

Recommended Counsellors

As a community, we affirm counselling and medicine as well as the authority of healing prayer. Counsellors can help people with emotional, mental, and social challenges. They can help support a sense of well-being and offer strategies to manage stress and anxiety. Below are some counsellors and counselling groups that we recommend.

Andrea Yeung

info@andrealaurenyeung.com

Anne Shannon

therapy@anneshannon.com

Brandy Holownia

brandyholowniacounselling@gmail.com

Esther Chow

esther@estherchow.ca

Jeff Hayashi

jkhayashi@shaw.ca

Jessica Buxbaum

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

Burnaby Counselling Group

<https://counsellinggroup.org/>

SOMA Counselling Group

<http://somacounselling.com/our-team/>