

Some resources in Prince George

Equine Therapy

<https://www.pghorsesociety.com/user-groups/therapeutic-riding-assoc>

<https://ultraequine.ca/>

<https://www.triquetratherapeuticservices.com/>

<https://www.youngcreekfarm.ca/about>

Therapy/ counselling

Intersect Youth and Family Services - services include children and youth– free 250 -563-6639

<https://www.intersect.bc.ca/>

Foundry Prince George – services include youth 12 years of age to young adults – Free 250-423-1571

<https://foundrybc.ca/princegeorge/>

Native Friendship Centre – services include Children, youth and adult counselling – Free 250-564-3568

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

First Nations Health Authority – Mental Health and Wellness counselling (must meet criteria to be eligible for funding for counselling call 1-855-550-5454 to register and find out if you are eligible)

<https://www.fnha.ca/>

Metis Nation British Columbia – may have counselling services available 250-561-2754

<https://www.mnbc.ca/>

Below are some private counselling agencies. Some of these may be covered under an Employee Benefits Program through a person's work.

Validity Counselling – services include children, youth, families, couples and individuals – Fee \$\$ (236) 331-6106

<https://www.validitycounselling.com/>

Northern Counselling and EMDR – services include children, youth, couple and adult – Fee \$\$ (250) -596-8654

<https://www.northerncounsellingemdr.com/>

Community Counselling Centre – services include youth and adult – low cost fee \$\$ 250-562-6690

<https://www.communitycounsellingcentre.com/>

Repiphany Counselling – services include children, youth, family, couples, individuals – Fee \$\$ 250-962-2415

<https://www.repiphany.com/>

Brazzoni and Associates – services include Children, youth, family, couples, individuals – Fee \$\$ (250) 614-2261

<https://www.brazzoni.com/>

Thrive with Brent – couples and trauma therapy – Fee \$\$ (250) 961-7463

<https://thrivewithbrent.ca/>

HML Wellness Solutions – Fee \$\$ (2360423-0077

<https://www.hmlwellness.com/>

On the Ground Counselling – services include children, youth, adults (animal assisted therapy, wlaak and talk therapy, traditional counselling – Fee \$\$ 250-564-9892

<https://www.onthegroundcounselling.ca/>

Bedford Integrative Therapeutic Services – Fee \$\$ (250) 564-3034

<https://bitsbc.com/>

## Support Available 24 Hours a Day

**Hope for Wellness Help Line** offers immediate mental health counselling and crisis intervention by phone or online chat. Call toll-free 1-855-242-3310 or start a confidential chat with a counsellor at [hopeforwellness.ca](https://www.hopeforwellness.ca).

**Indian Residential School Crisis Line** is a national service for anyone experiencing pain or distress as a result of their residential school experience. Call toll-free 1-866-925-4419.

**Kuu-Us Crisis Line Society** provides crisis services for Indigenous people across BC. Adults/Elders line 250-723-4050; youth line 250-723-2040. Or call toll free 1-800-588-8717. Learn more at [www.kuu-uscrisisline.com](https://www.kuu-uscrisisline.com).

**Métis Crisis Line** is a service of Métis Nation British Columbia. Call 1-833-MétisBC (1-833-638-4722).

Northern Crisis Line 188-562-1214