



COMMUNITY
COUNSELLING
CENTRE

#206—1811 Victoria Street
Prince George, BC
V2L 2L6
Ph. 250.562.6690

Welcome!

This information sheet will provide you with a bit more detailed information regarding our services at the CCC.

Counselling Services

We offer several types of low cost services at the CCC. Our individual counselling services are offered on a weekly basis for up to 8 months. Our couples and family counselling services are offered on a bi-weekly basis for up to 4 months and are done in collaboration with Dr. John Sherry, Ph.D., RCC our registered couples and family therapist. Our psychoeducational groups are offered throughout the year and provide information on varying topics such as anxiety and depression. All of our counselling services are based on a sliding scale fee structure in order to provide low cost and low barriers services to the community. Therefore in the event that the cost of services does not fit within your financial capacity we will not deny you service. The **maximum** cost and duration of each service is as follows:

- **Individual counselling \$20 per session for up to 8 months**
- **Couples and Family counselling \$40 per session for up to 4 months**
- **Group counselling \$5 per member per session for up to 10 weeks (per group)**

It is important to remember that all of our counselling services at the CCC are voluntary and you are welcome to withdraw at any time.

Our services are structured around the practicum hours and availability of current Masters students and as a result there may be times in which a transition from the waitlist to active counselling services may slow down. For this reason, our centre offers waitlist check in sessions should a concern arise or intensify while you are waiting. Please do not hesitate to contact us using the phone number above and ask to book a check-in session. Additionally, on the back of this info sheet we have also compiled a series of online and community resources that may be helpful.

Cancellations and No Shows

Over the course of your time in counselling should you **cancel 3 consecutive** sessions and/or **no show 2 consecutive** sessions your counsellor will follow up with a phone call in a final attempt to connect. You will be given a final contact date with the hope that we will be able to address any barriers that may be getting in the way of attending sessions as we acknowledge that life circumstances are not predictable. If we do not hear from you by that final date we will proceed with closing your file. It is important to know that in the event that your file is closed that you are still welcome to come back to the CCC for an intake to initiate services again.

Building Safety

As a part of providing a safe space at the CCC, during our evening counselling hours we will be locking our main office door on Tuesday, Wednesday, and Thursday evenings between the hours of **5pm and 8pm**. In the event that you arrive to your session early and the door is locked please take a seat next to our door in the chairs provided and your counsellor will be with you once their session has ended. We will make every effort to ensure that this process is as smooth as possible!

Hours

Monday	9am—5pm	Thursday	11am—7pm
Tuesday	11am—7pm	Friday	9am—3pm
Wednesday	9am—8pm	Saturday, Sunday and all Stat Holidays	
Closed August for student summer break			

Online Resources

Anxiety Canada at <https://www.anxietycanada.com/>

Here to Help BC at <http://www.heretohelp.bc.ca/>

Health Link BC at <https://www.healthlinkbc.ca/mental-health-substance-use/resources>

Canadian Mental Health Association at <https://www.healthlinkbc.ca/mental-health-substance-use/resources>

Heads Up Guys at <https://headsugguys.org/>

Mind Health BC at <http://www.mindhealthbc.ca/>

Foundry BC at <https://foundrybc.ca/>

Community Resources

Primary Care (Northern Health)

What: Individual counselling and groups

How: Connect with your family physician for a referral

When: Mon to Fri 9am—430pm

NFC

What: Walk in counselling, longer term counselling, groups

How: Please call 250-564-4324 to access walk-in counselling times and/or book intake appointment

When: Mon to Fri 8:30 am— 4:30pm

Where: 1600—3rd Ave on the 3rd floor

Hospice

What: grief and loss groups

How: Please call 250-563-2551

When: Mon to Fri 8am—4pm

Foundry

What : Walk-in counselling services for ages 12-24

How: Walk -in or please call 236-423-1571

When: Mon to Fri 10am to 5pm

Where: 1148 7th Ave

BC Schizophrenia Society

What: education workshops and support groups

How: please call 250-562-5826

When: Tues to Fri 11am—7pm Sat 12pm-7pm

Where: 1136 7th Ave

Canadian Mental Health Association (CMHA)

What: Wellness programs and workshops

How: Please call 250-564-8644

When: Mon to Fri 10am—12pm, 1pm– 4pm

Where: 1152 3rd Ave

Elizabeth Fry Society

What: Counselling support for women, children, and families

How: Please call 250-563-1113

When: Mon to Fri 8:30am—4:30pm

John Howard Society

What: counseling services and groups for men

How: Please call 250-561-7343

When: Mon to Fri 9am—3pm

Crisis Support Resources

Northern BC Crisis Line at **1-888-562-1214** for 24 hour telephone support 7 days a week

Youth Support Line at **1-888-564-8336** for 24 hour telephone support 7 days a week

Online chat crisis support at <http://www.northernyouthonline.ca/> from 4pm - 10pm daily

Call **9-1-1** or go to University Hospital of Northern BC emergency room