

COMMUNITY LOW COST COUNSELLING SERVICES

Updated February 2025

All listed services do not exceed \$75.00 per hour and are available to anyone in the Tri-Municipal Region.

Parkland Wellness Centre

2nd floor, 180 Century Road, Spruce Grove

- Parkland Wellness Centre offers sliding scale fees with rates of \$65-70 per hour. Additional sponsorships may be available.

Phone Number: 780-298-0022

Family Life Psychology

201, 323 McLeod Ave, Spruce Grove

- Family Life Psychology offers counselling services with Mental Health Therapists at a reduced rate of \$75 per hour.

Phone Number: 780-963-7451

Alycol Integrated Health Services Restore Program

Suite 201, 95 McLeod Avenue, Spruce Grove

- Alycol's Restore Program offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50 per hour with a practicum intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-409-8798

Parkland & West Family Resource Network

Family Connections Centre, 5600-50 Street, Stony Plain

- Family Resource Networks offer free single session virtual counselling to children and youth under 18 and their caregivers.

Rapid Access Counselling
Phone Number: 1.877.244.2360
www.rac.janeapp.com

Daring Greatly Psychological Services Inc.

4915A - 44 Avenue, Stony Plain

- Daring Greatly Psychological Services Inc. offers rates of \$50 per session with their intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-907-0780

Dochas Psychological Services Hub for Hope

202, 636 King Street, Spruce Grove

- Hub for Hope provides individuals with 8 (50 minute) counselling sessions at no cost, provided by an intern psychologist.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-446-0300

Canniff & Associates Psychological and Support Services

#210 - 215 McLeod Ave Spruce Grove (Sunrise Professional Building).

- Provide a wide range of assessment & counselling services with registered psychologists and provisional psychologists on a sliding scale.
- Offer no-cost services with a practicum intern
- Offer reduced cost services with a Mental Health Professional (virtual) at \$75 an hour.

Phone number: 780-453-1873

Positive Shift Counselling. Wesdyne Otto, RPC-C

Virtual Appointments Only

- Positive Shift Counselling is a new online counselling service in Parkland County.
- Positive Shift Counselling makes mental health counselling affordable. Counselling sessions are offered on a sliding scale with rates of \$15-\$75 per session.
- Positive Shift Counselling does not accept third-party billing.

Phone number: 780-453-1873
www.positive-shift.com

If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact connect@stonyplain.com. Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.