

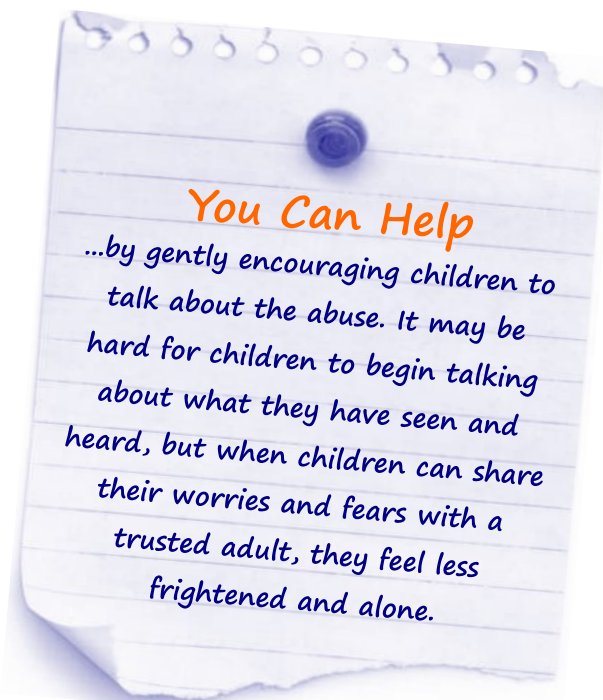
## Envision Counselling is Free and Confidential

Counselling is offered to children and youth, aged 5 - 15 years old, with parental consent. Teens, aged 16 - 18, can refer themselves.

Referrals can be made by parents, caregivers, or professionals.

For further information about our services or to make a referral, contact one of our office's or send an email to:

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



## Helpful Resources:

Kids Help Line  
1-800-668-6868

Children's Advocate  
1-800-322-7221



Estevan Office

306-637-4004

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

Weyburn Office

306-842-8821

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

The CEV program is funded by Saskatchewan  
Ministry of Justice.



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



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



Serving Southeast Saskatchewan since 1994

## Children Exposed to Violence Program



**Therapeutic Counselling  
and Support Services  
for Children and their  
Families**

Updated: Jan 2023



## What is CEV?

Children Exposed to Violence (CEV) refers to children who see, hear, or are aware of violence and abuse.

Whether listening to yelling and threats in the home, being bullied online or while on the playground, or fleeing a war-torn homeland, children are directly as well as indirectly affected by violence.

## The Effects of Violence

Exposure to violence and abuse can leave a lasting impression. It can affect a child's emotional, physical, academic, social, and behavioural development. Common reactions to witnessing violence include:

- Sleep difficulties (nightmares, bedwetting)
- Physical complaints (headaches, stomachaches)
- Excessive worrying and fear
- Separation anxiety
- Aggressive or violent behaviour
- Withdrawal from others and activities
- Poor school performance
- Running away from home

## Envision Helps Children:

- Learn to identify and express feelings.
- Understand that they are not responsible for the violence.
- Recognize strengths and increase self-esteem.
- Decrease worries and fears.

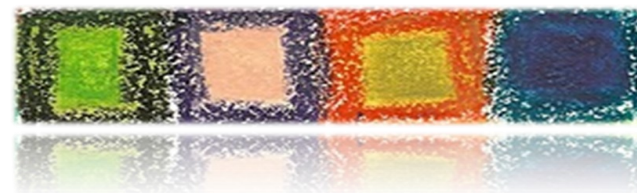
## Envision Helps Families:

- Create safety plans.
- Increase security and stability within the home.
- Identify support networks.
- Learn about the cycle of violence.
- Cope with separation and divorce.
- Develop skills to manage conflict.



### Remember...

*Children learn from what they hear and see. When children grow up witnessing others acting violently, they are more likely to use violence themselves or grow up to become victims of violence.*



## Our CEV Program

At Envision, we focus on the empowerment of children and youth by offering:

### Individual Counselling

For children and youth aged 5–18 years old who have witnessed violence. Counselling is child-centered and offered in a welcoming and creative space specific for children and youth.

### Parenting Support

For caregivers of children and youth who have witnessed violence.

### Support Groups

Designed for violence prevention. Some topics include:

- Healthy Expression of Feelings
- Healthy Relationships
- Coping Strategies
- Communication Skills
- Anger Management

### Educational Presentations

For schools, community groups, and service providers on a range of topics.