

Edmonton Income-based Counselling Options

YWCA Counselling Centre

Monday, Wednesday, Friday: 9am-5pm
Tuesday and Thursday: 9am-9pm (closed 12-1)

Empire Building #400, 10080 Jasper Avenue

Phone | **780.970.6501**

Email | counselling@ywcaedm.org

Sliding Scale \$0-150 depending on income

Offers counselling services, support groups for issues such as bereavement, depression, family violence and divorce.

Momentum Walk-in Counselling

Monday to Thursday 11am – 7pm
Friday to Saturday 10am – 2pm

Suite 200 9562 82 AVE

Edmonton, Alberta

T6C 0Z8

780.757.0900

Costs: Pay what you can, sliding scale based on income

Provides single session counselling for individuals, couples or families. Walk-in service on a first-come/first serve basis. They recommend phoning beforehand to find out about counsellor availability.

The Family Centre

Monday-Thursday 8:30 am - 8:00 pm

closed 12:15 pm - 12:45 pm every day

Friday 8:30 am - 3:00

Saturday 9:00 am - 3:00

780.424.6103

#20, 9912 106 Street NW, Edmonton, AB, T5K 1C5
subsidized counselling based on annual income.

intake@the-family-centre.com

Cornerstone Counselling Centre

Monday – Thursday 8:30am – 8:30pm

Friday & Saturday 8:30am – 4:30pm

#302, 10140 – 117 Street

Edmonton, AB T5K 1X3

780.482.6215

Sliding Scale \$50-\$190

Christian denomination organization provides professional psychological services aimed at promoting wholeness of life through counselling, education, assessment and training. Services are for anyone irrespective of faith, creed, lifestyle, gender or financial ability.

City of Edmonton

780.496.4777

www.edmonton.ca

Speak privately with a professional social worker on various concerns such as daily life stressors, problems

with family, parenting stress, abuse or violence in the family. Also help with referring people to appropriate resources around housing, financial resources and many other community resources.

Catholic Social Services

Counselling - Individual and Family Program

780.420.1970

This program is available to people of all faiths and cultures. This program is offered at all three Edmonton office locations (East, Central, and South). Day, evening,

and Saturday appointments are available. If there is no extended health care benefits coverage, this program uses a sliding fee scale. The sliding scale fee is determined by the Counselling Program Intake Worker and uses net family income and number of dependents to figure out the fee for service