

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

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

www.coherence-counselling.com

Fort & Cook area. 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/>

Quadra & Pandora area

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>

Indus Piche

indrus@indrus.com

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

Richmond & Hillside area.

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

Classes, workshops and resources specific to mindfulness

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

-Postpartum counselling . Burnside-Douglas area

Kate Borsato PP,

www.kateborsato.com

-birth trauma counsellor online sessions from your home.

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

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

Mothering Touch (250) 595-4905 Has a mothering circle that you must register for at

<https://www.motheringtouch.ca/classes/classes-for-new-parents/motherhood-circle/>

Pacific Postpartum Society

<http://postpartum.org/>