

SUBJECT TO CHANGE WITHOUT NOTICE

MENTAL HEALTH/COUNSELLING

Maple Ridge	Act 2 Child and Family Services	604-463-0965	www.act2.ca	Unable to confirm information.
Maple Ridge	Alouette Addictions Services	604-467-5179	alouetteaddictions.org	
Phone sessions only. Drop-in Counselling replaced with Phone-in counselling during regular drop-in hours (Mon-Tues 5:00 pm to 7:30 pm, Wed-Fri 8:30 am to 11:00 am) Call 604-467-5179 ext 101 and leave message. Group sessions via Zoom. Call office or visit website for more information.				
Maple Ridge	A New Breath Counselling	778-994-1642	anewbreathcounselling.com	
Telephone or online sessions only via Skype, Zoom, doxy.me FaceTime or Messenger.				
Pitt Meadows	Authentic Path Loss and Grief Counselling	604-928-5835	authenticpath.ca	Unable to confirm information.
Maple Ridge	A. Weiser Counselling & Consulting	778-588-5472	aweisercounselling.com	Unable to confirm information.
Maple Ridge	Canadian Mental Health Association (Mental Health Self-Support Centre)	604-476-7165	vancouver-fraser.cmha.bc.ca	
Telephone and virtual services only. Call or visit website for more information.				
Maple Ridge	Community Services	604-467-6911	comservice.bc.ca	
Telephone and virtual services only. Call main office for more information.				
Maple Ridge	Cythera Transition House Society	604-467-9939	cythera.ca programs@cythera.ca	
Face to face counselling and intakes suspended. 24-Hour Support Line at 604-467-9966 open. Call office or email programs@cythera.ca for more information.				
Maple Ridge	Dr. David Lingley and Associates	604-463-3026	davidlingley.com	
Telephone and virtual services only. Call main office for more information.				
Maple Ridge	Enlighten Counselling & Psychotherapy	778-240-1399	enlightencounselling.ca	
Video and phone sessions only. Sliding scale in fees being offered for those in need.				
Pitt Meadows	Expressions Counselling	778-229-0029	expressionscounselling.com	
Online video sessions only. Call office or visit website for more information.				
Maple Ridge	Food for the Soul Project Society	604-380-1608 778-727-2010 (after hours #)	fftsp.org	
Clinic still open with strict guidelines in place. Hours are Mon-Fri 10:00 am to 3:00 pm. Sat-Sun CLOSED				
Maple Ridge	Free to Be Counselling	778-846-3569	freetobecounselling.com	
Telephone or online services only via FaceTime, Skype, Google Duo, Zoom, or Facebook				
Port Coquitlam	InnerVisions Recovery Society	(Men's line) 604-468-2032 or 1-877-939-1420 (Women's line) 604-466-4215 or 1-866-466-4215	innervisionsrecovery.com	
Operating as normal. Call or visit website for more information.				
Maple Ridge	Kanaka Creek Community Counselling	604-209-2324	kanakacreekcounselling.com info@kanakacreekcounselling.com	
Online sessions only. Call office or email info@kanakacreekcounselling.com for more information.				
Maple Ridge	Dr. Karianne Axford Reg. Psych. and associates	604-309-0268 1-888-390-0268 Toll Free	draxfordandassociates.com	
Online and video counselling only. Call offices or visit website for more information.				
Maple Ridge	Kinectiv Health Clinic	604-465-4263	kinectiv.ca/eshachakraborti	
TeleHealth and online services only. Call or visit website for more information.				

Pitt Meadows	Krause Counselling Services In office appointments still being held with strict guidelines in place. Digital services available.	778-956-7765	krausecounselling.com	
Pitt Meadows	Lori McHattie Counselling Video or phone sessions only. Call office and leave a message or email through website.	604-813-1728	lorimchattie.com	
Maple Ridge	Maple Ridge Wellness Centre (Nicole Chambers Counselling)	604-479-0800	nicolechamberscounselling.com	Temporarily closed.
Pitt Meadows	No Fear Counselling Telephone or online sessions only. No cost options available for those in financial distress. Call or email	778-288-8361	nofearcounselling.com info@nofearcounselling.com	
Maple Ridge	Oakhill Counselling and Mediation Services Telephone or video services only. Call office for more information.	604-607-1035	oakhill.ca	
Pitt Meadows	Pitt Meadows Wellness Centre TeleHealth and phone services only. Call office and leave a message or email info@pittmeadowswellness.com	604-465-1624	pittmeadowswellness.com info@pittmeadowswellness.com	
Maple Ridge	Revive Counselling Services Video and phone sessions only. Call office or email info@revivecounselling.com for more information	604-454-4516	revivecounselling.com info@revivecounselling.com	
Maple Ridge	Ridge Meadows Counselling	604-283-6318	marystanwood.com	Unable to confirm information.
Maple Ridge	RoseAnne Timbrell Telephone and online sessions only. Call office for more information.	604-442-5550	rtimbrell.com	
Maple Ridge	Sage River Wellness	604-377-6562	sageriverwellness.ca	Unable to confirm information.
Maple Ridge	Shine Psychology	604-380-0118	joyhopehealth.com	Unable to confirm information.
Maple Ridge	Touchstone Counselling	604-878-8044	touchstonecounselling.ca	Unable to confirm information.
Maple Ridge	West Coast Counselling Services Video and phone sessions only. Call office or email contact@wccounselling.com for more information.	604-762-5358	www.wccounselling.com contact@wccounselling.com	

This list has been provided to you by the Chamber of Commerce serving Maple Ridge and Pitt Meadows with assistance from the Downtown Maple Ridge Business Improvement Association and direct submissions.

Should any updates, corrections be required please notify us at info@ridgemeadowchamber.com.

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To be added to this list	SUBMIT HERE
and/or	
	POST TO ONLINE DIRECTORY