

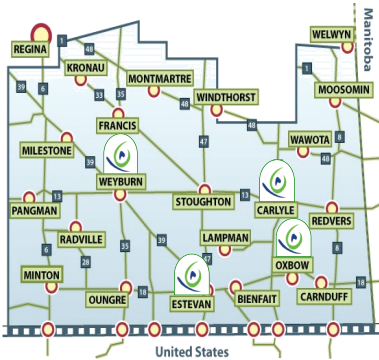
## Family Support

This program is offered free of charge. Family Support Workers help families with time-limited goals to assist building new skills and increase their family's strengths. In the comfort of the family's own home, Family Support Workers provide non-judgmental support for common family struggles. Flexible appointment times including evenings and weekends are also available in this program.

## Community Outreach

Our Outreach Educators offer educational workshops and presentations for any schools and organizations in the Southeast.

Presentation topics are centered around violence, abuse and healthy relationships. Reach out to find out more.



We have four office locations in Estevan, Weyburn, Carlyle and Oxbow. Office hours are 8:30am to 4:30pm Monday to Friday. Call us or visit our website.



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

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

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

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

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

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)

Updated: April 2023



**Envision**  
COUNSELLING & SUPPORT CENTRE INC.

Serving Southeast Saskatchewan since 1994

**Strengthening  
communities through  
Therapeutic Counselling,  
Support Services and  
Education in Southeast  
Saskatchewan.**

*Exploring your options and  
supporting your decisions*

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

### **We are a Welcoming Place**

Envision believes in client-centered support. We create a safe and welcoming place for individuals to explore any questions they may have regarding their current needs or future options.

### **We Can Help With:**

#### **Therapeutic Counselling and Support**

We provide free and confidential counselling without a referral to individuals in Southeast Saskatchewan. We can help with counselling for adults, seniors, teens, children, couples and families.

#### **Family Support Services**

We provide intensive in-home support on a short term basis to families and their children as contracted by the Ministry of Social Services, Mental Health's Child & Youth Program and community referrals. We also accept voluntary referrals.

#### **Groups, Workshops and Education**

We offer educational presentations to agencies, organizations, groups, schools or businesses. Participants may sign up for workshops and support groups that will improve self-worth by relating to others with similar experiences.

**We welcome people seeking support in many areas including:**

- Survivors of Childhood Abuse
- Sexual Assault
- Stalking/Harassment
- Parent/Teen Conflict
- Relationship Breakdown
- Communication in Relationships
- Abusive Relationships
- Exposure to trafficking or exploitation
- Secondary Survivor Support

We provide a non-judgemental place where a counsellor will listen, offer support and help develop a plan to move forward.

### **Family Counselling**

Experiencing a sudden event or situation that is overwhelming or traumatic can often be challenging to deal with. These events may include grief and loss, marital breakdown, separation or divorce, parent and child disputes, blended family struggles and more.

### **Children, Youth and Teen Counselling**

Envision offers help to children, youth and teens (aged 5 to 18) who have been exposed to violence. Many of these children feel overwhelmed and need someone to talk to in a safe and supportive environment. Our counselling helps bridge the gap between youth and caregivers.

### **Individual Counselling**

We help individuals whose lives have been impacted by emotional, physical, verbal or sexual abuse. We offer this support in-person, over the phone, and virtually.

### **Employee Assistance Program/ Fee For Service (EAP/FFS)**

EAP Counselling is designed for those who do not meet the mandate of other Envision programs. This is covered by employer insurance when available or is offered for a reasonable fee (FFS). This program offers flexible appointment times including evenings and weekends.

### **Rapid Access Counselling**

Rapid Access Counselling is a free, immediate, accessible form of brief counselling. This service is offered offsite in Estevan, Weyburn and Oxbow. Sessions can be booked at [counsellingconnectsask.ca](http://counsellingconnectsask.ca) or through reception by calling the Estevan or Weyburn office. Full details, including dates and times, can be found on our website.

**Our Mission:** We will encourage and support healthy choices in individuals, families and communities in Southeast Saskatchewan by offering innovative programming and diverse counselling and support services.

**Our Vision:** We envision being an inclusive leader, providing professional facilities and staff that deliver innovative and diverse programming to all individuals in the communities in Southeast Saskatchewan.