, MSW RSW RM PMH-C <https://www.acarruthers.com/>

Traci McGee (250) 885-6760, <http://www.tracimcgee.ca>, <https://mcgeetherapy.janeapp.com/>

Renee Ahmadi (250) 885-6760, <https://mcgeetherapy.janeapp.com/>,
<https://www.islandperinatal.ca/renee-ahmadi/>

Clinical Fellow with ++experience around birth as a doula

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

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

Trauma, couple and perinatal counselling

Theresa Gulliver RCC (250) 858-8049 <http://theresagullivercounselling.com/>

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

Brandi Allen, RCC (778) 678-0709 E-mail: info@brandiallencounselling.com
<http://brandiallencounselling.com/>

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/>

Elements of Health Centre (250) 383-2626 <https://www.elementscentre.ca/mindfulness/>
Classes, workshops and resources specific to mindfulness

Alice Mickelson, MSW, Registered Social Worker / Psychotherapist,
<https://neuralive.org/team-member/alice-mickelson/>

Victoria & Online; Specializing in Indigenous individuals (FNHA); anxiety, depression,
relationship struggles, emotional regulation, trauma, grief and loss; infertility, PMDD,
miscarriage, IVF, adoption, and postpartum-related issues.

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

Kate Borsato, www.kateborsato.com

-birth trauma counsellor online sessions from your home.

Sarah Kathleen Wilson (778) 400-2249 <http://sarahkathleenwilson.com/about-me/>

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

Pacific Postpartum Society <http://postpartum.org/>

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