

Helpful Resources	Phone Number
<b>Family Centres</b> Meeting place for families to support children and parents.	<b>Estevan</b> 306-634-7233 <b>Weyburn</b> 306-842-7477
<b>Legal Information</b> Shares general information about the law, the legal system, and your rights.	<b>Pro Bono Law</b> 1-855-833-7257 <b>Family Law Info Centre</b> 1-888-218-2822 <b>Legal Aid</b> 1-877-424-1903
<b>Mental Health Office</b> Offers information or counselling on depression, stress, and mental health issues.	<b>Estevan</b> 306-637-3610 <b>Weyburn</b> 306-842-8665 <b>Toll Free</b> 1-800-216-7689
<b>Public Health</b> Promotes and preserves the health and well being of the community. Provides pre and post natal care, child health, immunization services, community, and school services.	<b>Estevan</b> 306-637-3610 <b>Weyburn</b> 306-842-8665 <b>Carlyle</b> 306-453-6131
<b>Salvation Army</b> Offers practical assistance for children and families, often tending to the basic necessities of life.	<b>Estevan</b> 306-634-2074 <b>Weyburn</b> 306-842-7891
<b>Social Services</b> Works with citizens as they build better lives for themselves through economic independence, strong families, and strong community organizations.	<b>Estevan</b> 306-637-4550 <b>Weyburn</b> 306-848-2404



Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops and education.

**Estevan Office**  
Box 511  
Estevan, SK  
S4A 2A5  
P: 306-637-4004  
F: 306-634-4229

**Weyburn Office**  
120 3rd St. S.  
Weyburn, SK  
S4H 2C2  
P: 306-842-8821  
F: 306-842-8815

**Carlyle Office**  
Box 1017  
Carlyle, SK  
S0C 0R0  
P: 306-453-2405  
F: 306-453-2407

**Oxbow Office:** 306-483-5555

[info@envisioncounsellingcentre.com](mailto:info@envisioncounsellingcentre.com)

We do not subscribe to call display. Collect calls accepted.

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, United Way Regina and the community.



Donations from private groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



[www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)

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Serving Southeast Saskatchewan since 1994

## Voluntary Parenting Support Diversion Program



### Support Services for Families with Children

Exploring your options and supporting your decisions.

## Program Overview

It is Envision's belief that when families are given support, education, and resources, they are able to recognize and build on their strengths. The emphasis is on maintaining the family unit by providing supportive services that strengthen the entire family. Services are intended to be time-limited and outcome focused.

This program supports the healthy development of families and children so they may achieve their full potential.

The Diversion Program is free of charge. Referrals to this program come directly from the family seeking support, and other human service agencies or community based services.



**“Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.”**

**Virginia Satir**

## Strength-Based Supports

All families can understand and relate to the stress that is involved with raising children. This program is designed to assist with these common family struggles. One-on-one support is provided in the client's home in a respectful, non-threatening manner during traditional and non-traditional office hours.



The role of the Family Support Worker is to assist families in identifying their strengths, stresses, skills, and risk areas. These areas may include parenting skills, household management, or organizational and daily living skills

The role of the family is to maintain a positive working relationship with their Family Support Worker and agencies helping them meet their goals. This can be achieved through open communication, respect, and meeting on a regular basis. Goals are set with the family and reviewed every three months.

## Parents Will Learn

- Age appropriate expectations
- Understanding of child development
- Parenting support
- Appropriate discipline techniques
- Knowledge around budgeting
- Increased household tasks and organizational skills
- Connection to community supports
- Improved communication skills
- Consistent routine and structure in the home
- Self-care strategies
- Healthy relationship awareness

If you and your family would like to increase your skills and self-confidence in any of the areas mentioned, please call the office nearest you and ask about the Diversion Program.

