

### **List of Recommended Counsellors (NLCC):**

- Treehouse Trauma Centre: Chris Rensch, 778-298-9555
- Shoreline Counselling: Laura Bull, 604-371-4145 (Trauma)
- Thrive Life Counselling: Lindsay Faas, 778-239-2962
- Mercy Seat Ministry: Andrea Hendy, 604-819-4552
- Dynamic Life: Sonja Bristow, 604-329-2593
- Summitview Counselling: Connor Green, [connor@summitviewtherapy.ca](mailto:connor@summitviewtherapy.ca)
- Fernand Forage Counselling Collective: Megan Foster (online), [fernandforage.megan@gmail.com](mailto:fernandforage.megan@gmail.com); Victoria Harvey (anxiety, depression, OCD), [fernandforage.victoria@gmail.com](mailto:fernandforage.victoria@gmail.com)
- Rebuild and Relate Counselling: Jamie, 506-497-5738 (Counselling for Men)

*\* Counselling subsidy from NLCC available upon request*

### **Other Counselling Resources:**

- TWU Family Counselling Clinic: affordable Christian Counselling for Families. Contact Mark, [markwalterscounselling@gmail.com](mailto:markwalterscounselling@gmail.com) or Estera, [dr.esteraboldut@gmail.com](mailto:dr.esteraboldut@gmail.com).
- Langley Community Services Society: provides free community counselling (6-8 sessions) through MA interns. [info@lcss.ca](mailto:info@lcss.ca) (contact Paula Guldin)

### **Mental Health:**

#### Church-based Mental Health Support Groups:

- Maple Ridge Alliance Church: 1st and 3rd Thursday of every month, 7:15-9pm. <https://mrac.churchcenter.com/calendar/event/199232344>
- Sanctuary Mental Health Course: Wednesdays, 7-8:30pm, starting Oct 8 (8 weeks). <https://peaceportalalliance.churchcenter.com/registrations/events/3126971>
- Living Well: 2nd and 4th Tuesdays of each month, starting in January 2026 at Peace Portal Alliance Church (Surrey).

#### Other Resources:

- Mental Health Support 310-6789 (no need to dial area code)

- The Foundry: wellness for youth <https://foundrybc.ca/>
- BC Suicide Prevention and Intervention Line (1-800-784-2433)
- Early Psychosis Intervention <https://www.earlypsychosis.ca/>
- Anxiety Canada (HealthLink BC) 1-604-620-0744

### **Substance Abuse:**

- Drug and Alcohol Info and Referral Service (HealthLink BC) 604-660-9382 (Lower Mainland), 1-800-663-1441 (Province Wide)
- Wagner Hills (Recovery Center for Men) 604-856-9432, <https://www.wagnerhills.com/>
- Campbell Valley House of Hope (Recovery Center for Women) 604-534-6228

### **12 Steps Recovery Programs:**

- Freedom Session: <https://freedomsession.com/>
- Celebrate Recovery: <https://www.celebraterecovery.ca/>
- Sex Addicts Anonymous: <https://www.saavancouver.org/>

### **Support for Families:**

Safe Families Canada: <https://safefamiliescanada.com/> (vulnerable children)

Wings Fellowship: <https://www.wingsfellowship.org/> (Domestic Violence)

Mentor BC: <https://mentorbc.org/> (For Men)

### **NLCC Support Groups (2025):**

- Bereavement Journey: supporting those grieving loss. <https://www.nlcc.ca/support-groups/bereavement-journey>
- Divorce Care: <https://northlangley.churchcenter.com/registrations/events/3102342>
- If you would like prayer, email [prayer@nlcc.ca](mailto:prayer@nlcc.ca)
- Refer to the staff page on the NLCC website for the email addresses of some of the NLCC pastors: <https://www.nlcc.ca/welcome/staff-elders>

