

Grief Counselling

Hospice Halifax (Free)

Four counselling sessions offered at no charge to anyone experiencing grief in Nova Scotia.
902-446-0929
www.hospicehalifax.ca

Aimee Poole - Splash Counselling and Coaching

Marriage & Family Therapist, BAPsy, MFCS, GSC, CRLC
Additional training in grief recovery and complicated grief.
(902) 906-2829
<https://www.splashcounselling.com/>

Albert Lee

Marriage and Family Therapist experienced in grief work.
Speaks English, Mandarin, Cantonese, and Hokkien
Sliding scale available
<https://lifebuilderinstitution.com/>

Alex Ozon Therapy

Teens, adults, and couples. Focus on grief and acceptance and commitment therapy.
Virtual only, sliding scale available.
902-702-2797
<https://www.alexozontherapy.com/>

Andrew Blackbird

Addictions specialty, experienced in grief work, first session free.
recovery@blackandgrayaddictionsupport.com
(902) 800-1809 ext. 1
<https://blackandgrayaddictionsupport.com/>

Colchester East Hants Hospice Society (Free)

Grief counselling and groups for adults and children.
902-893-3265
<https://cehhospice.org/>

Good Grief Halifax

Specializes in grief counselling and bereavement.
902-445-4100
<https://www.goodgriefhalifax.ca/>

Kyla Friel Counselling and Consulting

Specializes in grief counselling and bereavement.
(902) 403-1767
<http://www.kylafrielcounselling.com/>

Meagan Chaffey, RCT-C, MEd (Dartmouth)

Mi'kmaw therapist committed to supporting Indigenous and Black clients.
Has additional training as an infancy and pregnancy loss doula.
(782) 222-7013

Preparing for a Death

Cindie Smith - Death Doula

902-814-2273
<https://www.tidaldoula.ca/>

Counselling for Adults

Annette Mira McLellan (Bridgewater and Halifax)

Counsellor, MA, RCT-C, CCC
(902) 518-0088
therapy@interflexions.ca
www.interflexions.ca

Anxiety and Trauma Clinic of Nova Scotia

(902) 412-1557
www.halifaxanxietytrauma.ca

BreeLove Counselling

Some free/cost reduced counselling available as well as low cost or free consultations. Weekly free, quick access clinic.
Trauma informed and racially informed frameworks.
506-248-0639
<https://www.breelove.ca/>



Counselling in Nova Scotia

Bridges (based in Truro)

Counselling centre for families.

(902) 897-6665

www.bridgesinstitute.org

Gabrielle Cordella-Chew, MPS, ATR, CCC

(902) 222-0680

<http://cordellacounselling.com/>

Lesley Hartman & Associates Inc.

EMDR and other trauma therapies available.

(902) 431-1721

<https://www.lesleyhartmanassociates.ca/>

New Start Counselling

(for couples dealing with abuse or violence in their relationships)

902-423-4675

Thoughtful Changes (reduced rate counselling)

902-932-7122

<https://thoughtfulchanges.org/>

The Peoples' Counselling Clinic (Free)

A registered non-profit, community based, pro-bono mental health clinic that provides direct services and public education focused on issues of trauma, race, sex and gender.

902-832-1593

thepeoplescounsellingclinic@gmail.com

Family Service of Eastern Nova Scotia (Free)

Counselling for couples and families as well as individuals over the age of 16.

1-866-330-5952

<https://ensfamilyservice.ca/>

Counselling for Children and Youth

Bonnie McNeill, Ph.D.

Registered Psychologist

(902) 444-1160

www.chorneyandassociates.com

Cleve Sauer, MSW

Acuity Counselling and Therapy Services

902-406-3400

Victoria McKee, MSc

victoria.mckee3@gmail.com

(902) 908-5002

<https://victoriamckee3.wixsite.com/website>

Counselling for pet loss

Kathleen Dunbar, RVT, VTS, MSW

Veterinary Social Worker, Carnegie Animal Hospital

902-399-5869

wellnessliaison@carnegyanimalhospital.com

<https://www.carnegyanimalhospital.com/>

This list is compiled by Hospice Halifax staff, and updated as often as possible. Please note that we do our best, but cannot guarantee the information on this list is 100% accurate.