

COUNSELLING

(Sliding scale/échelle mobile)

CATHOLIC FAMILY SERVICES (*Bilingual*)

310 Olmstead Street, Vanier

Tel: (613) 233-8478

<https://cfsottawa.ca/programs-services/>

Services: Individual, couple, family, and group counselling;

Fee: sliding scale based on annual income (\$6/hour - \$90/hour); generally \$10/hour for students

COUNSELLING AND PSYCHOTHERAPY CENTRE (*Bilingual*)

Saint Paul University

223 Main Street

Tel: (613) 782-3022

http://ustpaul.ca/en/centre-for-counselling-home_360_697.htm

Services: Individual, couple, family, and group counselling;

Fee: \$30-75/hour (negotiable depending on your financial situation; can sometimes be lower than \$30)

FAMILY SERVICES OTTAWA (*Bilingual*)

312 Parkdale Avenue

Tel: (613) 725-3601 ext. 117

Email: intake@familyservicesottawa.org

<http://familyservicesottawa.org/adults/individual-counselling/>

Services: Individual, couple and family counselling

Fee: general counselling: sliding fee scale based on annual income (\$10/hour – \$100/hour); no cost for mental health program

JEWISH FAMILY SERVICES OF OTTAWA-CARLETON (*English, French, Arabic*)

2255 Carling Avenue, Suite 301 (Carling/Woodroffe)

Tel: (613) 722-2225

<http://thecounsellinggroup.com/>

Eligibility: Any individual living in Ottawa, regardless of faith

Services: Individual, couple, and family counselling to all denominations;

Fee: sliding fees based on annual income: \$5/hour - \$125/hour; students generally \$25/hour (if not working)

CENTRE DE THÉRAPIE POUR COUPLES ET FAMILLES DE L'OUTAOUAIS (*Français*)

276 A St-Joseph, Gatineau, QC

Tel: (819) 777-7711

https://www.ctcfo.com/?no_redirect=true

Services: counselling individuel, de couple, et de famille

LA MAISON ALONZO-WRIGHT

2425 A, rue St-Louis, Gatineau

Tel: (819) 246-7277

Fax: (819) 568-5084

<http://maisonalonzowright.com/>

[http://maisonalonzowright.com/Descriptive_leaflet\(2\).pdf](http://maisonalonzowright.com/Descriptive_leaflet(2).pdf)

Services: Couples and individual, ENG and FR, for QC and ONT residents.

Eligibility: Everyone

Fee: sliding scale according to personal revenue \$25-\$120