



Accessible Therapy for Every Budget!

We thank our partners at Fernweh Wellness for helping make affordable mental health support available to PH patients and families across Canada.

Low-cost therapy with Masters Level Interns (Beginning January 2027)

Clients can access therapy with a Masters Level Intern for \$45 for ongoing sessions after a free 15 minute new client connection call and free 50 minute intake session. There will also be a few select pro-bono (free) spots available.

Email hello@fernwehwellness.com to be placed on a waitlist for when our student starts.

Sliding Scale Psychology Services

**Available to clients in Alberta, Nova Scotia & New Brunswick*

Clients can access counselling and psychology services with our Provisional Psychologist for \$150 for a 50-minute session. This is a significant reduction in cost, current rates in Alberta for example are \$225.

[Book With Nathalia Now](#)

Pay-What-You-Can & Single Session Therapy

**Not available in Quebec*

Clients can access sessions as needed without needing to commit to ongoing sessions. Clients are able to advise the clinician at the time of the appointment how much they are able to pay.

[Book With Nancy Now](#)

Sliding Scale Counselling + Psychotherapy Services

**Not available in Quebec*

Clients can access sliding scale fees with several clinicians for reduced fee sessions as low as \$60. Note each therapists sliding scale and designations are a bit different and is subject to availability. There is no proof required to obtain a sliding scale spot.



Jen Den Ouden *(Not available in Ontario)*

Session Types: Phone, Chat, Video + In Person Sessions in Edmonton, AB
Offers EMDR, Individual + Couples Therapy

[Book Now](#)



Duy Nguyen

Session Types: Phone, Chat, Video + In Person Sessions in Calgary, AB
Offers EMDR, Individual + Couples Therapy

[Book Now](#)



Lauren-Simone Giddy

Session Types: Phone, Chat, Video + In Person Sessions in Calgary, AB
Individual + Couples Therapy

[Book Now](#)



Erik Reuter

Session Types: Phone, Chat, Video, Individual + Couples Therapy

[Book Now](#)



Emily Berriman

Session Types: Phone, Chat, Video

[Book Now](#)



Sandy He

Session Types: Phone, Chat, Video
Offers EMDR, Individual Therapy

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