



White Rock-South Surrey
Primary Care Network

FREE
COUNSELLING
SESSIONS

COUNSELLING SERVICES



Support When Patients Need It

FREE PHONE, ONLINE, OR IN-PERSON SESSIONS

Patients in White Rock-South Surrey can get free support and guidance from a licensed counsellor when they are referred for counselling services at Sources Community Resources. Up to 8 free confidential counselling sessions are available for individuals, families, and couples. Patients will receive an intake email within 5 business days after referral is received.

Patient eligibility criteria for free sessions:

- Referred by a White Rock-South Surrey physician or PCN clinician
- Does not have an Employee Assistance Program or Extended Medical Coverage
- Patients who would otherwise be unable to afford counselling
- Not related to an open case with ICBC
- Not in need of urgent psychiatric or mental health intervention
- Is not eligible for free services from Fraser Health Community Mental Health & Substance Use Services or Children & Youth Mental Health programs



REFERRALS

A White Rock-South Surrey physician (or PCN clinician) referral is required (sent via Pathways) to attend the counselling sessions.

Booking & Contact Note: Patient intake screening is done online or via phone. The assigned counsellor will phone or email to schedule an appointment.

MORE INFORMATION

Sources Community Resources
Tel: 604.538.2522 | Fax: 604.538.9473
counsellingservices@sourcesbc.ca
www.sourcesbc.ca
882 Maple Street, White Rock, BC V4B 4M2
Wheelchair accessible
Flexible counselling times available, including evenings and weekends

