

Counselling Resources

Vernon:

Family Resource Centre Counselling and Family Services

<https://vernonfrc.ca/>

Family Resource Centre Society for the North Okanagan

#201 – 3402 27th Avenue
Vernon, BC V1T 1S1

Email: info@vernonfrc.ca

Phone: (250) 545-3390

General Counselling

Through our Community Counselling Program, we offer short-term individual counselling to help you overcome challenges such as:

- Anxiety & depression
- Life crisis
- Life transitions
- Grief & loss
- Family separation

Trauma Program

Whether the traumatic event happened recently or in childhood, this program's individual counselling sessions help you find ways to heal and move forward.

Kelowna/area:

Canadian Mental Health Association

<https://cmhakelowna.com/programs-and-services/virtual-counselling/>

Kelowna Branch

504 Sutherland Ave

Kelowna, V1Y 5X1

British Columbia, Canada

Phone: 250-861-3644

Email: kelowna@cmha.bc.ca

Free Video/Phone Counselling For Adults Ages 25 & Up

CMHA Kelowna is offering virtual counselling services to adults ages 25+, weekdays during the afternoon (excluding holidays). This service is available free of charge to individuals, couples, families, and caregivers of youth who are struggling. Those who are having difficulty coping with the challenges related to the COVID pandemic are also welcome to access these supports.

Solution-Focused Brief Therapy (SFBT)

Our virtual services are team-based and can be accessed from the comfort of your own home via video chat or phone. We use the Solution-Focused Brief Therapy (SFBT) model to help you identify strengths, resources, and goals, building on them to help you make the changes that are necessary to move towards your preferred self or preferred future.

SFBT is a single-session model (each session is complete therapy) that may include some short-term follow-up support. “Team-based” means that a counselling team, not a single counsellor, will follow clients.

Towards the end of each session, the counsellor will ask for a brief break to consult with their team. This keeps the team in the know about your care, and also gives the team time to provide feedback and strategies. Your counsellor will then conclude the session by sharing the team’s assessment with you.

Book Your Session

We use a secure web-based platform for video calls. Though video sessions are preferred, we can also do phone sessions. Video sessions require that clients have access to secure internet, a computer or tablet with a microphone and speaker, and that a private space you can be free of noise and distractions during the call.

We are currently booking appointments out of our Foundry Kelowna location. Simply **call (236) 420-2803 and ask for CMHA Kelowna Virtual Counselling**. We will take some basic information (name, DOB, address, phone number, and email address) and a counselor will be in touch for some pre-screening and an overview of what to expect. The first session will include some pre-screening by an experienced counsellor. This ensures that the client is receiving the right service at the right time.

General:

BounceBack

<https://bouncebackbc.ca/>

BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.

Foundry BC

<https://foundrybc.ca/>

Foundry offers young people ages 12-24 health and wellness resources, services and supports – online and through integrated service centres in communities across BC. Services for parents/caregivers are also available.

For counselling resources for ages 19 and under feel free to email frontline.mentalhealth2020@gmail.com and we can assist you in finding resources in your area.