



Pamela Ana, Certified Canadian Counsellor

www.wellnessmattersbc.ca

Phone: (778) 419-3300

Location: Port Alberni

Area of Specialty: the aftermath of trauma – self-care strategies

Treatment Modalities: client-centered psychotherapy

Client Age Ranges: all

Telehealth: most appointments by video, limited number of face-to-face appointments available

Availability: no waitlist



Tehani Burnett, Registered Clinical Social Worker

www.clarity3.weebly.com/

Phone: (250) 667-5617

Location: Port Alberni

Area of Specialty: anxiety, depression, grief & loss, relationship challenges, child and youth mental health

Treatment Modalities: CBT, solution-focused; Gottman method couples counsellor; Art Therapy

Client Age Ranges: teens to elders

Telehealth:

Waitlist: 3-6 months

May 2022

Current provider list can be found at: <https://nuuchahnulth.org/services/teechuktl-mental-health>

****Note, please let provider know you are accessing their services via NTC NIMH benefits**



Tooie Casavant, Canadian Certified Counsellor

Phone: (250) 730-0186

Location: Port Alberni

Area of Specialty: trauma and spiritual healing

Treatment Modalities: Somatic Experience practitioner, clinical hypnotherapy, EMDR, Narrative, hands on healing, Jin Shin Do, etc

Client Age Ranges: children to seniors

Telehealth: yes

Availability: Waitlist 2-3 months



Arianna Clarke-Watts, Registered Clinical Counsellor

www.acwcounselling.com

Phone: (250) 334-6841

Location: Port Alberni, Courtenay

Area of Specialty: trauma, grief, transitions, spiritual discovery

Treatment Modalities: Internal Family Systems therapy, EMDR, mindfulness-based approaches and client centered.

Client Age Ranges: 17+

Telehealth: yes

Availability: Available in-person on Wednesdays and via phone/video Tuesday through to Friday.

May 2022

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James Cowan, Registered Clinical Counsellor

www.talltreecounselling.com

Phone: (250) 735-8822

Location: Port Alberni

Area of Specialty: Children and Adolescence Development and Cognition. People with Disabilities. Substance use, misuse, and abuse. Violence and Abuse. Intergenerational Trauma. Grief and loss

Treatment Modalities: Brief Therapy Models; Cognitive Behavioral Therapy; Solution Focused Therapy; Psycho-education. Play Therapy for children.

Client Age Ranges: I am a child focused practice and I will begin to assess working with children as young as 4 and I typically work with adolescents and young adults. However, I am still a generalist practice and I will work with adults of any age.

Availability: Upon receiving a request for service it can take between 2 - 6 months before I am able to intake that person.

I currently operate my clinic Monday to Wednesday with 3pm, 4pm, and 5pm appointments and Thursday and Friday with 1pm, 2pm, 4pm, and 5pm appointments

Treatment delivery: Able to provide face to face, digital (zoom), and telephone sessions to clients. I also have access to a group room for family or group sessions.



Lindy Devine, Registered Clinical Counsellor

www.lindydevinecounselling.com

Phone: (250) 668-4315

Location: Port Alberni & Nanaimo

Area of Specialty: trauma and addictions

Treatment Modalities: Somatic therapy, CBT

Client Age Ranges: adult

Telehealth: yes

Availability: taking on new clients after Easter

May 2022

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Daniel Ducheck, Registered Clinical Counsellor

www.bcacc.ca/counsellors/daniel-ducheck

Phone: (778) 716-7040

Location: Port Alberni

Area of Specialty: Anxiety, Depression, Trauma

Treatment Modalities: Creative Art Therapy, Drama Therapy, Play Therapy, Somatic

Client Age Ranges: Children, Adolescent, Adult

Telehealth: Online 'zoom' sessions available

Availability: some openings available (please contact)



Hweqwunaat (Sandra Karlsen), Registered Social Worker

Phone: (250) 723-8140

Location: Port Alberni

Area of Specialty:

Treatment Modalities: trauma informed counselling, utilizing CBT, Narrative Therapy & Solution Focused Therapy

Client Age Ranges: young adults & adults

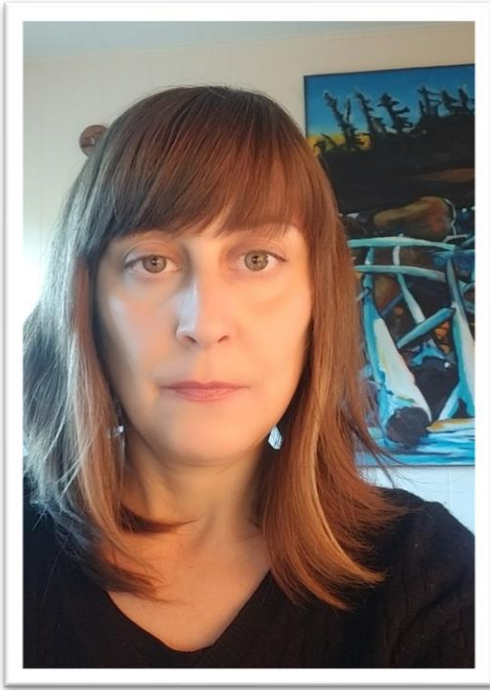
Telehealth: able to provide in person (if individuals provide confirmation of vaccination) and virtual services. I also able to provide walking and talking sessions.

Availability: one month wait list at this time

May 2022

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Johanne Saraceno, Registered Clinical Counsellor

www.healthyrelationshipsbc.ca

Phone: (250) 816-0924

Location: Port Alberni, Nanaimo, and West Coast

Area of Specialty: Interpersonal trauma, sexual abuse, healthy relationships, gender identity and expression, sexuality

Anxiety, depression and healthy coping.

Treatment Modalities: Somatic-focused mindfulness, EMDR, DBT, CBT, relational, polyvagal and attachment informed trauma therapy

Client Age Ranges: 10 years and older

Telehealth: yes, video and phone offered

Availability: Approx. 3 weeks waitlist



Amber Severinson, Registered Social Worker

www.huumiistuhmapt.wordpress.com

Phone: (236) 544-0464

Location: Port Alberni

Area of Specialty: Trauma

Treatment Modalities: Individual

Client Age Ranges: 6 years - adults

Telehealth: yes

Availability: No waitlist currently

May 2022

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Deborah Weis, Registered Clinical Counsellor

Phone: (250) 731-8144

Location: Port Alberni

Area of Specialty: Grief/loss/bereavement, Perinatal Mood Disorders, Perinatal Grief and Loss, Parental Mental Health, Infant Mental Health, Child Sexual Abuse and Child Trauma, Highly Sensitive People (HSP's)

Treatment Modalities: Talk Therapies (humanistic), Sand Tray, SandStory, Expressive Thearpies, Outdoor Play Therapy, Theraplay, Echotherapy, TFCBT, CBT, IFS (Informed), Circle of Security

Client Age Ranges: Children (3-10 years), Adults (19-100 years)

Telehealth: Not available

Availability: Limited (part-time practice). No waitlist at present.



Rod Chant, Registered Clinical Counsellor

www.rodchantcounselling.com

Phone: 250-202-0891

Location: Campbell River & Courtenay

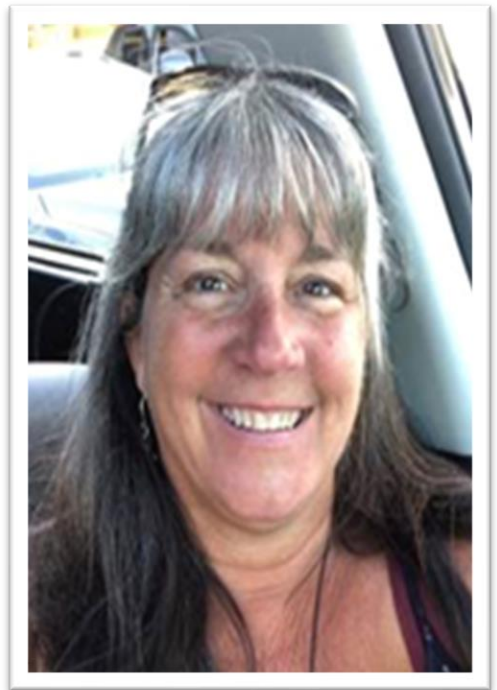
Area of Specialty: General Family Practice: domestic violence, victims of violence, residential school survivors, anxiety, depression, couples, grief and loss, family conflict, stress related, chronic and critical health, addictions (all kinds), anger management

Treatment Modalities: Family Systems, cognitive Behavioural, Dialectic, Acceptance and Commitment

Client Age Ranges: 12 years and up

Telehealth: yes

Availability: No waitlist



Tammy Collard, Registered Social Worker

www.introspeconsulting.com

Phone: (250) 202-8264

Location: Campbell River

Area of Specialty: Indigenous inter-generational trauma, childhood emotional trauma, re-aligning distorted cognitive and perceptual patterns, conflict resolution/relationship re-building, effective/safe communication skill building.

Treatment Modalities: Trauma resolution, CBT, DBT, narrative (NET), neuroscience (PE), conflict resolution – committed to working with clients in a way that best fits their needs and emotional comfort level. Strong focus on trauma informed practice

Client Age Ranges: 16+ years and older

Telehealth: YES – video and telephone

Availability: Always changing – I generally try to remain open to speaking with clients to determine the 'fit' as well as explore my availability for their needs in the moment

May 2022

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Gary Hartford, Registered Clinical Counsellor

www.garyhartford.com

Phone: (250) 203-7898

Location: Campbell River

Area of Specialty: generalist with a background in youth and family addiction

Treatment Modalities: Narrative Therapy, CBT

Client Age Ranges: 12+

Telehealth: yes

Availability: No current availability



Dave Owen, Registered Social Worker

www.strathconacounselling.ca

Phone: (250) 338-0311

Location: Campbell River & Courtenay

Area of Specialty: Addictions, family systems, marital, anxiety, treatment of sex offenders

Treatment Modalities: CBT, Gestalt and many other unnamed techniques including group work

Client Age Ranges: 9 years old and up

Telehealth: phone, video and in person counselling.

Availability: generally, 1 to 2 weeks, Wednesday to Friday

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Wendy Tyrer, Registered Clinical Counselor

www.tyrerclinicalcounselling.ca

Phone: (250) 830-3285

Location: Campbell River

Area of Specialty: trauma

Treatment Modalities: Somatic Experiencing/trauma; CBT, Narrative Therapy

Client Age Ranges: 6 years and older

Telehealth: yes (zoom)

Availability: No waitlist



Amanda Sawatzky, Canadian Certified Counsellor

www.amandasawatzky.wordpress.com

Phone: (250) 749-4946

Location: Lake Cowichan

Area of Specialty: anxiety, depression, and trauma including sexual trauma

Treatment Modalities: Somatic experiencing, narrative, CBT

Client Age Ranges: 10-99

Telehealth: yes

Availability: General within 2 weeks

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Ron Jorgenson, Registered Clinical Counsellor

Phone: (250) 737-5143 OR message 250-731-8290

Location: Duncan

Area of Specialty: Trauma; Depression; Grief; Communication and Conflict; Anxiety; Individual; Couples

Treatment Modalities: CBT; SFBT; Neurofeedback; Psycho-Educational; Rogerian

Client Age Ranges: 18-90

Telehealth: Available

Availability: Usually within one week



Bronwen Rutter, Registered Clinical Counsellor

www.liferestorationcounselling.com

Phone: (250) 210-8936 (text or voice)

Location: Duncan & Parksville

Area of Specialty: Trauma, addictions, Couples counselling, Grief and Loss, Relationship counselling, Family of Origin work, Residential School trauma and generational effects

Treatment Modalities: Somatic psychotherapy, Family Systems Therapy, Developmental Model for Couples, Solution-Focused

Client Age Ranges: Youth (ages 12 and up), Adults

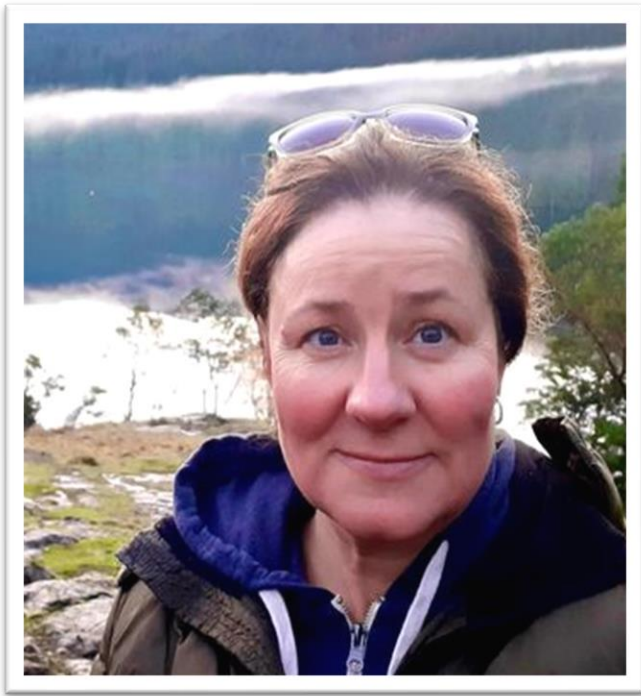
Telehealth: Online via zoom, and in-person counselling available

Availability: Usually within 2 weeks

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Michelle Gilligan, Registered Clinical Counsellor

www.bridgescounselling.com

Phone: (250) 797-5358

Location: Nanaimo

Area of Specialty: anxiety and trauma

Treatment Modalities: individual therapy - attachment-based, self-compassion, somatic, trauma-informed

Client Age Ranges: 17 and up

Telehealth: yes

Availability: currently about 2 weeks



Shelley Iberg, Registered Clinical Counsellor (PhD)

Phone: (250) 739-0953

Location: Nanaimo

Area of Specialty: substance, transition, depression, anxiety, couples, mental health, medical issues, diverse background of specialties

Treatment Modalities: Brainspotting (Trauma) Therapist, Sand Tray Therapy, Satir Systemic Transformational Therapy, Solution Focussed

Client Age Ranges: 5 - 95

Telehealth: yes - zoom and telephone

Availability: emergency basis within a week

Dr. Shelley Iberg M.A., RCC, is a Registered Clinical Counsellor since 2004, with a 35-year career in mental health and wellness. She completed her Ph.D. in Spirituality in 2020. She has a lifelong passion in spirit and nature. She loves working with people and honouring their spirit. She lives on Vancouver Island with her husband and dog Jake. She grew up on a dairy farm on Langley. She has a private practice in her home and works with Island Health. She has a background in Recreation Therapy. She believes in people's strengths and passions. She understands how hard it is to do personal work and honours the courage it takes to move in a new direction. She will walk alongside people in their growth journey.

May 2022

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Paula Johnson, Registered Clinical Counsellor

www.pauladjohnson.com

Phone: (250) 585-5515

Location: Nanaimo

Area of Specialty: trauma resolution, attachment trauma, grief, depression, anxiety, healing intergenerational trauma

Treatment Modalities: EMDR, EFT, CBT, solution focused, somatic, family of origin, breathe and meditation, supportive counselling

Client Age Ranges: teens - up

Telehealth: yes

Availability: about a month out right now



John Taylor, Registered Clinical Counsellor

www.izumitherapy.com

Phone: (250) 618-0216

Location: Nanaimo

Area of Specialty:

Treatment Modalities: Trauma therapy, Cognitive Behavioral Therapy, solution Focused therapy

Client Age Ranges: Ages 20 plus

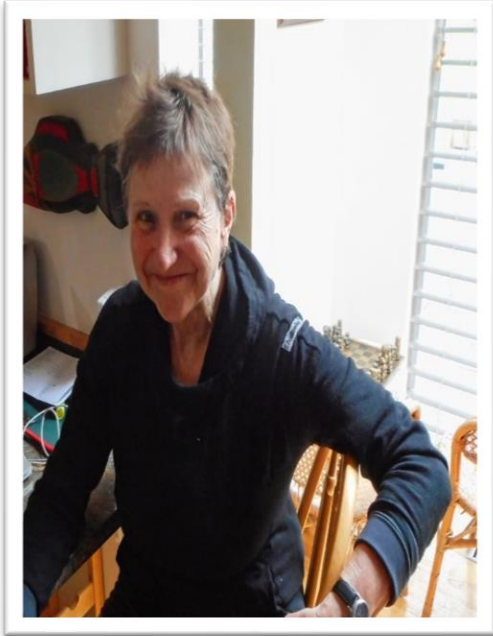
Telehealth: yes, zoom and telehealth

Availability: Waitlist depends, usually about 2 weeks

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Jenifer Wilson, Registered Clinical Social Worker

Phone: (250) 824-5017

Location: Nanaimo

Area of Specialty: Many areas of specialty (I have practiced for 35 years): Depression, Anxiety, Relationship Issues, Eating Disorders, Personal Growth, Communications challenges, etc.

Treatment Modalities: (depend on Client's presenting issues): Cognitive Behavioural Therapy and Narrative Therapy.

Client Age Ranges: all ages (children and seniors included)

Telehealth: yes

Availability: approximately one month's wait



Marie Jose Dhaese, Registered Clinical Counsellor (PhD)

www.centreforexpressivetherapy.com

Phone: (250) 248-1290

Location: Parksville

Area of Specialty: Loss, trauma, and working with children in foster care

Treatment Modalities: Holistic Expressive Therapy

Client Age Ranges: 3-90+

Telehealth: available

Availability: (Wait time is approximately 3-4 months)

May 2022

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Stephanie Peter, Registered Clinical Counsellor

www.spetercounseling.ca

Phone: (250) 937-1223

Location: Parksville

Area of Specialty:

Treatment Modalities: Somatic Experiencing for trauma

Client Age Ranges: 18+

Telehealth: Yes (I am only providing telehealth - no in-person sessions)

Availability: 6 months



Allison Reeves, Registered Clinical Counsellor

www.allisonreevescounseling.com

Phone: (778) 927-6548

Location: Parksville

Area of Specialty: PTSD (EMDR), family caregiving, and living better with chronic physical illness.

Treatment Modalities: talk therapy and EMDR (since 1998)

Client Age Ranges: adult

Telehealth: All counselling is done via Telehealth and as a last resort, landline.

Availability: I strive to accept clients right away however I am very busy.



Shelley Behr, Registered Social Worker

www.shelleybehr.ca

Phone: (604) 866-5949

Location: Richmond

Area of Specialty: trauma, anxiety, depression, addiction, anger management, residential historical abuse issues, relationship issues

Treatment Modalities: family systems approach, cognitive behavioural, Emotion focused therapy

Client Age Ranges: 10-80 years

Telehealth: yes

Availability: no waitlist



Sarah Hagar, Registered Clinical Counsellor

www.sarahhagar.ca

Phone: (250) 726-4074

Location: Ucluelet

Area of Specialty: Trauma, Grief, Parent Support

Treatment Modalities: Play, Nature, Mindfulness

Client Age Ranges: 6-106

Telehealth: Yes

Availability: 3 weeks

May 2022

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Bill Arbuckle, Registered Clinical Counsellor

www.hardroadcounselling.com

Phone: (604) 218-9351

Location: Vancouver

Area of Specialty: addictions (mainly substance addictions).

Treatment Modalities: Person-Centered Therapy (PCT), Accelerated Experiential Dynamic Psychotherapy (AEDP), trained in Eye-Movement Desensitisation and Reprocessing (EMDR) and Traumatic Incident Reduction (TIR). I also offer some tools/strategies from Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT).

Client Age Ranges: Adults - so 19+

Telehealth: Absolutely - 90% of everything I do is online

Availability: No formal waitlist as of right now.



Syler Hayes, Registered Clinical Counsellor

www.hardroadcounselling.com

Phone: (604) 218-9351

Location: Vancouver

Area of Specialty: Addictions, young adults, emotional coping

Treatment Modalities: Person Centered Therapy, CBT, Emotion Focused Therapy, Somatic Therapy, and Solution Focused Therapy

Client Age Ranges: 16+

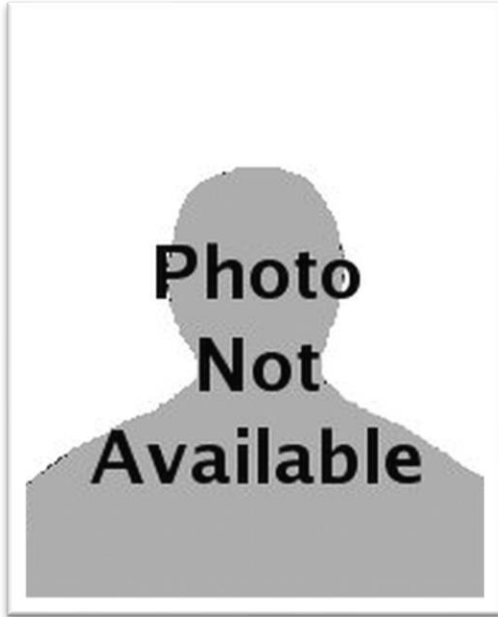
Telehealth: Yes, Zoom is preferred but I can do a session via phone if necessary

Availability: Currently not accepting new clients (My schedule should open up in May)

May 2022

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Catherine Fallis, Registered Clinical Counsellor (PhD)

www.catherinefallis.net (this has been down and is in the process of being updated)

Phone: (604) 255-4843

Location: Vancouver

Area of Specialty: trauma, loss and grief, chronic illness, spiritual issues

Treatment Modalities:

Client Age Ranges: 18 and over

Telehealth: yes

Availability: currently not taking new clients and wait list closed until fall 2022



Cheryl Adams, Registered Clinical Counsellor

www.cheryladams.ca (website under construction)

Phone: (250) 818-3763

Location: Victoria

Area of Specialty: Anxiety, Depression, Mental Health challenges, Anger Management, High Conflict separation support, Emotions Management, Relational Violence (perpetrator and/or victimized individual), Adult Children of Alcoholics/Addicts, Addictions Recovery personal work (not active addictions), Self-Esteem/worth, Spirituality/Thriving

Treatment Modalities: : Individual therapy. Somatic Therapy, Cognitive Behaviour Therapy, Anger Management, Relationship Challenges, Anxiety, Depression, Trauma, Grief, Mindfulness, Recovery from Addiction (not active addiction)

Client Age Ranges: Mature teens (17 +) to adults. NOTE: the office is not accessible for people with mobility challenges, there is a very long staircase at the entrance.

Telehealth: telehealth and video sessions available



Jill Davoren, Registered Clinical Social Worker & RCC

www.seasidecounselling.com

Phone: (250) 415-7575

Location: Victoria

Area of Specialty:

Treatment Modalities: Strengths based, trauma informed, culturally aware. I have psychodynamic training and meet people where they are to support them on a journey to increased health and wellness. I use techniques from Bowen Family Systems theory, CBT and Facing Forward Compassion Resilience. I have over 30 years of working with children, youth, families and couples.

Client Age Ranges: Youth and Adult

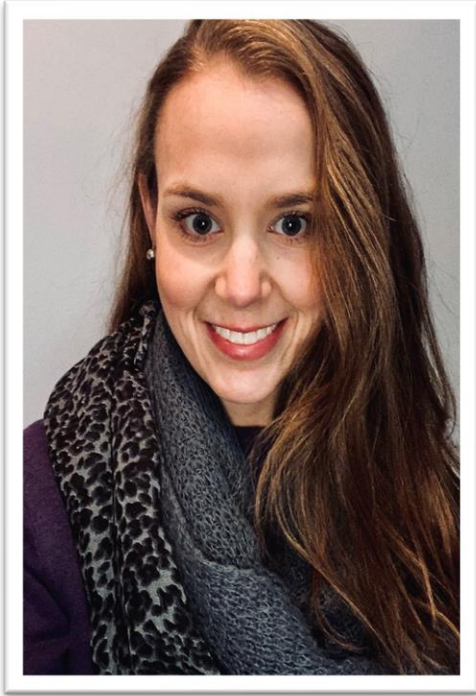
Telehealth: yes, Doxy virtual platform

Availability: 1-2 weeks – if flexible, same week

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Dr. Katie Elmhurst, DSW, Registered Clinical Counsellor

www.thebuddingelm.com

Phone: (250) 208-6949

Location: Victoria

Area of Specialty: depression, anxiety, PTSD, complex trauma, eating disorders, borderline personality disorder, life transition

Treatment Modalities: Cognitive Behaviour therapy, Dialectical Behaviour therapy, Family Systems therapy, Narrative therapy, Trauma-informed Cognitive Behaviour therapy

Client Age Ranges: 14+

Telehealth: Yes

Availability: client dependent, 2-3 months



John Hayashi, Registered Clinical Counsellor

www.origincounselling.com

Phone: (250) 818-1228 (phone or text message)

Location: Victoria

Area of Specialty: Domestic violence, Addictions, Parenting, Trauma

Treatment Modalities: have included expressive therapies, client centered approach, solution focused & family systems

Client Age Ranges: 13 years to 90 years

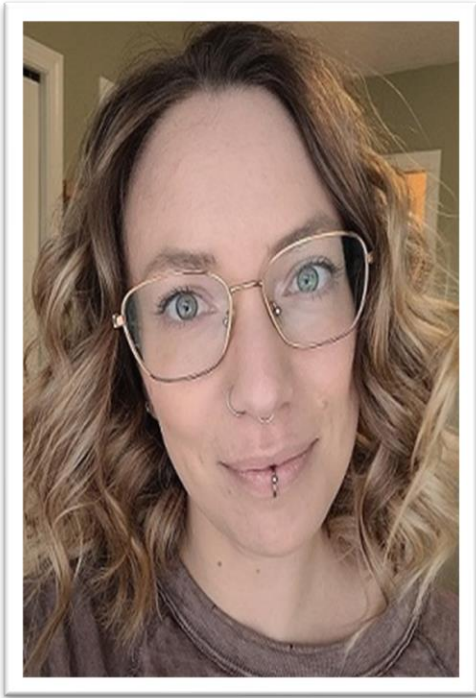
Telehealth: Yes

Availability: waitlist varies but usually no more than 1-2 weeks. Currently work in office Wednesday, Thursday, and Friday. I conduct some phone sessions on Saturday mornings.

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Charlotte King-Harris, Registered Clinical Counsellor

www.vicyfcs.com

Phone: (250) 812-7829

Location: Victoria

Area of Specialty:

Treatment Modalities: Narrative, mindfulness-based, play therapy, art therapy, trauma-informed

Client Age Ranges: when in person, I work with children as young as 3 however online I am doing ages 8 and up

Telehealth: yes

Availability: 2-3 months



Nancy Kinyewakan, Registered Clinical Counsellor

www.kccshome.wixsite.com/kinyewakanindigenous

Phone: (250) 661-5552

Location: Victoria

Area of Specialty: Trauma, Grief and Loss, PTSD, stress and anxiety, depression, addictions, racism and colonization, systemic racism, employment issues, relationship issues

Treatment Modalities: Individual therapy through Somatic Attachment Trauma Therapy, Solution-Focused Therapy, Narrative Therapy, CBT

Client Age Ranges: Ages 19+

Telehealth: Yes

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Margaret Stephens, Registered Clinical Social Worker

www.cfct.ca/margaret-stephens

Phone: (250) 380-9924

Location: Victoria

Area of Specialty:

Treatment Modalities: talk therapy, Somatic Experiencing, EMDR

Client Age Ranges: adult women only

Telehealth: yes

Availability: not taking new clients at the moment



Maureen French, Registered Clinical Counsellor

www.lifebalancecounselling.com

Phone: (604) 302-5487

Location: Abbotsford & Mission

Area of Specialty: Trauma, play therapy, couples, mental health

Treatment Modalities: Narrative, CBT, Emotional Focused for Couples, EMDR

Client Age Ranges: 0 to 90

Telehealth: telehealth is available.

Availability: waitlist in Mission

May 2022

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Nuu-chah-nulth NIMH Service Providers May 2022

Service providers without additional information available:

Campbell River – Jen Burt – (855) 702-4984 – RSW

Campbell River – Jaime Gibson – (250) 203-9944 – RCC

Campbell River – Dr. Caroline Neill – (250) 287-7844 – R.PSYCH, PH.D

Comox – John Rushforth – (250) 650-6497 – RCC

Delta – Kathlyne Banmen – (604) 591-9269 – RCC

Duncan – Dr. A. Maura Beattie – (250) 746-1899 - R.PSYCH, PH.D

Duncan, Nanaimo, Lake Cowichan, Parksville, Port Alberni – Donna Brown – (250) 210-6744 – RCC

Maple Ridge – Roseanne Timbrell – (604) 442-5550 - RCC

Nanaimo – Janice Bell – (250) 344-2929 – RCC

Nanaimo, Port Alberni – Tessa Brohart – (250) 816-6393 – MA Beh. Sc.

Nanaimo – Alan Caplan – (250) 753-3706 – CCC

Nanaimo – Martine Charles – (250) 740-0244 – RCC

Nanaimo – Rebecca Fairweather – (778) 771-3876 – RCC

Nanaimo – Dale McIntyre – (250) 754-7703 – RCC

Nanaimo – Kate Palmer – (250) 754-7703 – RCC

North Saanich – Dr. Bruce Tobin – (250) 652-6425 – RCC

North Vancouver – Angelica Djamtorki – (604) 809-1325 – RCAT

Parksville – Tammy-Lynn Smith – (250) 927-1225 – RSW

Port Alberni – June Graham – (250) 723-9777 – RCC

Port Alberni – Dea Parsanishi – (250) 735-0942 – CCC (Not currently accepting new clients)

Port Alberni – Louise Tatoosh – (250) 723-1654 – RCC

Port Alberni – David Zyrd – (250) 720-5999 – RCC

Qualicum Beach – Dr. Ernest Rivait – (250) 752-8803 – RCC

Sidney – Dr. Bob Carey – (250) 589-0514 - R.PSYCH, PH.D

Sidney – Dr. Ulrike Koechling – (250) 744-0088 - R.PSYCH

Sidney – Sandra Wieland – (250) 589-0571 - R.PSYCH

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Nuu-chah-nulth NIMH Service Providers May 2022

Tofino, Ucluelet – Margaret Bird – (250) 726-4409 – RCC

Tofino – Christine Clarke – (250) 726-3742 – RCC

Tofino – Marcel Zobel – (250) 726-4089 – RCC

Vancouver – Mercedes Baines – (604) 721-5399 – RCC

Vancouver – Brigitte Clark – (604) 928-5913 – CCC

Vancouver – Barbara Harris – (604) 921-6924 – RSW

Vancouver – Catherine Mahoney – (604) 876-4794 - R.PSYCH, PH.D

Vancouver – Marie Nightbird – (604) 737-2020 – RCSW

Vancouver – Gina Vanderham – (604) 733-7428 - ICADC

Victoria – Sarah Adams – (250) 516-7690 – RCC

Victoria – Michelle Gay – (250) 412-5921 – CCC

Victoria – Linda Jennings – (250) 889-0569 – CCC

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