

HIM-Trusted Counsellors/Practitioners

The below is a complete list of the trusted counsellors and practitioners HIM works with (organized in alphabetical order). Please feel free to browse through it and explore the counsellors who best match your mental health needs:

[ah-ha! Counselling & Consulting](#)



[Cicada Counselling](#)



[Dragonstone Counselling](#)



[Linden Neudrof](#)

[Alvaro Luna](#)



[Colter Long](#)

[Duncan Keist](#)



[Mary Petty](#)



[Andrew Huber
Counselling Services](#)

[Connor Denoon](#)



[Edward Sandberg](#)



[Meaningful
Counselling](#)

[Anthony Cave](#)

[Cory Arthurs](#)



[Geoff Straw
Counselling](#)



[Mind in Body](#)



[Ben Lee](#)

[David Chacon Valenzuela](#)



[Jeff Darcy](#)



[Oakhill Counselling
and Meditation Ltd.](#)

[Bill Coleman](#)



[David Portesi Counselling
and Consulting](#)



[Joe Ramirez Integral
Counselling](#)



[Psychologist Practice](#)

[Blue Ridge Counselling](#)

[Dennis Dion Therapy](#)



[Justin Paulsen](#)

[Ross Stogryn](#)



[Brian O'Neil Counselling
Services](#)



[Devin Chen](#)



[Kirti Agarwal](#)



[Tammam El-Khodor](#)



[The Centre for Gay
Counselling](#)



[The Do Less Project](#)



[Linden Lalonde](#)



[Your Story Evolved](#)



Practitioners who are part of the HIM Helps program.



Practitioners who provide means-based pricing.



Practitioners who offer a sliding scale pricing (when possible).

HIM | HEALTH
INITIATIVE
FOR MEN

ah-ha! Counselling & Consulting

AL ZWIERS
Social Worker (RSW & RCSW)

Contact information:
al@ah-ha.ca
604-537-0130
211-1118 Homer Street,
Vancouver, V6B 6L5

Overview:

Al's goal is to help you find healing spaces in your life and to enact positive and lasting change, as well as to help you strive towards your personal definition of a healthy, balanced and fulfilling life of integrity and pride. Al's practice is grounded in the principles of anti-oppression structural social work and draws on more than 20 years of clinical experience.

Approaches:

Rogerian, CBT, DBT, Narrative, Clinical Hypnosis, Mindfulness-Based Stress Reduction, Gottman Method of Couples Therapy Levels 1 & 2

Areas of Expertise:

Anxiety	Queer men's issues	Change and transition
Trauma	Loss/grief	Mindfulness
Sexual abuse	Self-esteem/Self-concept	Gender identity
Couples counselling	Separation/break up	Compulsive behaviours
Chronic illness and pain	Sexuality and Sex	Substance use and addiction
Depression	Stress	
Inter-racial/ inter-cultural challenges	Coming out	
Social and interpersonal difficulties	Minority stress	

Fee: Fee for service / Sliding scale when possible / Covered by some insurance plans.

Alvaro Luna

ALVARO LUNA
Canadian Certified Counsellor (CCC)

Contact information:
[LinkedIn](#)
(587) 937-5209
alvaroluna.psy@gmail.com

Overview:

I am a Certified Canadian Counsellor (CCC) and psychotherapist, and I support gender and sexually diverse folks in making sense of their emotional and relational experiences. I strive to support clients in attaining their emotion regulation and processing goals and needs incorporating psychological interventions relevant to them. My education includes a master in Clinical and Health Psychology from Andes University (Colombia), as well as a master in Counselling from the City University of Seattle, which have provided me with a solid theoretical formation to practice clinical counselling and psychology. My personal experience as a queer person of colour, and an immigrant also inform my worldview, and I incorporate an anti-oppressive approach to my practice.

Approaches:

I practice Cognitive Behavioural Therapy (CBT), and typically incorporate interventions of other behavioural approaches as needed, including Dialectical Behaviour Therapy (DBT) Skills, and Acceptance and Commitment Therapy (ACT). I have experience working with folks affected by trauma, queer people of colour, as well as with sex workers.

Languages: I can offer psychotherapy in English and/or Spanish.

Areas of Expertise:

Anxiety	Loss/Grief	Trauma
Anger Management	Mindfulness	Depression
Chronic Illness/Pain	Minority Stress	Compulsive Behaviors
Psycho-education	Sexual Identity Issues	Sexual abuse
Queer men's issues (coming out etc...)	Social and interpersonal difficulties	Inter-Racial/Inter-Cultural Challenges

Fee: HIM Helps (sliding scale)

Andrew Huber Counselling Services

ANDREW HUBER

Registered Clinical Counsellor (RCC)

Contact information:

andrewhubercounselling@gmail.com

www.andrewhubercounselling.com

778-999-2564

Overview:

I offer counselling support to individuals and couples. I specialize in life transitions, including LGBT issues, stress management, and finding work-life balance.

Approaches:

Client-centered, CBT, Mindfulness-based techniques.

Areas of Expertise:

Anxiety

Mindfulness

Psycho-education

Change and transition

Coming out

Self-esteem/Self-concept

Queer men's issues
(coming out etc...)

Social and Interpersonal
Difficulties

Stress

Fee: Fee for service / Covered by some insurance plans.

Anthony Cave, Psychologist Practice, Psychologist

ANTHONY CAVE
Psychologist

Contact information:
acave@clearcounselling.ca
604-837-757
www.acavepsychologist.com
415-470 Granville street

Overview:

I work with clients of all genders. I serve youth, adults and elders. I have additional specialized experience working with people with HIV/AIDS, people of First Nations heritage, and with gay, bisexual, transgender and lesbian clients. I am a Registered Psychologist with the College of Psychologists of BC (Registration # 1755). I am also a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. I have over 20 years' experience in providing psychotherapy and counselling. My expertise is clinical psychology - the assessment and treatment of mental disorders.

I believe relationships are key to mental health. My preferred therapy approach is called relationally focused integrative psychotherapy. This includes CBT, client centered and psychodynamic techniques. It is within safe, empathic and respectful relationships that healing occurs, and the therapeutic relationships I create with clients include these qualities.

Approaches:

Relationally focused integrative psychotherapy, CBT, Client-centered, psychodynamic.

Areas of Expertise:

Anxiety	Disability	Depression
Chronic Illness/Pain	Mindfulness	Self-esteem/Self-concept
Coming out	Loss/Grief	Psycho-education
Queer men's issues (Coming out, etc...)	Social and interpersonal difficulties	Stress

Fee: Fee for service / Covered by some insurance plans.

Ben Lee

Contact information:
Bencmlee212@gmail.com
6047151268

Ben Lee
Registered Social Worker (RSW)

Overview:

I believe that mental health is best understood in a relational and interpersonal context. In partnership with my clients, my goal as a counsellor is to co-create a space for curiosity, understanding, acceptance and greater psychological flexibility and freedom. I don't believe that mental health can be meaningfully or ethically understood when divorced from the social contexts of colonization, racism and other systems of oppression.

Approaches:

Psychodynamic.

Areas of Expertise:

Depression	Social and Interpersonal Difficulties	Queer men's issues (Coming out, etc...)
Minority Stress		

Fee: Fee for service / Covered by some insurance plans.

Bill Coleman

BILL COLEMAN
Counsellor (RCC)

Contact information:

bill@bcoleman.ca

778 320 4850

www.bcoleman.ca

#808 1160 Burrard St.

Overview:

Gay men's issues.

Areas of Expertise:

Anger management	Anxiety	Sexual abuse
Couples counselling	Depression	Psycho-education
Self-esteem/Self-concept	Separation/break up	Sexuality and Sex
Stress	Coming out	Domestic violence and abuse
Mindfulness	Substance use and addiction	Social and interpersonal difficulties
Queer men's issues (coming out etc...)	Change and transition	

Fee: Fee for service / Sliding scale (When possible) / Various cost options / Covered by some insurance plans / Clients pay what they make per hour

Blue Ridge Counselling

Camber Giberson
Registered Clinical Counsellor (RCC)

Contact information:
camber@blueridgecounselling.com
<https://blueridgecounselling.com/>
778-697-6985

Overview:

Blue Ridge Counselling is a trauma-informed psychotherapy practice with a focus on somatic therapy, neurodivergent challenges and gender-affirming care.

Approaches:

Somatic Experiencing, biofeedback, ACT, CBT, and Person-Centered Therapy.

Areas of Expertise:

Anxiety	Chronic Illness/ Pain	
Coming out	Disability	Eating Disorders
Gender Reaffirming Procedures (HRA, SRA)	Inter-racial / Inter- cultural challenges	Mindfulness
Queer men's issues (Coming out, etc...)	Stress	Sexuality and sex

Fee: Fee for service

Brian O'Neill Counselling Services

Contact information:

bjoneill@shaw.ca

(604) 202-7566

BRIAN J. O'NEILL

Social Worker (RSW & RCSW)

Overview:

Individual and couple counselling. Interested in helping people move toward their goals in relationships as well as careers. I am particularly focused on helping people become more aware of the various experiences they have had in growing up as well as in adulthood, that influence their current relationships.

Approaches:

I base my work on establishing a close relationship with clients, and through becoming attuned to them, support them in moving toward their goals.

Areas of Expertise:

Anxiety	Trauma	Sexual abuse
Couples counselling	Depression	Loss/Grief
Disability	Sexuality and sex	Stress
Queer men's issues (Coming out, etc...)	Social and interpersonal difficulties	Mindfulness

Fee: Fee for service / Sliding scale (When possible) / Covered by some insurance plans.

The Centre for Gay Counselling

JORDAN GRUENHAGE

Registered Clinical Counsellor (RCC); Canadian Certified Counsellor (CCC)

Contact information:

support@cfgaycounselling.ca

www.centreforgaycounselling.com/

Online in BC and Ontario

1-877-542-8727

Overview:

I help fellow gay men understand their emotions better, heal from past trauma, and grow their sense of self-worth so that they can enjoy the fulfilling life they deserve. To start, we'll create a customized plan for your counselling based on your needs and goals. Often, I'll first teach clients some skills for understanding and managing emotions so that they can feel more in control and grounded early on. We'll also explore your history so that we can do more advanced therapeutic work that focuses on getting you unstuck from your current challenges. If you're interested in working together, please visit my website to learn more.

Approaches:

EMDR, Emotion-Focused Therapy, LGBTQ2S+ Affirmative Therapy.

Areas of Expertise:

Anxiety	Couples	Self-esteem / Self-concept
Stress	Trauma	Queer men's issues (Coming out, etc...)
Social and interpersonal difficulties		

Fee: Fee for service / Sliding scale (When possible) / Covered by some insurance plans.

(Registered with First Nations Health Authority (FNHA) to provide free counselling to clients who meet FNHA's eligibility criteria for mental health benefits.)

The Centre for Gay Counselling

VICTOR WAKARCHUK
Registered Social Worker (RSW)

Contact information:
support@cfgaycounselling.ca
www.centreforgaycounselling.com/
Online in BC and Ontario
1-877-542-8727

Overview:

I help gay men find freedom from anxiety, so that they can start living life to the fullest again. Often, this involves learning skills to help calm your nervous system, which is where your body creates the anxiety. Once you feel more grounded, we can jointly create a plan to help move you in the direction towards the life you want to live. I provide a warm, non-judgemental and shame-free counselling environment so that you feel safe and supported. Anxiety is tough. You don't have to suffer alone in silence. If you are interested in working together, please visit my website to learn more.

Approaches:

Acceptance and commitment therapy, sex therapy.

Areas of Expertise:

Anxiety	Couples	Self-esteem / Self-concept
Stress	Trauma	Queer men's issues (Coming out, etc..)
Social and interpersonal difficulties		

Fee: Fee for service / Sliding scale (When possible) / Covered by some insurance plans.

(Registered with First Nations Health Authority (FNHA) to provide free counselling to clients who meet FNHA's eligibility criteria for mental health benefits.)

Cicada Counselling

LOUIS LIN

Registered Clinical Counsellor (RCC), Psychotherapist

Contact information:

Lou.counselling@gmail.com

www.cicadacounselling.com

#530-470 Granville Street

Overview:

Have you ever rushed out the door only to realize you forgot something or spilled coffee all over yourself in the process? Have you ever said to yourself, "I am tired of feeling this way; I shouldn't be feeling like this," yet the feelings persist and sometimes come back stronger?

These may seem like two distinct, unrelated instances I am raising, but I parallel them with how we often approach our problems: we tend to want to rush through them or judge ourselves for having the emotions and reactions to the difficulties life tosses at us. I'm here to propose an alternative: your feelings are valid, no matter what you're seeking help for.

My name is Louis (pronounced Lou-ee, He/They), and I am a first-generation immigrant/settler who has always had a unique relationship with stories. Being human is challenging, but we are not meant to traverse this journey all by ourselves. Instead, we all strive for our stories to be heard and validated by another human being.

We rarely move through life with intention and space to slow down and reflect. I see counselling as a dedicated space created for you by you to get curious about ourselves, tend to the parts that need some fine-tuning and updates, and process some uncomfortable emotions that the outside world doesn't always give space for.

Therapy can feel like hard work sometimes, but it tends to be easier when you do it through a genuine human connection in front of you. My work focuses on the relationship between you and me, and together, we use it as the foundation for the changes you are seeking in your life. We all want to be worked with, not worked on.

I offer 15-minute complimentary consultation for all clients who are interested in working with me. Looking up therapists is a big step – in my opinion, you are already halfway from where you began to where you would like to be!

Approaches:

While I draw techniques from different approaches (e.g., Accelerated Experiential Dynamic Psychotherapy (AEDP), Attachment-Based/Relational Therapy, Emotion-Focused Therapy, Existential Therapy, Experiential Therapy, Feminist, Person-Centered, Narrative Therapy), my approach is primarily emotion-focused and attachment-based. This means that I prioritize the therapeutic relationship in sessions and use it as a foundation to nurture a positive relationship with your emotions. By befriending our emotions, we can better understand the messages our bodies are communicating, gaining greater clarity about our wants and needs and lessening the symptoms we experience.

Languages: Can offer psychotherapy in English or Mandarin.

Areas of Expertise:

Anger management	Anxiety	Change and transition
Coming out	Depression	Loss/Grief
Mindfulness	Minority stress	Psycho-education
Self-esteem/Self-concept	Separation/Break up	Sexuality and sex
Social and interpersonal difficulties	Inter-racial/Inter-cultural challenges	Queer men's issues (Coming out, etc...)
Stress		

Fee: Fee for service / Covered by some insurance plans / HiM Helps / Means-based pricing / Sliding scale (when possible) / Various cost options.

Colter Long

Colter Long
Registered Clinical Counsellor (RCC)

Contact information:
colter@thrivedowntown.com
https://thrivedowntown.janeapp.com/#/staff_member/26
[470 Granville St.](#)
[778.320.2656](#)

Overview:

Colter grew up on a farm outside of Stettler, Alberta. As a teenager, he was diagnosed with Leukemia and was the recipient of a bone marrow transplant. This experience influenced his interest in the combined benefits of clinical and holistic wellness. Colter completed his master's degree at UBC and is now practicing as a Registered Clinical Counsellor in Downtown Vancouver, British Columbia.

With Colter, you will learn evidence-based tools for enhancing resilience with a biopsychosocial approach. This involves working with the mind, body, and emotions to understand how positive changes (even minor ones) made in one area can have a profound impact across all domains of your well-being. Whether we focus on your career, relationships, health, or repairing past trauma – you will develop practical skills for transforming your thoughts and habits for sustainable, lifelong progress.

Approaches:

Cognitive-Behavioural Therapy, Mindfulness-Based Therapy, Trauma Repair, Narrative Therapy, Person-Centred Therapy, Solution-Focused Therapy, Addictions Recovery, Life & Career Coaching

Areas of Expertise:

Anger management	Anxiety	Change and transition
Coming out	Depression	Loss/Grief
Mindfulness	Minority Stress	Psycho-education
Self-esteem/Self-concept	Separation/Break up	Sexuality and sex
Sexualized Substance Use	Spiritual Practices	
Social and interpersonal difficulties	Queer men's issues (Coming out, etc...)	Stress

Fee: Fee for service / Covered by some insurance plans / Receiving CVAP clients and offering direct billing when available.

Connor Denoon

Contact information:

Connor@denooncounselling.com

www.denooncounselling.com

CONNOR DENOON

Registered Clinical Counsellor (RCC)

Overview:

Connor is a Registered Clinical Counsellor (#16005) and a recent graduate of Adler University's Master of Counselling Psychology program. He brings a fresh perspective to his therapeutic relationships with his diverse employment and educational background in Psychology, Journalism, and Political Science. He has been involved with HIM since 2016 as a volunteer with HUSTLE, and more recently as a Counselling Practicum Student. As well as being a member of the LGBTQI+ community, Connor has focused his academic and therapeutic experience working with and supporting members and allies of the LGBTQI+ family. In the therapy room, Connor is completely committed to the therapeutic relationship between himself and his clients. He believes a warm, trusting, supportive, and unconditionally positive connection between a therapist and their clients forms the foundation for therapeutic change. From this foundation, and in consultation with his clients, Connor draws upon a handful of evidence-based therapies that best fit the holistic well-being of the person and the goals they are working on with him.

Approaches:

Person-Centred Therapy, Cognitive Behavioural Therapy (CBT), Gottman Couples Therapy (Level 1), Mindfulness Based Therapy, Dialectical Behavioural Therapy (DBT), and completed EMDR certification in 2019.

Areas of Expertise:

Anger management	Anxiety	Change and transition
Coming out	Depression	Loss/Grief
Mindfulness	Couples	Psycho-education
Self-esteem/Self-concept	Separation/Break up	Sexuality and sex
Social and interpersonal difficulties	Queer men's issues (Coming out, etc...)	Stress

Fee: Fee for service / Covered by some insurance plans / HIM Helps / Sliding scale (when possible).

Cory Arthurs, MC

CORY ARTHURS

Registered Clinical Counsellor (RCC)

Contact information:

coryarthursrcc@gmail.com

www.coryarthursrcc.com

778-385-5182

204-616 KLO Road, Kelowna, BC

Overview:

I provide counselling for youth and adults seeking change or healing in their lives.
Approved CVAP.

Approaches:

Sensorimotor Psychotherapy, Narrative, CBT, Solution-Focused, client-centered.

Areas of Expertise:

Trauma	Anxiety	Sexual abuse
Domestic violence and abuse	Depression	Loss/Grief
Mindfulness	Change and transition	Stress
Self-esteem/Self-concept	Separation/Break up	Social and interpersonal difficulties

Fee: Fee for service / Covered by some insurance plans / Sliding scale.

David Chacon Valenzuela

DAVID CHACON

Registered Clinical Counsellor (RCC)

Contact information:

chacondavid@hotmail.com

www.davidchacon.ca

604 725 0172

Overview:

I believe in using our Diversity as an instrument to support people in their growth, rather than as a weapon to hurt ourselves and others. Therefore, I am committed to providing a respectful, safe, and welcome space regardless of age, sexual orientation, gender identity, ethnicity, socioeconomic condition, disability, or religion. Counselling should be a service that is available to anyone that needs it. Challenging experiences that happened in your life in the past will continue influence your actions today. Your behaviours, beliefs, relationships, and choices might seem difficult to understand today if you feel that you are stuck in the past and fearful of your future. I will honor your dignity, integrity and values and support you as you identify and understand your needs with thoughtful attention for self-care.

Approaches:

My work approach is eclectic and pragmatic. Eclectic because I bring different theoretical approaches to my practice, such as Psychoanalysis, Adlerian Therapy, Narrative Therapy, Acceptance Commitment Therapy (ACT), Person Centered Therapy and Traditional Indigenous Cultural practices. And pragmatic because I support you as you find the way to take back control in your life, decide on the appropriate actions and put them into practice.

Areas of Expertise:

Anxiety	Change and transition	Couples counselling
Cross-cultural distress	Depression	Migration
Minority stress	Stress	Counselling in another language
Inter-racial / intercultural challenges	Queer men's issues (coming out etc...)	

Fee: Fee for service / Covered by some insurance plans / Sliding scale (when possible).

David Portesi Counselling and Consulting

DAVID PORTESI
Registered Clinical Counsellor (RCC)

Contact information:
dave@davidportesi.com
www.davidportesi.com
 778-828-1692
 1548 Johnston Road - Suite 202,
 White Rock, BC V4B 3Z8

Overview:

As a Registered Clinical Counsellor, I call on over 20 years of experience in the healthcare field and training in both public health and counselling psychology. I use a holistic approach that recognizes that good mental health is not just the absence of mental illness or distress, but is also rooted in healthy relationships, a fulfilling home and community life, purposeful work and career options, and overall physical and mental well-being. I enjoy working with individuals and couples navigating life transitions. These include being in a new or struggling relationship, coming out to loved ones, starting a family, balancing life and work demands, planning for and starting a new career, or entering retirement, among others.

Skype and phone session are available.

Approaches:

Behavioral therapy, Cognitive-behavioral therapy, Emotionally focused therapy, and Mindfulness.

Areas of Expertise:

Anger management	Anxiety	Couples counselling
Depression	Minority stress	Separation/break up
Sexuality and sex	Stress	Coming out
Change and transition	Mindfulness	Self-esteem/Self-concept
Inter-racial / inter-cultural challenges	Social and interpersonal difficulties	Queer men's issues (coming out etc...)

Minority stress

Fee: Fee for service / Sliding scale (when possible).

Dennis Dion Therapy, RCC

DENNIS DION

Registered Clinical Counsellor (RCC), Therapist

Contact information:

info@dennisdiontherapy.com

www.dennisdiontherapy.com

200-1687 West Broadway

778-839-9551

Overview:

I support people who struggle with depression, anxiety, grief and loss, perfection, disordered eating/body policing, and addiction (gambling, porn, substances). I offer individual, couple, family and group counselling.

Approaches:

Narrative therapy and solution focused.

Areas of Expertise:

Anger management

Anxiety

Couples

Depression

Eating disorders

Loss/grief

Change and transition

Substance use and addiction

Social and interpersonal difficulties

Queer men's issues
(coming out etc...)

Fee: Fee for service / Sliding scale (when possible).

Devin Chen

DEVIN CHEN

Registered Clinical Counsellor (RCC)

Contact information:

devin.counselling@gmail.com

www.instagram.com/devin.counselling

604.616 1426

Overview:

My focus to wellness is a holistic approach. As a queer man of colour, I understand how the outside world influences our sense of self and expectations. This life experience helps me better understand the combination of how your environment, mind, and body affect the way you live your life. I truly believe we all have the capacity to grow and heal. My role is to assist you in creating a supportive environment through connections and embodied experiences for you to take with you wherever you go. What does personal wellness mean for you?

Approaches:

Gestalt Therapy, Sensorimotor Psychotherapy, Mindfulness-Based Approach, Person Centred, Relational Approach.

Languages: Can offer psychotherapy in English or Mandarin

Areas of Expertise:

Anger management	Anxiety	Change and transition
Chronic illness/pain	Coming out	Compulsive behaviours
Couples	Depression	Domestic violence and abuse
Eating disorders	Gender identity	Loss/grief
Mindfulness	Minority stress	Psycho-education
Separation/break up	Sexual abuse	Sexual identity
Sexuality and sex	Stress	Substance use and addiction
Trauma	Self-esteem/self-concept	Social and interpersonal difficulties
Counselling in another Language	Queer men's issues (Coming out, etc...)	Inter-racial/inter-cultural challenges

Fee: Fee for service / Sliding scale (when possible) / HIM Helps / Covered by some insurance plans.

The Do Less Project

TIM CYR
Coach / Mediator / Teacher

Contact information:
dolessproject@gmail.com
www.doless.ca
604-366-3483
201 - 1949 W 5th Ave, Vancouver

Overview:

Creating space for individual's for healing and connection. Using both physical practices and mindful practices.

Approaches:

Meditation, heart-centered conversation, Restorative Yoga, Reiki, relaxational massage.

Areas of Expertise:

Anxiety	Depression	Loss/grief
Stress	Coming out	Change and transition
Mindfulness	Spiritual practices	

Fee: Fee for service / Sliding scale (when possible) / Means-based pricing / Packages and batched service pricing.

Dragonstone Counselling

MULTIPLE PRACTITIONERS

Contact information:

info@dragonstonecounselling.ca

www.dragonstonecounselling.ca

604-738-7557

Overview:

We offer holistically centered counselling to a diverse clientele. Counselling, or talk therapy, is a proven method of improving mental health and wellness. It is a collaborative, active process that creates lasting change in your life. Counselling offers a safe, confidential space for you to talk about anything you want, without fear of judgement. We offer individual, relationship and family counselling for clients of all ages and genders.

Approaches:

Our practitioners integrate a variety of approaches to best help you, including client centred, feminist, anti-oppression, DBT, CBT, narrative and EMDR. We can offer short-term solution focused therapy or longer term depth therapy.

Areas of Expertise:

Anger management	Anxiety	Change and transition
Chronic illness/pain	Coming out	Compulsive behaviours
Couples	Depression	Domestic violence and abuse
Eating disorders	Gender identity	Loss/grief
Mindfulness	Minority stress	Psycho-education
Separation/break up	Sexual abuse	Sexual identity
Sexuality and sex	Stress	Substance use and addiction
Trauma	Self-esteem/self-concept	Spiritual practices
Social and interpersonal difficulties	Queer men’s issues (Coming out, etc..)	Inter-Racial/Inter-Cultural Challenges
Disability	Parenting	

Fee: Employee Assistance Program / Fee for service / Sliding scale (when possible) / Means-based pricing / Various cost option / Covered by some insurance plans.

Duncan Keist

DUNCAN KEIST
Registered Clinical Counsellor (RCC)

Contact information:
dkeist@gmail.com
duncankeistcounselling.com
(506) 315-0059

Overview:

Duncan (he/him/his) believes that good mental health develops from having healthy relationships, effective coping skills, a robust self-esteem, and a sense of living a meaningful life. Duncan works with clients to establish or reinvigorate these aspects of their lives in ways that are best fit for them. Overall, he offers support, guidance, and insights to clients in a person-centered, safe, and trauma-informed approach. He also practices within feminist, social justice, queer theory, and biopsychosocial frameworks.

Approaches:

Narrative Therapy, Satir, CBT, and Emotion-focused.

Areas of Expertise:

Anger management	Anxiety	Depression
Loss/grief	Psycho-education	Self-esteem/Self-concept
Separation/break up	Sexuality and sex	Stress
Coming out	Change and transition	Mindfulness
Social and interpersonal difficulties	Queer men's issues (Coming out, etc...)	

Fee: Fee for service / Sliding scale (when possible) / Means-based pricing / Various cost option / Covered by some insurance plans.

Edward Sandberg

Contact information:

edward@edwardsandberg.com

www.edwardsandberg.com

EDWARD SANDBERG

Registered Clinical Social Worker (RCSW)

Overview:

Edward has a diverse practice dealing with a vast number of personal and interpersonal issues. While working with an increasingly diverse client base, he has been specializing in the areas of relationships, sex and sexuality for many years. The underlying issues of sexuality are frequently present even if they are not the primary concern to be addressed in the therapy, because clients seek out a therapist who is comfortable with these life and lifestyle issues.

Approaches:

Edward uses a number of therapeutic modalities, but is first and foremost Client Centered and Feminist/Humanist. Beyond that he uses an eclectic set of talk therapy techniques including CBT, Rogerian and Narrative Therapy.

Areas of Expertise:

Change and transition	Chronic Illness/pain	Coming out
Loss/grief	Minority stress	Separation/break up
Sexual abuse	Sexuality and sex	Sexual identity issues
Trauma	Change and transition	Queer men's issues (Coming out, etc...)

Fee: Fee for service / Sliding scale (when possible) / Covered by some insurance plans.

Geoff Straw Counselling

Geoff Straw

Registered Clinical Counsellor (RCC)
Psychotherapist

Contact information:

geoffstraw@icloud.com

www.geoffstrawcounselling.com

2045 Nelson Street, Suite # 1102
289 969 8605

Overview:

2SLGBTQ+ community, palliative care, grief and bereavement, stress and anxiety reduction with a focus on mindfulness, trauma informed care including EMDR. Spiritual and existential therapy. In person and virtual counselling offered

Approaches:

CBT, person centered, EMDR, relaxation techniques including mindfulness, spiritual and existential approach

Areas of Expertise:

Anxiety	Change and transition	Chronic Illness / Pain
Coming Out	Depression	Loss/ Grief
Mindfulness	Psycho-education	Self-esteem/ Self-concept
Social and Interpersonal Difficulties	Queer men's issues (coming out etc...)	Stress
Spiritual Practices		

Fee: Fee for service / Covered by some insurance plans / Sliding scale (when possible).

Jeff Darcy, RCSW

Contact information:
curiositycounselling@gmail.com
www.jeffdarcy.ca

JEFF DARCY
 Registered Clinical Social Worker (RCSW)

Overview:

Jeff has over 20 years of experience providing counselling to a diverse range of clients of all ages. He specializes in helping LGBT folks and understands the impact homophobia and heterosexism can have on mental health. Are you feeling stuck? Is your life out of balance? Would you like to experience more joy, passion, productivity, and fun? In a friendly, respectful, nurturing environment, Jeff will guide you on a journey of self-discovery where you can explore what matters most. Whatever is blocking your potential - fear of failure, fear of missing out, anxiety, sexuality concerns, or just plain stressful living - Jeff will collaboratively engage you in establishing meaningful goals for treatment and recovery. Using creative strategies and practical techniques, he will help you learn to successfully navigate the ups and downs of life so you can create more balance and connection in your work, relationships, and communities. Jeff works well with a diverse range of clients, especially tech professionals. As a former engineer he can usually translate psychological concepts to a math-science audience effectively.

Approaches:

Jeff's approach is client-centered, strengths-based, and integrative; he draws on a variety of therapy techniques tailored to the person. These include Narrative Therapy, Mindfulness-Based Cognitive Therapy (MBCT), EMDR - a somatic process for healing trauma, Parts Work Therapy, Gestalt Therapy, Solution-Focused Therapy.

Areas of Expertise:

Anxiety	Depression	Coming out
Psycho-education	Sexual identity issues	Sexuality and sex
Spiritual practices	Stress	Trauma
Mindfulness	Queer men's issues (Coming out, etc...)	Social and interpersonal difficulties

Fee: Fee for service / HIM Helps / Sliding scale (when possible) / Covered by some insurance plans.

Joe Ramirez Integral Counselling

JOE RAMIREZ
 Psychotherapist (MCP, CAC, CCC)

Contact information:
Joe@Joe-Ramirez.com
www.Joe-Ramirez.com
 778.227.9423
 415 - 470 Granville St.

Overview:
 Individual and Couples Counselling.

Additional areas of expertise: Identity, Latin-Canadian Relationships, difficulty with male figures (father figures), mentoring, religion and identity conflict, communication skills, stay-at-home dads and isolation, open/closed relationships.

Approaches:
 Adlerian Psychotherapy, CBT, Gestalt, Solution Focused, Art Therapy, Dialectal Behaviour Therapy, Dream Interpretation, Mindfulness and Meditation, Gottman Method Couples Counselling.

Areas of Expertise:

Anxiety	Sexual abuse	Couples counselling
Depression	Loss/Grief	Parenting
Separation/break up	Sexuality and Sex	Self-esteem/Self-concept
Coming out	Change and transition	Mindfulness
Spiritual practices	Inter-racial / inter-cultural challenges	Queer men's issues (coming out etc...)

Fee: Fee for service / Sliding scale (when possible).

Justin Paulsen MCP, RCC, ABS

JUSTIN PAULSEN
Registered Clinical Counsellor (RCC),
Psychotherapist.

Contact information:

justin@westlandtherapy.com

www.westlandtherapy.com

Vancouver, B.C. (Virtual Appointments
Only)

Overview:

Hi I'm Justin, a Psychotherapist, Couples Counsellor, and Clinical Sexologist Clinical with the following completed training and experience:

- Registered Clinical Counsellor # 19969 (RCC) with the British Columbia Association of Clinical Counsellors (BCACC).
- Certified Clinical Sexologist #23146 with the American Board of Sexology (ABS)
- Master of Counselling Psychology degree from Adler University.
- Completed training with the Westland Academy of Clinical Sex Therapy in topics focused on sexual consent & communication and working with BDSM/Kinky clients.
- Completed Level 1 training of the Gottman Method for Couples Therapy.
- Worked as a researcher with the Westland Academy of Clinical Sex Therapy. Helped develop training for clinicians with a focus on various sexual dysfunctions, such as ED (erectile dysfunction), PE/DE (premature and delayed ejaculation), and GPPD (Genito-Pelvic Pain and Penetration Disorder).
- Work as a counsellor with the LGBTQIA+ community at Health Initiative For Men, tackling challenges with clients surrounding sexuality, gender expression, relationships, sex, and more.

For the better part of my life, I have been learning and training how to help people of all genders and sexual expressions tackle some of the confusing and difficult parts of life. I know what it's like to feel stuck, whether in your personal identity, sex life, relationships, career, or just life in general. I also know a lot of these topics can be tough to talk about, and that's why I'm here.

Counselling sessions can provide an environment of trust, compassion, and safety for us to explore some of these areas together without the burden of being judged.

My work with you will be tailored to your needs, based on how you identify as a person and what has or hasn't worked for you. I believe we are all complex, well-rounded human beings and therefore a holistic and integrative approach to healing is most effective.

By attending sessions, you will be given the opportunity to learn new skills and tools that you can take with you into your day-to-day, helping you feel better equipped to manage life's challenges.

Together we can start to look at what brought you here, what's keeping you stuck, and what possible ways there are to move forward. Fortunately, you've already made a step toward change by being here, and I'd love to continue with you on that journey.

I offer 50- and 80-minute virtual counselling sessions that can be booked by contacting me via email.

Approaches:

Client-Centered, Emotion-Focused, Cognitive-Behavioural, Somatic, and Mindfulness practices.

Areas of Expertise:

Anxiety	Couples counselling	Depression
Loss/Grief	Sexuality and sex	Self-esteem/Self-concept
Stress	Coming out	Mindfulness
Queer men's issues (coming out etc...)	Social and interpersonal difficulties	Separation/break up

Fee: Fee for service / Covered by some insurance plans.

Kirti Agarwal

KIRTI AGARWAL
Registered Clinical Counsellor (RCC)

Contact information:

kirti.counselling@gmail.com
<https://www.kirtiagarwal.me/>
510-470 Granville Street
7782390760

Overview:

I believe that one size does not fit all, and tailor my approach to counselling to your unique needs. I maintain that the nuances of one's struggles cannot be disconnected from the intersection of their identities. With a strong belief in self-compassion, I use a strength-based approach where I help you to make change using the resources you have access to. It is my role to make sure that you feel safe and comfortable in sharing your struggles. Your role is to come as you are.

Approaches:

SFT, CBT, Narrative.

Areas of Expertise:

Anxiety	Couples counselling	Coming out
Loss/Grief	Sexuality and sex	Self-esteem/Self-concept
Stress	Depression	Minority Stress
Queer men's issues (coming out etc...)	Social and interpersonal difficulties	Inter-racial/ Inter-cultural Challenges

Fee: Fee for service / Covered by some insurance plans / Sliding scale (when possible).

I'm also registered with FNHA.

Linden Lalonde, MSW

LINDEN LALONDE
Registered Social Worker (RSW)

Contact information:

linden@checkhimout.ca

[Website](#)

Overview:

I am a queer social worker with over 10 years of experience supporting youth and adults navigating drug use and addiction, poverty, trauma, mental illness, violence, colonialism and chronic, complex health conditions. I recently completed my Masters of Social Work, in which I specialized in counselling. As a queer woman who grew up working class, and as someone who also benefits from multiple sites of privilege, including white supremacy, it is incredibly important to me that my work and practice is feminist, anti-racist, anti-oppressive, and queer. I am committed to continuing to work for change, justice and liberation, particularly for those who are most harmed by the multiple and interwoven systems of oppression in our society, namely Black and Indigenous folks, people of colour, LGBTQ2SIA+ people, disabled folks, poor folks, and people who are undocumented or at risk of deportation.

Approaches:

Narrative Therapy, CBT, feminist, queer, trauma-informed, anti-oppressive practice.

Areas of Expertise:

Anxiety	Coming out	Depression
Loss/Grief	Sexuality and sex	Parenting
Stress	Psycho-education	Spiritual Practices
Queer men's issues (coming out etc...)	Social and interpersonal difficulties	Inter-racial/ Inter-cultural Challenges
Substance Use and Addictions	Separation/Break Up	

Fee: Fee for service / HIM Helps / Covered by some insurance plans / Sliding scale (when possible) / Various cost options.

Lynden Neudorf

LYNDEN NEUDORF
Registered Clinical Social Worker (RCSW)

Contact information:
lyndenneudorf@gmail.com
<https://www.lyndenneudorf.com/>
778-710-2822

Overview:

I see individuals and couples for sex therapy, which is a non-touch form of talk therapy to address issues related to sex and sexuality. I view sex and sexuality as something to be explored, rather than problems to be overcome. In therapy, I address a wide range of issues including concerns with arousal and desire, desire discrepancies within a couple, difficulties with climax, sexual and gender identity, disability and sexuality, development of intimacy, open relationships and extra-marital affairs, diversity of sexual expression, cybersexuality, sexual trauma and rape, out of control sexual behaviours, minor attraction, zoophilia, socio-cultural factors associated with sexuality, and painful sex. I have completed intensive, post-graduate training in sex therapy at the California Institute of Integral Studies in San Francisco, and the University of Guelph, which are two of the most rigorous sex therapy training programs in North America. In addition, I work with individuals with anxiety and trauma using Eye Movement Desensitization and Reprocessing and Cognitive Behavioural Therapy.

Approaches:

Sex Therapy, EMDR, Cognitive Behavioural Therapy, Mindfulness Based Therapies.

Areas of Expertise:

Anxiety	Coming out	Couples
Mindfulness	Sexual abuse	Sexual identity issues
Sexuality and sex	Trauma	Queer men's issues (coming out etc...)

Fee: Fee for service / Covered by some insurance plans.

Mary Petty

MARY PETTY
Registered Social Worker (RSW)

Contact information:
maryspetty@gmail.com
(604) 687-1105

Overview:

Mary offers individual and couples counselling. Mary is an experienced clinician with a wide range of practice experience.

Approaches:

Client-centred, relationship-focused; support for life transition, change; mindfulness

Areas of Expertise:

Anger management	Change and transition	Coming out
Couples	Depression	Domestic violence and abuse
Loss/Grief	Mindfulness	Psycho-education
Separation/Break-Up	Stress	Self-Esteem/Self-Concept
Queer Men's Issues (Coming Out, etc...)	Social and Interpersonal Difficulties	

Fee: HIM Helps / Covered by some insurance plans / Sliding Scale (When Possible).

Meaningful Counselling

Eliezer Moreno
Registered Social Worker (RSW)

Contact information:
eliezer@meaningfulcounselling.ca
<https://www.meaningfulcounselling.ca/>
 Coquitlam & Surrey
 778-688-6986

Overview:

Grief impacts every part of you - your intersecting identities along with your physical, emotional, mental, and spiritual well-being. I affirm who you are and invite your whole self to a non-judgemental space to support you through the heavy, stressful, and anxious moments after we lose what is important to us. Loss comes in many forms. I specialize in bereavement after all types of deaths (accidents, illness, MAiD, suicide), along with the loss that comes with changes in your health, aging, relationships, identity, stress, and faith.

You don't have to grieve alone. Reaching out is a big step so I offer a free 15-minute phone or video consultation for anyone interested in working together.

Approaches:

I am here to be a gentle presence to witness your grief. I approach the counselling relationship through a client-centred companioning model, meaning I move alongside you in your grief experience. In addition, I incorporate mindfulness, grounding techniques, reflective journaling, emotionally focused therapy, acceptance and commitment therapy, motivational interviewing, and cognitive behaviour therapy.

Areas of Expertise:

Anxiety	Change and transition	Chronic Illness / Pain
Coming Out	Depression	Disability
Loss/ Grief	Mindfulness	Minority Stress
Parenting	Psycho-education	Self-esteem/ Self-concept
Separation/Breakup	Spiritual Practices	Stress
Social and Interpersonal Difficulties	Queer men's issues (coming out etc...)	

Fee: Fee for service.

Mind in Body Integrated Counselling & Consulting Services

Contact information:
mercedes@mindinbody.ca
www.mindinbody.ca/
 604-721-5399

MERCEDES BAINES
 Registered Clinical Counsellor (RCC)

Overview:

I believe that the embodied experience is central to deepening self-awareness, healing and insight. I view our minds/bodies/spirits as an interconnected whole and encourage fully embodied living. With 25 years' experience in the performing arts, I have found that my training in drama, voice, movement, scriptwriting, mask, physical theatre and dance and my professional work as a writer, director, producer, teacher, actor and performance poet has strongly influenced my approach to counselling and my understanding of the healing process. In my work with clients, creative expression is a forum for self-expression, personal exploration, healing, and strengthening connection. In addition to my one to one counselling work, I develop and lead experiential groups. My work with groups incorporates elements of theatre practice with my clinical training. Through the use of breath work, body awareness, movement, voice, writing and drama exercises, I encourage participants to deepen their understanding of their life experiences and use creativity to envision change and elicit insight. I am passionate about the unique meaning you make of the world & your circumstances & your ability to make positive changes in order to live a more fully embodied life. I believe that when you pursue fully embodied living you feel a greater sense of belonging, empowerment & purpose in your life.

Approaches:

I am a certified Adlerian Therapist which is a cognitive psychodynamic approach allowing me to work both on the present 'here and now' concerns of a client as well as underlying mitigating factors that may be holding a client back from living a more fulfilled life. In addition to the Adlerian approach, I also work with clients using Mindfulness and Body Awareness Techniques, Expressive Arts, Cognitive Behavioural Therapy, Solution Focus Therapy, Metaphor Therapy, Attachment Theory and Motivational Interviewing techniques. Adlerian Therapy is complimentary to the aforementioned approaches and follows a holistic model of wellness which focuses on a person's strengths while seeking to understand each person within their social contexts.

Areas of Expertise:

Anger management	Anxiety	Change and transition
Couples counselling	Chronic illness/pain	Depression
Eating disorders	Loss/Grief	Mindfulness
Minority stress	Psycho-education	Self-esteem/Self-concept
Separation/break up	Sexual Abuse	Sexuality and Sex
Spiritual Practices	Stress	Trauma
Inter-racial/inter-cultural challenges	Social and Interpersonal Difficulties	

Fee: Fee for service / Covered by some insurance plans / Sliding Scale (When Possible).

Oakhill Counselling and Mediation Ltd.

TONY LAPOINTE
 Registered Clinical Counsellor (RCC); Social Worker
 (RSW & RCSW); Registered Psychologist

Contact information:
intake@oakhill.ca
www.oakhill.ca
 300-31935 South Fraser Way,
 Abbotsford, BC.
 800-665-9033

Overview:

Oakhill Counselling and Mediation have been serving the Fraser Valley of BC for over 35 years. We work with adults, teens, and children in individual, couples, and family therapy. Our professionals are diverse in age, ethnicity, sexual minority status, treatment models and training, specializations and training. As a multidisciplinary team, we use evidence-based treatments that provide results that are sensitive to the client's needs and tailored to each person's unique circumstances. We have offices in Abbotsford, Chilliwack, Langley and Maple Ridge and offer telehealth as well.

Areas of Expertise:

Anger management	Anxiety	Chronic illness/pain
Couples counselling	Spiritual practices	Depression
Domestic Violence/Abuse	Loss/Grief	Parenting
Disability	Psycho-education	Self-esteem/Self-concept
Separation/break up	Sexuality and Sex	Stress
Coming out	Minority Stress	Change and Transition
Queer men's issues (coming out, etc.)	Inter-racial/inter-cultural challenges	Social and interpersonal difficulties
Mindfulness	Gender reaffirming procedures (HRA, SRA)	

Fee: Fee for service

Oakhill has offices in Abbotsford, Langley, Maple Ridge and Chilliwack.

Psychologist Practice

ANTHONY CAVE
Psychologist

Contact information:

acave7579@gmail.com

www.acavepsychologist.com

215 - 1118 Homer St., Vancouver, BC
604-837-7579

Overview:

I work with clients of all genders. I serve youth, adults and elders. I have additional specialized experience working with people with HIV/AIDS, people of First Nations heritage, and with gay, bisexual, transgender and lesbian clients. I am a Registered Psychologist with the College of Psychologists of BC (Registration # 1755). I am also a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. I have over 20 years' experience in providing psychotherapy and counselling. My expertise is clinical psychology - the assessment and treatment of mental disorders.

I believe relationships are key to mental health. My preferred therapy approach is called relationally focused integrative psychotherapy. This includes CBT, client centered and psychodynamic techniques. It is within safe, empathic and respectful relationships that healing occurs, and the therapeutic relationships I create with clients include these qualities

Approaches:

Relationally focused intergrative psychotherapy, CBT, Client-centered, psychodynamic.

Areas of Expertise:

Anxiety	Depression	Chronic illness/pain
Loss/Grief	Disability	Psycho-education
Stress	Coming out	Self-esteem/self-concept
Mindfulness	Social and interpersonal difficulties	Queer men's issues (coming out etc...)

Fee: Fee for service / Covered by some insurance plans.

Ross Stogryn

Contact information:
ross.stogryn@checkhimout.ca
 778-918-3131

ROSS STOGRYN
 Registered Clinical Counsellor (RCC)

Overview:

Ross Stogryn is a Registered Clinical Counsellor RCC (#12667) and a member of the team of HIM (Health Initiative for Men). He holds a Master’s Degree of Education in Counselling Psychology from the University of British Columbia and is a member in good standing with the BC Association of Clinical Counsellors (BCACC). Ross has experience serving and supporting diverse populations of youth to retiree clients in both higher education and community-based non-profit settings. As a counsellor, he has and continues to work extensively serving the 2SLGBT*QQIA+ community. In this role, he has gained experience supporting and working with people through life transitions, stress, anxiety, depression, grief & loss, issues of identity, issues of sexuality, academic challenges, trauma, relationship conflict and suicidality. As a therapist, the most fundamental part of Ross’ work is striving to build strong, affirming therapeutic relationships that both bolster dignity and resilience and allow clients to safely explore and engage with barriers to their life satisfaction and wellbeing. His warm, person-centred approach draws from and integrates cognitive and relational modalities and makes use of Cognitive Behavioural Therapy (CBT) and Interpersonal Process Theory (IPT). Ross considers walking with people along their paths to insight and healing a tremendous honour and privilege and is excited to get the chance to work with you.

Approaches:

Person-Centred, Cognitive Behavioural Therapy (CBT) & Interpersonal Process Theory (IPT).

Areas of Expertise:

Anxiety	Depression	Change and transition
Sexual Identity Issues	Separation/break up	Sexuality and sex
Stress	Coming out	Self-esteem/self-concept
Social and interpersonal difficulties	Queer men’s issues (coming out etc..)	

Fee: Fee for service / HIM Helps / Covered by some insurance plans.

Tammam El-Khodor

TAMMAM EL-KHODOR
Registered Clinical Counsellor (RCC)

Contact information:
tkhodor@neurocapacity.com
www.neurocapacity.com
+1 778-899-5147

Overview:

I believe that the individual's life and behaviours are better understood when body, mind, and context are examined simultaneously. Our life events are based on the interactions of these three parts. As a counsellor I work with my clients to navigate through their experiences to create helpful meaning in their lives. As a clinical counsellor in psychology, I integrate different techniques in my counselling approach.

Approaches:

Narrative Therapy and Cognitive Behavioural Therapy (CBT).

Areas of Expertise:

Anxiety	Depression	Change and transition
Spiritual Practice	Separation/break up	Psycho-education
Stress	Coming out	Self-esteem/self-concept
Social and interpersonal difficulties	Queer men's issues (coming out etc...)	Inter-racial/Inter-cultural Challenges
Chronic Illness/Pain	Cross-Cultural Distress	Disability
Mindfulness	Minority Stress	

Fee: HIM Helps / Covered by some insurance plans.

Your Story Evolved

MAEDEAN MYERS

Registered Clinical Counsellor (RCC)

Contact information:

yourstory@yourstoryevolved.com

www.yourstoryevolved.com/

778-788-2105

Overview:

My name is Maedean Yvonne Myers, BFA, MC, RCC. I provide compassionate and effective counselling for adults and adolescents. My practice is about giving people a safe place to share their concerns, a space to feel heard, validated and supported. I strive to help you feel accepted and encourage you to nurture compassion for yourself and your suffering. Sometimes we get lost in the fog of fear, getting overwhelmed by our feelings of isolation and worry about the future. Together we will work to uncover the hidden strengths within you to develop the resilience and confidence to live your days with a sense of self love and personal respect. You may find that you are more emboldened to make loving choices for yourself and those you care about, choices that improve your relationships and quality of life. Together we will cultivate the seeds of strength, courage, and resilience budding within you through compassionate, effective conversation and artful exploration. After working with me, you will have tools to cope with the problems in your life without them taking over your life.

Approaches:

Strengths Based, Narrative, Person Centered, Mindfulness and Expressive Arts.

Areas of Expertise:

Anxiety	Trauma	Change and transition
Minority stress	Separation/break up	Psycho-education
Stress	Mindfulness	Self-esteem/self-concept
Social and interpersonal difficulties	Inter-racial/Inter-cultural Challenges	

Fee: Fee for service / Covered by some insurance plans / Means based pricing / Sliding scale (when possible) / Various cost options.