



Patricia Spence

Clinical Counsellor



Pat provides

- Counselling for children, youth, adults, and families
- Short term counselling in the areas of grief and loss, relationship challenges, family dynamics, emotional literacy, self-esteem, identity, coping, managing stress, anxiety, depression
- Provide community and mental health resources and information
- Collaboration with community resources and service providers throughout the West Coast communities.
- Advocacy and providing referrals to other services and/or counselling support for ongoing wellness

Contact Information

Patricia Spence

Cell: 250-201-2688

patricia.spence@nuuchahnulth.org

For afterhours support, please call:

Emergency Services at
911

Kuu-uus Crisis Line

Adults/Elders: 250-723-4050
(call or text)

Child/Youth: 250-723-2040
(call or text)

Toll free: 1-800-588-8717

Communities Served

Pat is clinical counsellor for children, youth, adults, and families for Mowachaht/Muchalaht First Nation

Pat's work hours are 8:30am-4:30pm. Monday-Friday.

Pat's office is currently being renovated at the Band Office. She will make arrangements to accommodate you.