

## Inventory of Counselling Resources for Survivors of Sexual Abuse and Sexual Assault

The individuals and agencies on this list have indicated that they provide counselling or therapy for survivors of sexual abuse/assault. The listing of treatment providers is not an endorsement and may not be exhaustive. When seeking a therapist, it is appropriate to ask the service provider about their clinical experience and training in the treatment of sexual abuse/assault survivors to determine if they will meet your specific needs. If the provider charges a fee, be sure to confirm the fee prior to service, as fees differ by provider.

Queens/Kings County	Services Available to:					Types of Counselling Available:				Fee Structure	Notes
Name and Details of Individual or Organization	Adult Women	Adult Men	Children	Youth 16-17	Families of Abuse Victims	Information & Support	Individual	Group	Family		
<b>Community Mental Health Services</b> <b>Charlottetown McGill Centre</b> 55 McGill Avenue 902-368-4911	X	X	X	X	X	X	X		X	No fees	CMH provides mental health services within a recovery-based model of treatment (which is trauma-informed), to child victims of sexual assault/abuse and their families/supports. CMH screens referrals using a standardized screening tool which prioritizes referrals with more significant mental health symptoms, such as depression, anxiety, suicidality, and trauma. CMH accepts referrals for children ages 0-18 and can assist with family reunification as part of their treatment service with existing clients. Both parents must be in agreement with service (where there is joint custody) and services are voluntary and free.
<b>Charlottetown Richmond Centre</b> 1 Rochford Street 902-368-4430	X	X	X	X	X	X	X		X	No fees	
<b>Montague Centre</b> 126 Douses Road 902-838-0960	X	X	X	X	X	X	X		X	No fees	
<b>Souris Centre</b> 17 Knights Lane 902-687-7110	X	X	X	X	X	X	X		X	No fees	
<b>PEI Rape &amp; Sexual Assault Centre</b> 1 Rochford St., Charlottetown 902-368-8055 <a href="http://www.peirsac.org">www.peirsac.org</a>	X	X		X	X	X	X	X		No fees	Short and long term trauma-informed therapy for survivors of recent and historic sexual assault and childhood sexual abuse. Manage <b>Men Matter</b> , a group program for adult male survivors.

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<b>Victim Services</b> 1 Harbourside Access Rd. Charlottetown victimservicescharlottetown@gov.pe.ca 902-368-4582	X	X	X	X	X	X	X			No fees	Assists victims throughout their involvement in the criminal justice process, short term counseling, referrals, criminal injury compensation, etc.
<b>Abegweit Associates</b> <b>Bill Campbell M.Ed, CRT, CGC, CCC</b> 53 Queen St., Charlottetown 902-368-2767 www.abegweitassociates.ca	X	X	X 12+	X	X	X	X		X	Fee for service	Deals with addiction issues (sexual addiction, alcohol, drug, food, gambling, spending, etc.)
<b>Beck, Dr. Christine</b> 151 Great George St., Suite 204 Charlottetown 902-367-4446 drchristinebeck@gmail.com	X	X			X	X	X			Fee for service	
<b>Bulger, Frank MSW, RSW</b> 498 Lower Malpeque Rd. 902-626-9787 fpbulger@hotmail.com	X	X		X	X	X	X		X	Fee for service Insured by several EAP programs and Insurance Companies.	
<b>Campbell, Christina MSW, RSW</b> <b>Sexologist</b> 1 Rochford Street, Charlottetown 902-629-4894 campbellchristina07@gmail.com	X	X				X	X			Fee for service Services are covered by some insurance providers and EAP.	Also dealing with sex addiction, sex therapy, depression, anxiety, stress, self-esteem, anger management issues, grief and loss, PTSD
<b>Cannon, Cheryl MSW, RSW</b> Charlottetown 902-894-4604 cheryl.cannon77@gmail.com	X	X		X	X	X	X	X	X	Fee for service Can accommodate Blue Cross & some EAP referrals.	Mental health, sexual addiction, child sexual abuse, grief/loss/couples therapy, and counseling for all sexual issues.

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<b>Conboy, Eileen, M.Ed. CCC.</b> 70 Sydney Street, Charlottetown 902-200-6647 eileenconboycounselling@gmail.com	X	X		X	X	X	X			Fee for Service	Trauma-informed, personal counselling for issues related to: Sexualized Violence/Trauma, Anxiety, Depression, Shame and Relationship conflict. Interventions drawn from Trauma Recovery Model, ACT, Somatic Psychotherapy, Art Therapy and Compassion Focused Therapy.
<b>Clarke, Teresa, MSW, RSW</b> Shops of St. Avars 8 Mount Edward Road Charlottetown tclarkefamilytherapy@gmail.com	X	X	X (14+)	X		X	X	X		Fee for Service covered by several EAP and Insurance Providers	Full time private practice. Integrative approach to therapy using trauma informed, narrative, collaborative, strengths and mindfulness with individuals, youth and couples.
<b>Doiron, Susan MEd, CCC</b> 1 Rochford Street, Charlottetown C1A 9L2 902-628-5964 http://peicounsellor.com	X	X		X	X		X			Fee for service. Covered by some EAP providers.	Trauma informed therapy for recent sexual assault or historic childhood sexual abuse. Energy based treatment modalities (EMDR, Logosynthesis). Anxiety, depression, self esteem, stress, self regulation, psychoeducation & emotion management.
<b>Family Service PEI</b> 155 Belvedere Ave. Suite 6 Charlottetown 902-892-2441 or 1-866-892-2441 www.fspei.ca	X		X	X	X	X	X	X	X	Fee for service Sliding scale based on income & circumstances; covered by many private insurance and Employee Assistance programs.	Also does couples counseling. Screening in place to ensure suitability of specific interventions such as couples counseling and/or anger management when there is any history of violence or victimization.

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<b>Gallant, Lorna B.A.</b> Box 5659, South Rustico 902-394-7854	X	X			X	X	X	X		Fee for service	Trauma training seminars, adult sexual abuse counseling, and professional consultation. Services available in Charlottetown and Summerside.
<b>Lacey, Ruth &amp; Thyramas Corporation</b> P.O. Box 512, Charlottetown 902-675-4282 rlacey688@gmail.com	X	X	X 5+	X	X	X	X	X	X	Fee for service	We have an 8 week therapeutic facility that is a summer day camp for children 5-13. Also, individual therapy for adults is available.
<b>Lund, Darlene BSW,BEd,MSW,RSW</b> Charlottetown ( willing to travel) 902-388-8223 mswsocialworkservices@gmail.com	X	X	X 12 +	X	X	X	X	X	X	Fee for service Covered by most EAP providers.	Part-time Practice Trauma informed practice, Dialectical (DBT), Family systems, Narrative therapy, and Solution focused therapy for childhood and recent sexual abuse/trauma, PTSD, mood disorders, alcohol related disorders, gambling, parenting, relationship issues, and domestic violence.
<b>MacMillan, John MSW, RSW</b> MacMillian Counseling Services 50 Prince Charles Dr., Charlottetown 902-892-9264 J12macmillan@gmail.com	X	X	X 12 +	X	X	X	X	X	X	Fee for service	Also offer consulting to professionals & work w/ associated problems of victimization (e.g. eating disorders, relationships, addictions, PTSD, CISM, victim/offender mediation).
<b>MacMillan, Mary Beth MSW, RSW</b> MacMillian Counseling Services 50 Prince Charles Dr., Charlottetown 902-892-9264 mbmacmillan@gmail.com	X	X	X 12 +	X	X	X	X		X	Fee for service	Training fees negotiated.

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<b>Mallia, Dr. George</b> 151 Great George St., Suite 204 Charlottetown 902-367-4446 drgeorgemallia@gmail.com			X	X	X	X	X		X	Fee for service	
<b>Matters, Dr. Rhonda Clinical Psychologist</b> 126 Richmond Suite 2C, Charlottetown, C1A 1H9 902-388-8846 rkmatters2@gmail.com	X	X	X	X	X	X	X		X	Fee for service	Treatment for anxiety, depression, and trauma using CBT and EMDR
<b>Murphy, Shelly MSW, RSW</b> (MIND/shift Workplace Wellness & Counselling Services). 1 Rochford St., Charlottetown C1A 9L2 902-626-5565 Shellym.mindshift@outlook.com	X	X		X	X	X	X	X	X	Fee for service Re-imburement by those insurance providers who include counseling by social workers.	Integrative approach to counselling for challenges relating to trauma, mood disorders, substance use, compassion fatigue, and inter personal relationships.
<b>Pierce, Kenneth Psychologist #006</b> The Pierce Institute of Psychology Inc. License #C002 549 North River Road, 2 <sup>nd</sup> Floor Charlottetown, PE C1E 1J6 902-629-5474 contact@kenpiercepsychologist.com www.kenpiercepsychologist.com	x	x	X 2+	x	x	x	x	x	x	Fee for service	Cognitive Behaviour Therapy (CBT) with a “thinking focus” for accelerated empowerment for: abuse, trauma; depression and anxiety; relationships, substance abuse, women’s issues, self-esteem, anger management, parenting; grief and loss. Couple and group rates available.

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<b>Roy, Rachel MSW</b> 129 Kent St., Suite 305 Charlottetown 902-626-6929	X	X	X 7+	X	X	X	X	X	X	Fee for service	NLP Training, Energy Psychology Techniques, Emotional Freedom techniques, works with the body meridian and chakra systems, post traumatic stress, trauma of any kind (sexual abuse and assault).
<b>Serene View Ranch Psychological Services</b> 174 Pickles Lane, Alexandra PE 902-393-3829 www.sereneviewranch.com	X	X	X	X	X	X	X	X	X	Fee for service	Wide variety of psychological services available including assessments and treatment. Treatment options include a variety of psychological approaches (CBT, Equine-Assisted Psychotherapy, EMDR, CISM and Mindfulness) and adjunct therapies (TRE, yoga, QiGong, occupational therapy, music therapy)
<b>Webb, Marilyn M Ed., CCC</b> 1 Rochford St., Charlottetown C1A 9L2 902-388-4233	X	X			X	X	X		X	Fee for service Covered by most EAP providers.	Full time practice, Specializing in Couples, PTSD, Trauma Treatment, Depression and Anxiety.

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<b>Community Mental Health Services Summerside, Prince County Hospital</b> 65 Roy Boates Avenue 902-888-8180 (walk in clinic: Mon. & Wed. 9 a.m. -5 p.m. no appointment required) <b>O'Leary Health Centre</b> 15 MacKinnon Drive 902-859-8781 (walk in clinic: Wed. 9 a.m.- 3p.m. no appointment required) <b>Community Mental Health Alberton</b> 334 Church Street 902-853-8670 <b>Evangeline Health Centre</b> 48 Mill Road, Wellington 902-854-7259 <b>Lennox Island Health Centre</b> 15 Eagle Feather Trail 902-831-2711 (walk in clinic: Wed. 9 a.m.- 3p.m. no appointment required) <b>Westisle High School</b> 39570 Western Rd. Elmsdale 902-853-8626 (walk in clinic for students, Thurs. 9 a.m. – 3 p.m.)	X	X	X	X	X	X	X	X	X	No fees  No fees  No fees  No fees  No fees	CMH provides mental health services within a recovery-based model of treatment (which is trauma -informed), to child victims of sexual assault/abuse and their families/supports. CMH screens referrals using a standardized screening tool which prioritizes referrals with more significant mental health symptoms, such as depression, anxiety, suicidality, and trauma. CMH accepts referrals for children ages 0-18 and can assist with family reunification as part of their treatment service with existing clients. Both parents must be in agreement with service (where there is joint custody) and services are voluntary and free. French services available.

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<b>PEI Rape &amp; Sexual Assault Centre</b> Satellite Offices: Alberton & Summerside 902.368.8055 www.peirsac.org	X	X		X	X	X	X	X		No fees	Short and long term trauma-informed therapy for survivors of recent and historic sexual assault and childhood sexual abuse. Manage <b>Men Matter</b> , a group program for adult male survivors.
<b>Victim Services</b> 263 Heather Moyse Dr. Suite 19, 2 <sup>nd</sup> Floor Summerside victimservicesummerside@gov.pe.ca 902-888-8218	X	X	X	X	X	X	X			No fees	Assists victims throughout their involvement in the criminal justice process, short term counselling, referrals, criminal injury compensation, etc.
<b>Abegweit Associates</b> <b>Bill Campbell M.Ed, CRT, CGC, CCC</b> 4 Summer St. (Suite 2, Office 5) Summerside, PE C1N 3H2 902-436-3545 www.abegweitassociates.ca	X	X	X 12+	x	x	x	x		X	Fee for service	Deals with addiction issues (sexual addiction, alcohol, drug, food, gambling, spending, etc.)
<b>Family Service PEI</b> 109 Water, Summerside 902-436-9171 www.fspei.ca	X	X	X	X	X	X	X		X	Fee for service Sliding scale based on income & circumstances; also covered by most insurance companies and many Employee Assistance programs.	Also does couples counseling. Screening in place to ensure suitability of specific interventions such as couples counseling and/or anger management when there is history of violence or victimization. When no staff available to answer the phone in Summerside, the phone rings through to Ch'town.



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<b>Gallant, Lorna B.A.</b> Box 5659, South Rustico 902-963-2714	X	X			X	X	X	X		Fee for service	Trauma training seminars, adult sexual abuse counseling, and professional consultation. Services available in Charlottetown and Summerside.
<b>Henry, Jan MSW, RSW</b> 293 Water St., Suite 6 Summerside 902-436-0098	X	X	X 3+	X	X	X	X		X	Fee for service	Provide services to EAP and private clients. Specialize in children 3-18 yrs of age. Also couple work and mental health work. Specialty in PTSD and child sexual abuse.
<b>McLure, Dr. Wm. Neil</b> <b>Clinical Psychology and Neuropsychology</b> 292 Water St., Summerside 902-432-3910 mclure@pei.sympatico.ca	X	X	X 10+	X	X		X			Fee for service	Clinical psychology assessments to determine diagnosis. Neuropsychology assessment to determine cognitive changes secondary to assault.
<b>Ratelle, Edmond R RSW</b> 41 Dekker Road, Summerside 902-439-6839 edmond@ratellehypnosis.com www.ratellehypnosis.com	X	X		X		X	X	X	X	Fee for service	

**Questions to ask a therapist:**

Have you seen a lot of clients with similar concerns?

What concerns do you mostly deal with in your practice?

How long have you been in practice?

Can you tell me what your specific training and education is with survivors of sexual abuse?

Are you registered with a professional body?

What is the cost? What are payment options?

How long are the sessions?

What are the policies around missed and cancelled appointments?

**Questions to ask yourself after the first few sessions:**

Do I feel comfortable and respected by my therapist?

Do I feel that I can discuss my concerns with the therapist?

Do I feel rushed by my therapist?

Does my therapist educate me about trauma symptoms?

Is there anything about the sessions that made me feel uncomfortable?

Can the therapist tell me how we are going to work together?

How will I know if this is covered through my Employee Assistance Program?