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
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_lredirect=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

Services: Couples and individual, ENG and FR, for QC and ONT residents.
Eligibility: Everyone
Fee: sliding scale according to personal revenue $25-$120