

---

## OUR MISSION:

*Human-Nature Counselling Society (HNCS) enhances the mental health and well-being of children, youth and families through the delivery of effective, innovative and low barrier mental health counselling services and programs, through the approaches of Nature-Based Therapy.*

## OUR VISION:

*We believe that everyone in the HNCS service area who strives for mental health and wellness has access to counselling services and programs they can afford, that foster their sense of belonging within family, community and the non-human natural world.*

## OUR VALUES:

Community

**Health**

Accessibility

**Nature**

Decolonization | Reconciliation

**Diversity | Inclusion**

---

## About Us

Human-Nature Counselling Society (HNCS) is a registered Canadian charity (#7576631RR0001) that provides both individual and group nature-based therapy for children, youth, adults and families living within our service area.

Human-Nature Counselling Society is a grassroots organization grounded by the synergy between Nature, Connection and Healing. Our service area encompasses Victoria/Capital Regional District, Duncan/Cowichan Valley, and Squamish/Sea-to-Sky Corridor.

### CONTACT US:

**Website:** [www.humannaturecounselling.ca/](http://www.humannaturecounselling.ca/)

**Email:** [info@humannaturecounselling.ca](mailto:info@humannaturecounselling.ca)

**Phone:** 250-885-0275 (Voicemail Only)



**Human-Nature**  
Counselling Society

**Nature – Connection – Healing**



## We offer nature-based counselling and program support for those who are struggling with mental health challenges.



### Counselling | Programs

Designed & delivered to help people reconnect with the natural world, to bolster a sense of belonging, to rebuild self-esteem, and to focus on physical, emotional, and mental health and overall well-being.

### Accessibility

We recognize that everyone's ability to pay for services differs. HNCS is able to offer an income-based sliding scale for clients without access to extended health benefit coverage, or other funding sources.

### Counselling Services

Individual adult counselling

Family therapy

Couples therapy

Children & youth counselling ages 6 and up

### Family & Groups

Our programs encourage playful encounters with nature & each other, creating a safe space within which to explore one's edges, developing new tools for self-awareness, self-esteem and belonging.



## Our Work is Made Possible

Operating as a registered charity, HNCS can offer counselling and programs in a much more accessible way. The ability to subsidize this fee structure is made possible through the generosity of individual donors, support from area businesses and grant funding provided by public and private foundations.

HNCS is grateful for the support of those who can afford to pay for the counselling and programs we offer and for the generosity of other donors who enable us to provide services for those who can't.



## How You Can Help

**At one time or another, we have all been impacted by mental health challenges.**

By making a tax-deductible donation—either a one-time gift or a sustaining monthly contribution—**HNCS** is able to reach more individuals, couples and families in our communities with the mental health counselling support and wellness programs they need to thrive and survive. Please consider making a donation that makes a difference and enables HNCS to provide non-cost-prohibitive services in nature-based therapy to those who need it. **Visit our website to donate and learn more.**