

# THE SUPPORT DOCUMENT: **EMPOWERING YOU**

## **Brought to you by the SPACE committee**

This document contains a list of counselling services throughout the city of Edmonton. We focused on the organizations that offer their services at a reduced fee, for students or individuals of low income.

We hope that this document will help you or your loved ones find an organization that will best suit your needs.



 **APSA**  
ALBERTA PHARMACY STUDENTS' ASSOCIATION

## What is the 'sliding scale'?



Sliding fee scale services allows people with limited incomes to pay what is affordable and within their means.

At some organizations, the hourly fee for service is determined at the beginning of the initial treatment session and is usually based on your income.



## NORTH EDMONTON

### Insight Psychological Castledowns

<http://www.insightpsychological.ca/contact/edmonton-north/>

Address: 203 - 15379 Castle Downs Rd NW

Phone: (780) 478-2580

Hours: Monday to Friday: 9 am - 6pm,  
Saturday: 9 am - 5pm

- Cost range: \$20-60 → this is based on the sliding scale (see website for more details)
- Will see an intern rather than a psychologist
- Must bring a recent T4 to prove low income status
- If you have AB Blue Cross they can direct bill, but you will NOT be eligible for the sliding scale

# CENTRAL EDMONTON

## Cornerstone Counselling Centre

<http://www.cornerstonecounselling.com/>

Address: Suite 302-10140 117 St NW

Phone: (780) 482-6215

Hours: Monday to Thursday: 8:30 am – 8:30 pm, Friday: 8:30 am – 4:30 pm, Saturday: 8:30 am – 3:30 pm

- \$20 per counselling hour if you have no benefits and make less than \$35,000/year

- These sessions will be with a student counsellor who will be supervised by a registered psychologist or a counsellor with at least 5 years of experience

- Contact the receptionist make sure you qualify

## The Family Centre

<https://www.the-family-centre.com/>

Address: 9912 106 St NW #20

Phone: (780) 423-2831

Hours: Monday to Thursday: 8:30 am – 8:00 pm, Friday: 8:30 am – 3:00 pm, Saturday: 9:00 am – 3:00pm

- Drop-In Single Session Counselling: Free 50 minute session with an intern therapist

- Since this is a single session, you may not see the same intern therapist if you return for another session

- Find more information about drop-in single sessions here:

<https://www.the-family-centre.com/services/therapy-counselling/drop-in-single-session-counselling/>

## Counselling Centre: YWCA Edmonton

<http://www.ywcaofedmonton.org/programs/counselling-centre/counselling-services>

Address: #400, 10080 Jasper Avenue NW

Phone: (780) 970-6501

Hours: Mon, Wed, Fri: 9 am – 5pm  
Tues, Thurs: 9 am – 9 pm

- Sessions are offered on a sliding scale  
Min: Free – Max: \$120.00

- To qualify for free or reduced price counselling, you will need to provide some form of proof of your income or lack thereof

- For example, notice of tax assessment, paystubs, student loan assessment

## Counselling Services: City of Edmonton

[https://www.edmonton.ca/programs\\_services/fo\\_r\\_family\\_individuals/counselling-services.aspx](https://www.edmonton.ca/programs_services/fo_r_family_individuals/counselling-services.aspx)

Address: There are 2 locations, see website for details

Referral line: (780) 496-4777

Hours: Vary by location. Call referral line for details

- Offers free, short term counselling

- Up to 3-4 sessions/concern

- This centre coordinates with various counselors in the Edmonton area

- Call the referral line to obtain location information for a centre closest to you

# SOUTH EDMONTON

## Family Counselling Centre

<http://www.familycounsellingcentres.com/>

Address: #32 4004 97 St

Phone: (780) 612-8577

Hours: Monday to Thursday 9am - 9pm,  
Friday 9 - 5pm, Saturday: 10am - 4pm

• The following fee schedule is for a 50 minute session (see website for more information)



**Family**  
Counselling Centres

### Fee Schedule Student Sliding Scale

\$90,000 & higher	\$100/hr.
\$80,000 to \$89,999	\$90/hr.
\$70,000 to \$79,999	\$80/hr.
\$60,000 to \$69,999	\$70/hr.
\$50,000 to \$59,000	\$60/hr.
\$40,000 to \$49,000	\$50/hr.
\$30,000 to \$39,000	\$40/hr.
\$20,000 and lower	\$30/hr.

• If you have benefits from a health plan, make sure to speak with the receptionist for further information

## Momentum Walk-In Counselling

<http://www.momentumcounselling.org/>

Address: Suite 200 9562 82 Ave

Phone: (780) 757-0900

Hours: Monday to Thursday 11am - 7pm,  
Friday to Saturday 10am - 2pm

• Pay what you can afford:  
Income of less than \$1000 - no fee (but anything is appreciated - even \$5)  
\$1000 to \$2000 - \$10  
\$2000 to \$3000 - \$30

• No documentation required

• If you have benefits, they will need to have a fee of at least \$50 for you to get a receipt for your claim

• Single therapy session focus - ongoing therapy might not be possible but if needed, some therapists might be open to more sessions (the need for this would have to be discussed with the therapist in the first session)



## Kells Counselling

<http://kellscounselling.ca/>

Address: Suite 302, 1207 - 91 Street SW

Phone: (780) 430-4769

Hours: 9 am - 5 pm, Tuesdays: 9 am - 5 or 8 pm\* (Alternating), Wednesdays & Thursdays: 9:00 am - 8:00 pm\*, Saturdays: 10:00 am - 3:00 pm\*

\* Only open during the time clients have made appointments

• No sliding scale but sometimes they have interns working with them. Those interns might be able to see patients for no fee or a nominal fee

• Please call before going to this service to ask if they have an interns working at the moment and what the fee will be

## Insight Psychological South

<http://www.insightpsychological.ca/>

Address: #203, 9148-23 Ave

Phone: (780) 461-1717

Hours: Monday To Friday : 8 am - 9 pm,  
Saturday And Sunday: 9 am - 5 pm

• Cost range: \$20-60 → this is based on the sliding scale (see website for more details)

• Will see an intern rather than a psychologist

• Must bring a recent T4 to prove low income status

• If you have AB Blue Cross they can direct bill, but you will NOT be eligible for the sliding scale

# SHERWOOD PARK

## Strathcona Counselling Services

<http://www.strathcona.ca/departments/family-and-community-services/programs-and-services/counselling-services/>

Address: 2001 Sherwood Drive  
Sherwood Park, Alberta  
Canada T8A 3W7

Phone: (780) 464-4044

Hours: Monday to Thursday 9 am – 9 pm,  
Friday 9 am – 4:30 pm

- Counselling fees are based on net family income and range from \$10.00 to \$90.00 per session and are based on a sliding scale

- Make an appointment by calling: (780) 464-4044

## HELP LINES

### Distress Line (780) 482-4357

[http://edmonton.cmha.ca/programs\\_services/distress-line/#.WJATjhXjL0](http://edmonton.cmha.ca/programs_services/distress-line/#.WJATjhXjL0)

### Rural Distress Line 1 (800) 232-7288

[http://edmonton.cmha.ca/programs\\_services/distress-line/#.WJATjhXjL0](http://edmonton.cmha.ca/programs_services/distress-line/#.WJATjhXjL0)

- Distress Line and Rural Distress Line are staffed 24/7 by trained volunteers

### Kids Help Phone 1 (800) 668-6868

<https://kidshelpphone.ca/>

- 24/7 Distress Line staffed with counsellors
- Offer online chat through website and app "Always There"

### Community Urgent Services and Stabilization Team (780) 342-7777

<http://www.albertahealthservices.ca/info/service.aspx?id=4903>

- Staffed 24/7 by Registered and Psychiatric Nurses, Social Workers. Provide over the phone crisis intervention and assessment

- Also provide short term counselling stabilization for post crisis and referral for longer term support

# MORE RESOURCES

## City of Edmonton & United Way

<http://www.dropinyeg.ca/home/>

Address: Location rotates throughout the city

Phone: (780) 424-6103

- Free drop in single session funded by City of Edmonton and United way
- Check website or call 211 for current location



## SEEK ON CAMPUS SUPPORT BY CALLING:

**Counselling and Clinical  
Services Intake**  
**(780) 492-5205**

**Consult with Helping  
Individuals at Risk**  
**(780) 492-4372**

**Consult with Community  
Social Work Team**  
**(780) 492-3342**

**Peer Support Centre**  
**(780) 492-4268**

**If you or a loved one are at imminent risk or  
crisis, please call 911 or go to a local ER.**

