Langara Counselling Services

Complete online intake form

SINGLE SESSION COUNSELLING
One 50 minute appointment
Maximum 2 appointments/semester

ONGOING COUNSELLING SUPPORT
Meet with counsellor for 50 minute intake appointment

Go on waitlist length of wait may vary

PRIORITY APPOINTMENT
For students in urgent distress

Meet with counsellor
You will be contacted to begin counselling when you reach top of waitlist

Referral to Langara and community resources where needed

PERSONAL, EDUCATIONAL + CAREER COUNSELLING

ACADEMIC ADVISING

Speak with an Advising Assistant
Course planning, prerequisites, university transfer

Speak with a Counsellor
Complex advising questions and/or career counselling

B111 Front Desk, Email or Phone

Virtual Front Desk during busy periods

Zoom Drop-In (daily)

In-person Drop-In (daily)

GROUPS
Dungeons & Dragons Social Support Group
Inquiring Mind - mental health literacy group
Improving Relationships Group

WORKSHOPS AND GROUPS

WORKSHOPS
Study Skills Workshops
Course Planning Sessions
Langara Return to Learning Course

GOVERNOR'S LILY COTTAGE
Langara Return to Learning Course