Rockland and Cathedral Neighbourhood Counselling on Burdett Avenue Burdett Avenue sits at the meeting point of downtown Victoria and the Rockland neighbourhood, a few steps from Christ Church Cathedral and a short stroll from the grand old homes that line Rockland Avenue on the way to Government House and Craigdarroch Castle. It is an unusually calm setting for a downtown office, and it is where Your Path Counselling has its clinic, in Suite 303 at 821 Burdett Avenue. For residents of Rockland, Harris Green and the apartment buildings around Quadra and Cook, the office is within easy walking distance. That makes in person counselling straightforward, with no need to plan around parking or bus schedules. People working in the nearby Law Courts, provincial offices and the medical buildings along Fort Street also find it convenient to book sessions at the start or end of the working day. The practice describes its rooms as warm and light filled, with natural light in many of them. Several clients find that a calm, well lit room makes it easier to talk about difficult subjects, especially in Victoria's darker winter months. The building entrance and parking lot are listed on Google as wheelchair accessible, and there are washrooms on site.

Your Path Counselling | 821 Burdett Ave #303, Victoria, BC V8W 1B3 | (778) 902-3735

The team at the office includes more than twenty counsellors, with credentials ranging from Masters level interns to Registered Clinical Counsellors, Canadian Certified Counsellors, Registered Social Workers and two PhD level clinical specialists. Between them they cover anxiety, depression, trauma, relationships, grief, addictions, ADHD, career concerns and much more, using approaches such as CBT, ACT, IFS, narrative therapy and psychodynamic psychotherapy. Booking can be done online by choosing a counsellor directly, or through the practice's matching service, which suggests a counsellor based on your concerns and preferences. Every counsellor offers a free 15 minute consultation, and fees are listed openly from $75 to $220 per session. Hours run from 8:30am to 9pm seven days a week, so whether you live in Rockland or work nearby, there is usually a time that fits. For people who travel or split time between Victoria and elsewhere in BC, video and phone sessions keep the work going when you are away. The surrounding streets also offer places to decompress after a session. The gardens at St. Ann's Academy are a few minutes' walk away and are often quiet even in the middle of the day, and the Art Gallery of Greater Victoria on Moss Street is a short stroll into Rockland. Some clients use the walk to or from these spots as a way to reflect on what came up in counselling before returning to work or family. Small counselling victoria bc routines like this can make regular sessions feel more grounded and less rushed. For counselling in Victoria BC right in the Rockland and Cathedral area, call Your Path Counselling on (778) 902-3735 or visit Suite 303, 821 Burdett Ave, Victoria, BC V8W 1B3.

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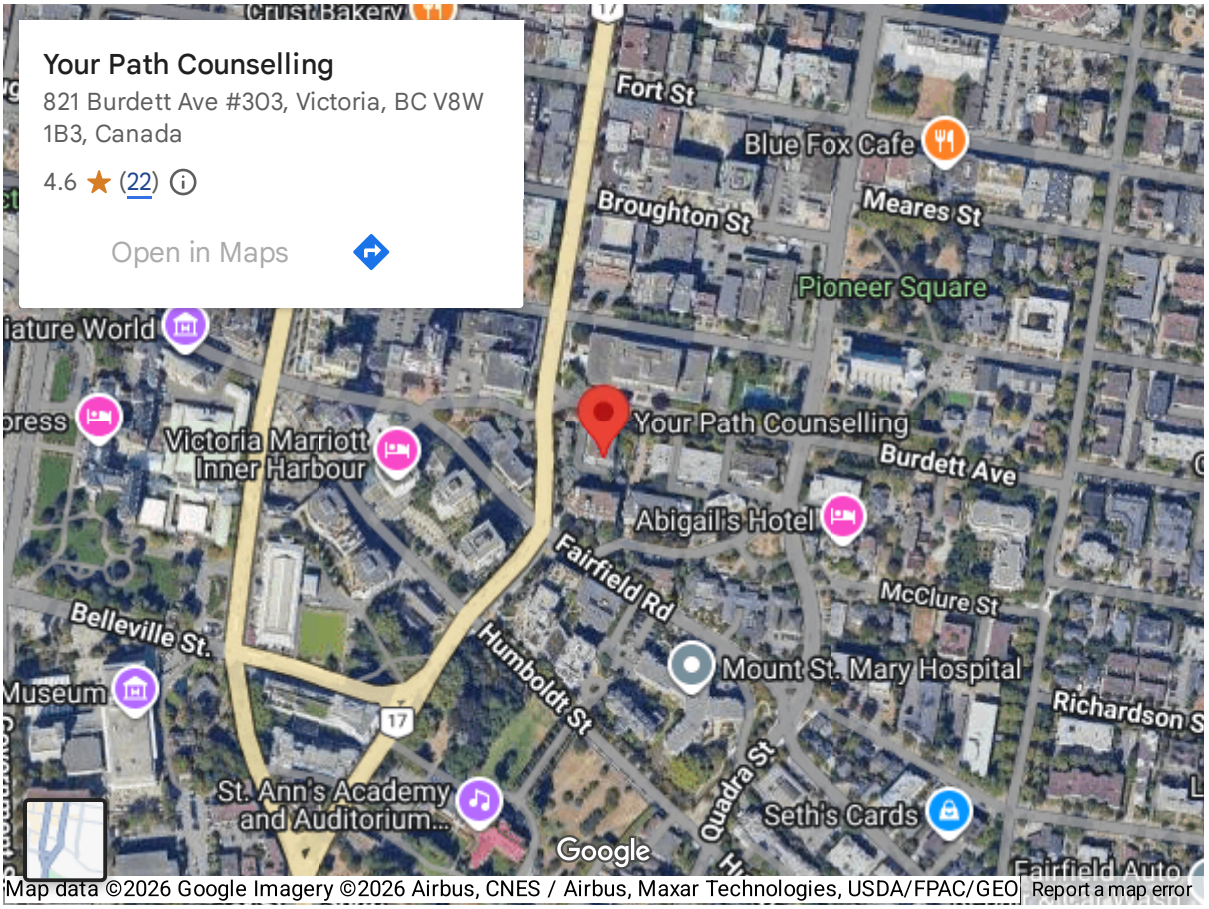

FAQ About Counselling Victoria BC How much does counselling cost in Victoria BC? Private counselling in Victoria commonly costs well over one hundred dollars per session with a registered professional. At Your Path Counselling, fees are posted openly: $75 in the Affordable Intern Clinic, $110 for senior interns, $160 for registered counsellors and $220 for clinical specialists. Fees are the same for in person sessions at 821 Burdett Ave and for video or phone sessions across BC. Is there affordable or low cost counselling in Victoria BC? Yes. Several community agencies in Greater Victoria offer free or sliding scale counselling, and private practices sometimes run lower cost options. Your Path Counselling's Affordable Intern Clinic offers sessions from $75 with Masters level interns who are supervised by the practice's registered clinicians, including co-founder Dr. Michelle Bass, PhD, RSW, RCC. Does extended health insurance cover counselling in BC? Most workplace and private extended health plans in BC reimburse counselling with certain credentials, commonly Registered Clinical Counsellors (RCC) and Registered Social Workers (RSW), and some also cover Canadian Certified Counsellors (CCC). Your Path Counselling does not bill insurers directly, but provides a full invoice after every session for you to submit. Check which credentials and annual limits your plan includes before booking. What is the difference between a counsellor and a psychologist in BC? Psychologists in BC hold a doctoral degree and can carry out formal psychological assessments and diagnoses. Counsellors such as RCCs and CCCs hold Masters degrees and focus on talk therapy for a wide range of concerns. Your Path Counselling's team includes RCCs, CCCs, Registered Social Workers and two PhD level clinical specialists, and can suggest an assessment elsewhere if one would help. Do I need a doctor's referral to see a counsellor in Victoria? No referral is needed to book counselling at Your Path Counselling; you can book online or call (778) 902-3735 directly. A small number of insurance plans still require a doctor's note to reimburse counselling, so it is worth checking your policy. Speaking with your family doctor can still be helpful if you are also considering medical treatment. How do I find the right counsellor in Victoria BC? Start with what matters most to you, such as the concern you want help with, the counsellor's approach, gender, availability and fee. Your Path Counselling's team page can be filtered by more than thirty specialties and twenty therapy types, or you can fill in a short form and be matched for free. Every counsellor offers a free 15 minute consultation so you can check the fit before booking. Is online counselling as effective as in person counselling? Research on video counselling for many common concerns, including anxiety and depression, has generally found results comparable to in person sessions. Your Path Counselling offers secure, encrypted video and phone sessions to anyone in BC, and around 15 percent of its

clients choose online sessions. Many people mix formats, attending at the Burdett Avenue office some weeks and online others. How many counselling sessions will I need? It depends on what you are working on. Co-founder Dr. Michelle Bass notes that in her experience most people can make meaningful changes in 12 sessions or fewer, while long standing patterns or early life trauma may benefit from longer term psychotherapy. Sessions at Your Path Counselling usually begin weekly and are spaced out as things improve. What does RCC mean after a counsellor's name? RCC stands for Registered Clinical Counsellor, a designation in British Columbia that requires a relevant Masters degree, supervised clinical experience and adherence to a code of ethics. Many BC benefit plans name RCCs in their counselling coverage. Several counsellors at Your Path Counselling hold the RCC designation, alongside colleagues who are CCCs and Registered Social Workers. Can I get counselling on evenings or weekends in Victoria? Yes. Your Path Counselling lists its hours as 8:30am to 9pm, seven days a week, with evening and weekend appointments spread across different counsellors. The online booking system shows live availability, or you can note your preferred times on the matching form. Video and phone sessions add flexibility for shift workers and parents. Is counselling confidential in BC? Counsellors in BC follow professional ethics codes and privacy legislation that protect what you share. Limited exceptions apply across the profession, such as a serious risk of harm to you or someone else, a child in need of protection, or a court order. Your Path Counselling explains these limits at the start of counselling and uses secure, encrypted platforms for online sessions. What should I do if I need mental health help right now? Counselling is not an emergency service. If you are in immediate danger, call 9-1-1, and if you are thinking about suicide or worried about someone, call or text 9-8-8 at any time. For ongoing support once you are safe, Your Path Counselling offers sessions in downtown Victoria and online across BC, bookable by calling (778) 902-3735.