

BC Safe Haven Counselling Service at ICA

Have you noticed any changes in your daily routines or habits?
Do you sometimes feel ***unusually sad, anxious, or irritable?***
Have you ever thought about sharing your feelings with
someone who can truly listen and offer support?

Counselling provides a safe and supportive space to talk with a trained professional who can help you understand your thoughts and emotions more clearly. Together, we can work to navigate stress, sadness, worry, and other challenges, empowering you to make meaningful, positive changes in your life.

ELIGIBILITY:

- Refugee Claimants
- Refugees
- CUAET Visa Holders

FREE
for eligible
clients

**To book an appointment,
please contact:**

Jennifer Lei King (she/her)
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