

Community Counselling Resources in Langley

- 1. Langley Child & Youth Mental Health (CYMH) 604.514.2711**
20434 – 64th Avenue, Langley
Intake Clinic – Wednesdays 8:30 am – 3:30 pm

 - Parent/Guardian should accompany teen to appointment. Clients arrive, sign-in and are seen in the order they arrive; clients need to have their medical card
 - This service is for moderate to high mental health issues.
 - After the intake process, a decision is made about future services/counselling
 - Medical doctors can make priority referrals

Please note: *Please take teen to a hospital emergency department if there is a crisis.*

- 2. Langley Community Services Society (LCSS) 604.534.7810**
5339 207 Street Langley www.lcss.ca

 - Government agency which offers free or low-cost programs for families
 - Family and individual counselling; parent support, substance use services; settlement and integration support

- 3. Langley Youth & Family Services (LYFS) 604.514.2900**
5569 204 Street Langley www.lyfs.ca

 - Early intervention and prevention counselling for children/youth and their families for identified at-risk or behavior problems
 - Referrals from school counsellors, physicians, RCMP, and community partners

- 4. Encompass Support Services 604.534.2171**
20618 Eastleigh Crescent, Langley www.aldergrovens.com

 - Youth programs include one and one and group support
 - Youth emotional coping strategies group (e.g. Anger Management)
 - Family mediation and reunification
 - Family Groups – parenting skills and support
 - Sexual Assault Support (for youth under 19)

- 5. Langley Youth Hub 604.546.1130**
6275 203 Street, Langley www.langleyyouthhub.com

 - provides for the basic needs of youth such as food, showers, laundry, and toiletries
 - team of professionals who can provide services such as medical care, substance use counselling and harm reduction programs, mental health counselling, employment and housing support, and life skills training

- 6. Langley Hospice Society 604.534.1115**
20660 48 Avenue Langley <http://langleyhospice.com/>

 - Provides emotional and social support for individuals and families who have experience loss through death or support for family and friends of someone with a terminal illness
 - Grief support through one-on-one or group counselling; summer camps for teens

Counselling Therapist in the Langley Area

Fraser River Counselling	fraserrivercounselling.ca/langley-site	604.513.2113
<ul style="list-style-type: none">• \$20/session, Trinity Western University; Masters in Counselling (candidates) supervised by Ph.D.'s• 7600 Glover Road, Langley		
Hope Family Clinic	familyhopeclinic.com/	604.510.4673
<ul style="list-style-type: none">• \$160/session; first session free• 202, 19292 60th Avenue, Surrey		
Shoreline Counselling	shorelinecounselling.ca/	604.371.4145
<ul style="list-style-type: none">• \$120-140/session for RCC; Post-Graduate Fellows \$80/hour; Masters level Interns \$40/hour• 301, 23189 Francis Avenue, Fort Langley		
Thrive Life Counselling & Wellness	thrive-life.ca/	778.239.2962
<ul style="list-style-type: none">• \$120/session for Registered Counsellors• 210, 9220 Glover Rd, Fort Langley		
Counsellors		
Darcy Bailey & Associates	darcybaileycounselling.com	604.533.9163
Sharon Cooper, MA	oakhill.ca (Abbotsford)	604-850.3774
Fred West Counselling & Consulting	westcounselling.com	604.512.8725
Jim Smith, MA	Private Practice (Langley)	778.552.3050
Bonnie Mason & Associates	bonniemasoncounselling.ca (South Surrey)	604.536.0733
Dr. Karianne Axford & Associates	draxfordandassociates.com (Langley)	604.309.0268
Nancy B. Matechuk	bedfordcounsellingandmediation.com	778.837.9639
Registered Clinical Counsellors of BC	bc-counsellors.org	1.800.909.6303
<ul style="list-style-type: none">• Search for therapist		
Kelty Mental Health Resource Centre	keltymentalhealth.ca	604.875.2084
<ul style="list-style-type: none">• Resources for parents of students with mental health challenges• Family Smart - familysmart.ca – Parent & Youth in Residence with lived experience with mental health concerns who are willing to be consulted		
North Shore Stress & Anxiety Clinic	nssac.ca	604.985.3939
<ul style="list-style-type: none">• Treat stress, anxiety, and anxiety disorders, and depression through evidence-based therapy		
Swingle Clinic (Vancouver)	swingleclinic.com	604.608.0444
<ul style="list-style-type: none">• Treat ADHD, depression, anxiety, and insomnia as well as PTSD, epilepsy, stroke, brain injury and fibromyalgia through clinical psychoneurophysiology (biological approach)		
Options for Psych-Ed Testing:		
ABLE Developmental Clinic (Surrey)	ableclinic.ca	604.584.3450
Hotz Consultants (Vancouver)	hotzconsultants.com	604.873.0013
UBC Psycho-Ed Research Centre (UBC)	prtc.educ.ubc.ca	604.822.1364
Wishing Star Clinic (Surrey)	lapointepsychology.com	778.294.8732