

## FREE Walk-In Counselling

Sessions are 1 Hour and Free

We all experience bumps in the road. There are times when we feel overwhelmed, lost or simply unable to cope with our problems. Life comes with challenges, but you don't have to face them alone.

We are here for you.

### Walk-In Locations

**Nobel HSSE Management (Oxbow)**  
319—Main Street  
Second & Fourth Monday

**The Salvation Army (Weyburn)**  
8—4th Street  
Tuesday & Friday

**The Salvation Army (Estevan)**  
1107—4th Street  
Wednesday & Thursday

**Hours: 10:00AM—4:00PM**  
(Sign-up from 10:00am—11:00am)

Schedule changes can be found on the Envision website or Facebook page.



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.

<b>Estevan Office</b> Box 511 Estevan, SK S4A 2A5 P: 306-637-4004 F: 306-634-4229	<b>Weyburn Office</b> 120 3rd St. S Weyburn, SK S4H 2C2 P: 306-842-8821 F: 306-842-8815	<b>Carlyle Office</b> Box 1017 Carlyle, SK S0C 0R0 P: 306-453-2405 F: 306-453-2407
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**Oxbow Office: 306-483-5555**

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

Updated: Oct. 2020



Serving Southeast Saskatchewan since 1994

## Walk-In Counselling



**An immediate, accessible form of brief counselling.**



## What is Walk-In Counselling?

Walk-in Counselling is a free, immediate, accessible form of brief counselling.

People can drop in for FREE services without an appointment. Services are provided by qualified counsellors.

We also help people to connect to the community and health services they might need.

## Who Can Access Walk-In?

Anyone. Walk-in Counselling is purposefully provided to meet people where they are at, in the community utilizing a trauma informed approach.

## When Can I Access Walk-In?

Envision Walk-in Clinics will be set up in the community as follows:

- **Nobel HSSE Management (Oxbow)**  
319—Main Street  
Second & Fourth Monday  
10:00am - 4:00pm
- **The Salvation Army (Weyburn)**  
8—4th Street  
Tuesday & Friday  
10:00am - 4:00pm
- **The Salvation Army (Estevan)**  
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Wednesday & Thursday  
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## How Does it Work?

To access Walk-in Counselling a registration period will be held from 10:00am to 11:00am each day where individuals will sign-up for a spot to see a counsellor.

Walk-In operates on a “first come, first serve” basis. If you are 10 minutes late, the counsellor will move to the next person on the list.



## If I Come to Walk-In am I Going to be Referred to Something Else?

No. Walk-In Counselling is meant to use a strengths focused, trauma informed approach and meet each person where they are at. Working on the presenting problem being faced in the present moment.

Should it come up that you are interested in long term counselling, or other options, you will be referred appropriately.



## Why Are Walk-In Clinics Needed?

Due to a steadily increasing demand for mental health services, individuals and families who experience adversity may also experience barriers to accessing timely and affordable care.

Research shows timely and focused interventions offered in Walk-In Clinics and utilizing brief therapies, can lead to meaningful change and reduce the burden of stress; confirming the vital role an accessible Walk-In Clinic plays in meeting the needs of all community members.

## BENEFITS OF BRIEF THERAPY

- 1** Brief therapy models offer a complete counselling session in less than four visits.
- 2** Each session can be considered a single meeting whereby rapid help is offered at the time the individual needs it.
- 3** Literature demonstrates the vast majority of clients attend four sessions or less of ongoing focused therapy.
- 4** Canadian research indicates brief therapy is effective and can reduce barriers to access and timely provision of services.