

COUNSELLING SERVICES

PUBLICALLY FUNDED (Partially or completely)

Community Health and Resources Centers of Ottawa

These centers offer free services to residents of the city of Ottawa who qualify. There are multiple locations through out the city. To find the one nearest to you, visit: www.coalitionottawa.ca and Click on 'Find your CHRC'

For Adults

Cost of the services below are based on your revenue

Please note that both **family AND individual counselling** are available

Catholic Family Service (Vanier)

www.cfsottawa.ca

613-233-8478

Center for Counselling at St-Paul University

www.ustpaul.ca/en/centre-for-counselling-home

613 782 3022

Christian Counselling Services

www.christiancounsellingottawa.ca

614 729 8454

Family Services Ottawa (Parkdale)

www.familyservicesottawa.org

613 728 9000

Jewish Family Services

www.jfsottawa.com

613 722 2225

Psychological services at University of Ottawa

613 562 5289

SEARCH ENGINES FOR PRIVATE SERVICES

Capital Choice

Find counsellors, psychologists and psychotherapist in the Ottawa region

<https://capitalchoicecounselling.com/ottawa>

Find a Psychologist

Searchable directory of all registrants of the Canadian Register of health service psychologists (CRHSP)

www.findapsychologist.ca

Psychology Today

www.psychologytoday.com/ca/therapists/ontario

Ottawa Academy of Psychology

Association of registered psychologists and psychological associates in the Ottawa area

<https://ottawa-psychologists.org>

613 235 2529

For Children above 12

Youth Services

www.ysb.ca

613 729 1000

For Children below 12

Psychosocial Center: FRANÇAIS/FRENCH

www.Centrepsychosocial.ca

613 742 0884

Crossroads

www.crossroadschildren.ca

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