

What is the Hope Foundation?

The Hope Foundation is a self-supporting centre for hope studies affiliated with the University of Alberta department of Educational Psychology. Our counselling program is a welcoming place where people benefit from our knowledge about hope and positive psychology.

Charlotte Stephanson defines hope as: “a process of anticipation that involves the interaction of thinking, acting, feeling and relating, and is directed toward a future fulfillment that is personally meaningful”. If you can remember a time when you felt hopeful because of something that somebody said to you, then you are already on your way to understanding how hope can be used to enhance the work of counselling.



Hope House

Contact the Hope Foundation at:

Hope House

11032-89 Avenue
Edmonton, AB T6G 0Z6

Phone: (780) 492-1222

Fax: (780) 492-9813

E-mail: hope@ualberta.ca

Web: www.ualberta.ca/hope

Office Hours: 8:30 a.m. to 4:30 p.m. weekdays



Thank you to the following sponsors:



Hope Counselling Services

A Hopeful Place
to Work Things Out



The Mission of the Hope Foundation is to increase understanding of the role of hope in human life, so that people can be intentional in using hope to enhance quality of life, particularly in relation to health, learning and community.

Hope Counselling Sessions

Our registered psychologists offer high-quality confidential counselling that focuses on hope while addressing problems.

We accept:

- self-referrals
- family referrals
- referrals from physicians and other professionals

Inquiries about the type of work we do are always welcome!

First Session at No Charge

Subsequent sessions based on ability to pay.

Ongoing Counselling

Many people engage in ongoing consultation with us because our style meets their needs. If finances are a problem, we subsidize or fully fund the cost of counselling. No limit is imposed on the number of sessions.

Who Benefits?

Our services are available to anyone seeking professional and confidential counselling. We often see people who struggle with:

- chronic illness
- chronic pain
- depression or bipolar disorder
- financial or employment problems
- finding solutions
- a series of traumatic or sad events

To see a psychologist at the Hope Foundation, please call (780) 492-1222 to make an appointment.

Free parking is available

Other Services of the Hope Foundation

- A Resource Centre for academic and general reading about hope
- Hope-Lit: the international database of hope research
- Literature
- Workshops and training programs
- Speakers for conferences, clubs etc.
- *Images of Hope*, an acclaimed photography collection for loan

