

FREE Rapid Access 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. 

Book online up to 2 weeks in advance:
www.counsellingconnectsask.ca

Visit the website to find appointment availability and location address within your communities.



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.

Contact Us



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Carlyle Office
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Oxbow Office: 306-483-5555

We do not subscribe to call display. Collect calls accepted



www.envisioncounsellingcentre.com



support@envisioncounsellingcentre.com

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.



Envision
COUNSELLING & SUPPORT CENTRE INC.

Serving Southeast Saskatchewan since 1994

in partnership with:



Rapid Access Counselling

for Children, Youth
& Their Caregivers.

An immediate,
accessible form of
brief counselling.

About CYC

CYC is making child and youth mental health services more accessible and supporting the well-being of families through trauma-informed approaches.

This program aims to simplify the process for families to seek care, focusing on prevention, early intervention, and crisis support by reducing wait times, improving system navigation, and introducing online appointment booking.



How it Works

CYC appointments can be booked within 2 weeks of the session time.

To book, clients can either visit www.counsellingconnectsask.ca or call an Envision office to book.

The CYC program will see children aged 5-17. Parent engagement is strongly encouraged when possible. Parents must attend first appointment.

Appointments follow a brief therapy model, aiming for 3-6 sessions. Case plans will be determined on an individual basis.



Where is CYC Available?

Envision CYC Clinics are offered in the following communities:

- Weyburn
- Estevan
- Carlyle
- Oxbow

Visit www.counsellingconnectsask.ca to find appointment availability at the above listed locations.

What can I expect?

Our services offer a variety of modalities, including interactive approaches like play and art therapy, integrating neuroscience and trauma-informed perspectives, and employing evidence-based, brief therapy practices.

We prioritize accessibility by offering flexible appointment times and locations, including after-school appointments, to create a safe and non-stigmatizing environment for children, youth, and their caregivers.

Source: FSS WIC Info Graphic

BENEFITS OF BRIEF THERAPY

1

Brief therapy models offer a complete counselling experience 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.