

## **Counselling & Personal Growth Resources**

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### **B.C. Bereavement Foundation**

A non-profit organisation dedicated to the recovery of individuals experiencing grief.

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

### **B.C. Coalition of People with Disabilities**

BCCPD's mission is to support people, regardless of their disability, to live with dignity, independence and as equal and full participants in society.

<http://www.bccpd.bc.ca/>

### **B.C. Ministry for Children and Families**

Programs and services for children, youth, parents, families, including people with special needs.

<http://www.gov.bc.ca/mcf/>

### **B.C. Mental Health and Addiction Services**

An agency of the Provincial Health Services Authority that provides specialized provincial tertiary mental health services to the citizens of British Columbia. Programs include: Forensic Psychiatric Services, Child & Adolescent Mental Health, Women's Reproductive Mental Health as well as the Provincial Specialized Eating Disorders Program for children and youth located at the BC Children's Hospital. The agency also has a significant province-wide role in advancing best practices in mental health through research and knowledge exchange.

<http://www.bcmhas.ca/>

### **Canadian Mental Health Association**

CMHA focuses on combating mental health problems through information services, sponsored research projects, workshops, seminars, pamphlets, newsletters and resource centres.

<http://www.cmha.ca/>

### **Counselling BC**

Directory of clinical counsellors and psychologists in BC. The site also includes a large list of support resources for people experiencing any sort of emotional difficulty.

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

### **Dr. Weil**

A very complete, and trustworthy site on health and wellness, with an integrative approach to medicine, that brings together conventional western medicine and alternative health practices.

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

**Hollyhock**

A renowned learning centre devoted to personal, professional and social transformation, located on Cortes Island.

<http://www.hollyhock.ca/cms/>

**Inter-Cultural Association of Greater Victoria**

The Inter-Cultural Association of Greater Victoria (ICA) offers services for immigrant and refugee newcomers, including settlement and integration counselling, translation and interpretation, English classes, mentoring, job search assistance and guidance, volunteer matching, and peer support.

<http://www.icavictoria.org/>

**Victoria Hospice**

Victoria Hospice is a registered charity that provides end-of-life care focused on palliative treatment.

<http://www.victoriahospice.org/>

**Victoria Immigrant and Refugee Centre Society**

The centre helps immigrants, refugees, new Canadian citizens, and visible minorities settle and adapt into new lives in Greater Victoria.

<http://www.vircs.bc.ca/>

**Victoria Single Parent Resource Centre**

Victoria Single Parent Resource Centre, provides a helping hand for single parents and caregivers in Victoria by providing education, support and a place to be heard - in a welcoming and non-judgmental environment.

<http://www.singleparentvictoria.ca/>