



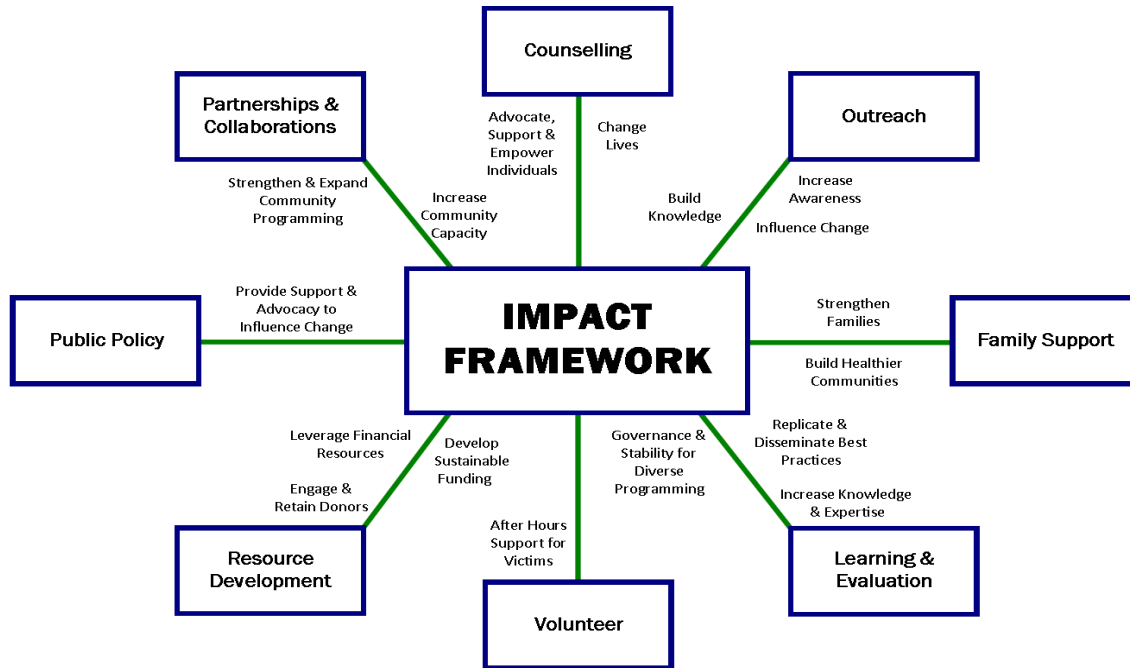
**22nd**  
**Annual General Meeting**

2015

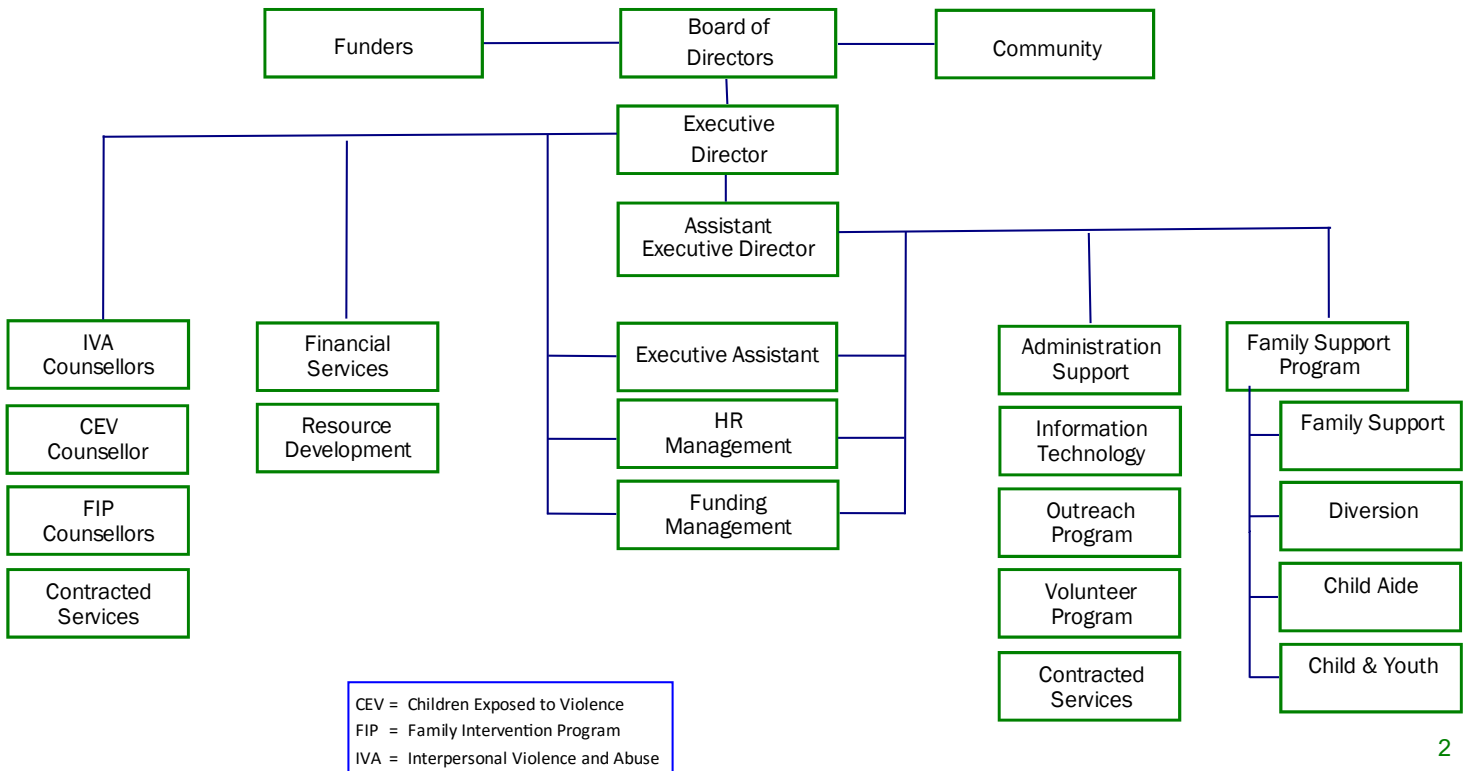


2016

*Exploring your options, supporting your decisions.*



### Envision Counselling & Support Centre Inc. Organizational Chart – Program Structure





# Envision Counselling & Support Centre Inc.

## ANNUAL GENERAL MEETING

Estevan, SK

Date: Wednesday June 15, 2016 at 6:30 pm

## AGENDA

1. Call to Order
2. Introductions
3. Adoption of Agenda
4. Approval of the Minutes of the last AGM - June 2015 [p.4/5]
5. Auditor's Report - MNP
6. Funding Representatives
7. Envision Reports
  - a) Chairperson Report - Tami Scott [p.6]
  - b) Program Committee Chairperson Report - Tracey Kiliwnik [p.7]
  - c) Finance Committee Chairperson Report - Karen Hirsch [p.8/9]
  - d) Personnel Committee Chairperson Report - Jay Pierson [p.10]
  - e) Property/Capital Committee Chairperson Report - Garth Mryglod [p.11]
  - f) Executive Director Report - Christa Daku [p.12/13]
  - g) Assistant Executive Director Report - Lynda Rideout [p.14/15]
  - g) Statistics Overview - Christa Daku [p.18]
8. Envision Board of Directors
  - a. Election of Board Members
    - i. Re-Election of Members (2 year term):  
Karen Hirsch (2012), Tami Scott (2012), Roni-Sue Coulter (2014),  
Garth Mryglod (2014)
    - ii. Nomination of New Members: Tana Cugnet
    - iii. Executive Nominations:  
Chair, Vice Chair, Treasurer, Secretary
  - b. Retirement from Board: Caroline Guest (2010)
9. New Business
  - a. Nomination of Auditors for Next Fiscal Year: 2016-2017
  - b. Amendments to Bylaws - None
10. Special Presentation - Lori Wolstenholme
11. Adjournment

# **Envision Counselling & Support Centre Inc. Annual General Meeting Estevan, SK June 16, 2015**

A total of 19 staff, 10 Board Members and 4 guests were in attendance.

Board Members: Jessica Morland, Vic Wiebe, Tami Scott, Karen Hirsch, Jay Pierson, Caroline Guest, Kristin Dupuis, Tracey Kiliwnick, Roni-Sue Coulter, Garth Mryglod

Guests: Michael Piluk (Ministry of Social Services), Rod Watson (Mental Health), Angela Krieger (Meyers, Norris, Penny), Danny Ewen (Discover Estevan)

**Call to Order** - Chairperson Jessica Morland called the meeting to order at 6:34 p.m.

**Introductions** – Jessica Morland welcomed everyone to the meeting and invited introductions around the table.

## **Adoption of Agenda**

**Motion #1:** Moved by Roni-Sue Coulter, and seconded by Karen Hirsch to accept the agenda as presented. Carried.

## **Adoption of Minutes**

**Motion #2:** Moved by Vic Wiebe and seconded by Jay Pierson that the minutes of June 11, 2014 be adopted as circulated. Carried.

## **Auditor's Report**

The auditor's final report was presented by Angela Krieger of Meyers, Norris, Penny. Angela highlighted year over year major changes to the Balance Sheet, Revenue and Expense Statement and Cash Flows.

**Motion #3:** Moved by Caroline Guest and seconded Kristin Dupuis that the Auditor's Report be accepted. Carried.

## **Ministry of Social Services**

Michael Piluk of Social Services spoke to those present and thanked the Board, Staff and Management for a good year. He recognized Christa Daku and Lynda Rideout for the organization's smooth transition, and expressed his thanks to Jessica Morland for her years of leadership of Envision.

## **Reports**

**Chairperson's Report** – Written and submitted by Jessica Morland

**Finance Committee Report** – Written and submitted by Karen Hirsch

**Personnel Committee Report** – Written and submitted by Tami Scott

**Program Committee Report** – Written and submitted by Vic Wiebe

**Property Report** – Written and submitted by Vic Wiebe

**Executive Director's Report** – Written and submitted by Christa Daku

**Assistant Executive Director's Report** – Written and submitted by Lynda Rideout

**Motion #4:** Moved by Karen Hirsch and seconded by Roni-Sue Coulter to accept the reports as presented. Carried.

## **Election of Board Members**

### **Re-Election of Board Members**

**Motion #5:** Moved by Tami Scott and seconded by Caroline Guest to re-elect by acclamation Kristin Dupuis, Jay Pierson and Tracey Kiliwnik, each for two-year terms. Carried.

### **Election of New Members**

**Motion #6:** Moved by Jay Pierson and seconded by Kristin Dupuis to elect by acclamation Brian Pilloud to a two-year term. Carried.

### **Executive Elections**

**Motion #7:** Jay Pierson nominated Tami Scott to the position of Chairperson. Seconded by Vic Wiebe. Carried.

**Motion #8:** Caroline Guest nominated Jay Pierson to the position of Vice-Chairperson. Seconded by Tami Scott. Carried.

**Motion #9:** Tami Scott nominated Karen Hirsch to the position of Treasurer. Seconded by Kristin Dupuis. Carried.

**Motion #10:** Tami Scott nominated Kristin Dupuis to the position of Secretary. Seconded by Caroline Guest. Carried.

All nominees accepted their positions.

**8.4 Retirement from Board** – Christa Daku and Lynda Rideout presented gifts of appreciation to Jessica Morland and Vic Wiebe on their retirement from the Board of Directors. Both Jessica and Vic responded that there has been much growth, progress and success at Envision in their six years on the Board.

## **New Business**

### **Appointment of Auditors**

**Motion #11:** Moved by Karen Hirsch and seconded by Caroline Guest to appoint Meyers, Norris, Penny as auditors for the 2015/16 fiscal year. Carried.

### **Amendment to By-Laws**

**Motion #12:** Moved by Garth Mryglod and seconded by Tracey Kiliwnik that the By-Laws of Envision be amended to include the Assistant Executive Director to the signing authorities. Carried.

## **Presentation**

Tanya Hlohovsky and Debbie Slater delivered a presentation regarding Resource Development. They covered their goals, as well as work that has been done in developing a sponsorship package, in identifying a social return on investment, donor engagement, and a review of donor and sponsorship sources. They discussed their 2015/16 strategies to develop new avenues of donations outside of the oil and gas industry. The presentation concluded with a social media video entitled "Like a Girl".

## **Adjournment**

Vic Wiebe moved adjournment of the Annual General Meeting at 8:30 p.m.

Minutes respectfully submitted by Tami Scott.



# CHAIRPERSON

## Annual General Meeting Report

### 2015-2016

Once again, Envision Counselling and Support Centre has continued to grow under the very competent leadership of our Executive Director Christa Daku and Assistant Executive Director, Lynda Rideout. Under their direction, we have become leaders in the province in innovative programming such as the cyber violence and Into the Sunshine projects. This year, significant client increases led to the opening of a fourth part-time office in Oxbow, as well as some supervisory re-structuring to more efficiently meet those increasing client demands. Christa and Lynda lead an enthusiastic team of employees and volunteers who are genuinely invested in supporting healthy choices for individuals and families in crisis.

Envision continues to do excellent work in community outreach offering a number of workshops and presentations to schools, client groups, community groups and potential donors. We continue to increase our brand recognition both in Southeastern Saskatchewan as well the province as a whole.

This year marked my first year as the Chairperson for Envision. At the last AGM we bade farewell to Jessica Morland and Vic Wiebe, having both completed their six year terms. In September, we welcomed Brian Pilloud to the Board of Directors. Brian brings a wealth of knowledge in the financial sector and has settled into a role on the Finance Committee. This year, Caroline Guest completes her sixth year and we will miss her knowledgeable presence on the Board. Caroline has served on both the Personnel and the Finance Committees during her tenure.

Over the past year, your Board of Directors met on eight occasions. In addition, the various committees met as required to complete the requirements of their mandates. Each of the four committees – Finance, Personnel, Program and Facilities - has worked diligently with both Christa and Lynda to contribute to the continued security, stability and success of the organization. You will read more on their work in each of their reports.

I have appreciated the conscientious way that the entire board has approached decisions around policy review, new programming, financial considerations and employee support.

Our last Strategic Planning session was held in the fall of 2012. Over the past four years, the Board has worked diligently to complete all of the recommendations that came out of that planning session. We are hoping to conduct our next Strategic Planning session in the fall of 2016, a year earlier than originally anticipated.

It has been my pleasure to be Chairperson for the past year; I am excited about the future knowing that we are well positioned to continue to grow and to offer innovative programming, counselling and support services to individuals and families in need.

Respectfully submitted,

**Tami Scott, Chairperson**

# PROGRAM COMMITTEE CHAIRPERSON

## Annual General Meeting Report

### 2015-2016

**Committee Members: Tracey Kiliwnik (Chair), Caroline Guest**

The continued focus of the Program Committee is to review existing services and implement the focus of the strategic plan. The main focus from 2015 to carry over into 2016 was the formal review of all programs through implementation of focus groups. This activity and timeline will continue in 2016.

The program committee spend time reviewing the restructuring of current positions. This entailed a review of all the roles and responsibilities of positions, along with current caseloads. From this review we determined a need to restructure and hire two positions. Future discussions will include guidelines for discharging clients, triaging caseloads and review of geographical areas. Our organizational chart has been revised to reflect current programming and positions.

Due to the increase in demands of our programs and supports based on economic times the program committee will be focused on reviewing caseloads to ensure we are able to provide continued quality services to our clientele and streamline services for our employers and clients.

A review of the strategic plan for 2016 and programming restructuring will be a continued focus of the programming committee.

Respectfully Submitted

**Tracey Kiliwnik,**  
**Chair of the Program Committee**

"The two most important days in your life are the day you are born,  
and the day you find out why."

Mark Twain

# FINANCE COMMITTEE CHAIRPERSON

## Annual General Meeting Report

### 2015-2016

**Committee Members: Karen Hirsch (Chair), Brian Pilloud**

The 2015-16 year brought a new Board member to the table. Welcome Brian Pilloud – your experience and knowledge in the financial spectrum will be a great asset to our finance committee.

The finance committee is pleased to report that we successfully met and surpassed our 2015-16 budget. Due mainly to increased contracts outside of the provisions of our core programs we realized more invoiced income than we had anticipated. This surplus was very much needed and will help in supplementing a shortage in salaries for positions in the upcoming year. We continued to replenish the reserve funds that we had budgeted for and luckily managed to make it through the year without any major expenses. It seems every year we continue to grow and to that end 2015-16 was no different. We successfully financed four offices: Estevan, Weyburn, Carlyle and our newest location Oxbow. We implemented and financed a new comprehensive benefits plan for the employees of Envision.

Most important of all our accomplishments is we continued to offer core services and additional programs to our clients with professional staff in professional environments. None of this would have been possible without the financial support of all our partners.

We would like to thank the Ministry of Justice and the Ministry of Social Services for their continued funding which is the backbone of our organization. We rely heavily upon them so we can continue to offer the much needed services that Envision provides. Estevan and Weyburn United Way continue to support us in our quest for additional funding.



## FINANCE COMMITTEE CHAIRPERSON REPORT

### Continued

Each and every dollar they allot to Envision is so valuable in meeting our Mission Statement of "Encouraging and supporting healthy choices in individuals, families and communities by offering innovative programing and diverse counselling and support services". We continue to search for and rely on grants to supplement new and existing programs. And as always we come back home to the generosity of the same community we serve. Whether it is a private donation, a business donation, an ongoing commitment, in funds or in service, it is all greatly appreciated. There is nothing too big or to small to make a difference in enabling all individuals to live in a happy healthy environment. Thank you to everyone that has helped in any way.

With the economy being where it is the 2016-2017 fiscal year will definitely be a challenge as we depend so heavily on the financial support of those who have been and will be negatively impacted by the downturn. We will need to continue to search out all possible financial opportunities to sustain the essential programs our community has come to depend upon.

Respectively submitted,

**Karen Hirsch, Treasurer and Finance Committee Chairperson**

"Someone is sitting in the shade today because  
someone planted a tree a long time ago."

Warren Buffett

# PERSONNEL COMMITTEE CHAIRPERSON

## Annual General Meeting Report

2015-2016

**Committee Members:** Jay Pierson (Chair), Kristen Dupuis, Roni-Sue Coulter

2016 has seen several changes in regards to personnel within Envision. With the increase of services being accessed in our respective offices, it became necessary to make changes from within. These changes included staff transitioning to new positions, as well as hiring new employees to better serve our clients and operate more efficiently.

A new Benefits plan was researched and implemented for permanent employees. Furthermore, changes in policy were made to better reflect the environment the staff work in and provide the best atmosphere for all.

2015-2016 saw significant statistics in the area of employee retention:

In the 2014-2015 Fiscal year four permanent employees left the organization with four additions. In 2015-2016 we had two permanent employees leave the organization with three additions.

In the 2014-2015 Fiscal year nine casual employees left the organization while we added fourteen employees. In 2015-2016 we had three casual employees leave the program while we added seven new employees.

On behalf of the Personnel Committee we would like to thank the staff and management of Envision for their dedication and the service provided to our clients and their respective communities.

Respectfully submitted,

**Jay Pierson, Personnel Committee Chairperson**

"As you grow older, you will discover that you have two hands,  
one for helping yourself, the other for helping others."

**Audrey Hepburn**

# PROPERTY/CAPITAL COMMITTEE CHAIRPERSON

## Annual General Meeting Report

2015-2016

**Committee Member: Garth Mryglod (Chair)**

Envision owns the office building occupied in Weyburn and occupies rental space in Estevan, Oxbow and Carlyle. As their client numbers are growing, so too are the demands for even more space. They have the room to grow in Weyburn and now in Carlyle after moving into a new space in November. The Estevan office is tight but they are making do with the space they have for now. If Oxbow were to grow, they would need a space that has separate/defined areas so that more than one person can be working in the space at a time.

The past couple of years have seen some much needed updates to the Weyburn property. More updates and minor repairs are needed.

As our communities grow, so too does the demand for services and the staff at all locations continue to adapt and show the flexibility in their space that is needed to give the professional service so vital to their clients.

A special thanks goes to Crescent Point Energy for donating paint and their time to freshen the bathroom in the Carlyle office and the basement in Weyburn and the Carlyle RBC staff for their volunteer efforts .

Respectfully submitted,

**Garth Mryglod, Chair of Property/Capital Committee**

# EXECUTIVE DIRECTOR

## Annual General Meeting Report

2015-2016

As I sit back to give a short recap of the past year, I continue to be amazed at the dedication and passion the staff have at Envision for the programming we do. Staff retention has been stable and we continue to have a gelled, cohesive team, despite our separated four offices. This has been a focus over the past year administratively as we have become more inclusive with cross programming availability within our agency. Envision truly is its own entity in the province and I am proud to be a leader of such an innovative organization!

This past year we continue to strive to keep up with the needs of our service area. The dedicated staff, volunteers and Board members continue to make Envision successful and continue to meet the needs of the southeast. There is a two sided coin to the work we do and the need to continue to expand. On one side we all feel fortunate to offer the services we do, but on the other side, as we continue to evaluate the needs in our communities, our services are needed more now than ever. Counselling and Family Support clients continue to increase based on the demand in our area. Unlike most areas in the Southeast who have significantly slowed down, Envision has significantly increased with the number of individuals and families we are seeing in crisis. Fortunately, we have had the opportunity to build and strengthen many areas of our programming to enhance programming within the resources we have. Looking to the future is something we continue to keep in mind when expanding and requesting additional funding.

This past fiscal year we have embraced growth in several areas through success in community sponsorship and successful grant applications. We secured a part-time counsellor and a committed office space in Oxbow to enhance the services we offer to the far southeast. To accompany this we also received a Federal Grant through the Ministry of Justice to enhance our Interpersonal Violence and Abuse programming to include Human Trafficking and Exploitation. This has enabled us to have an additional full time counselling position and office support in our Carlyle office. All offices continue to be operating at capacity, despite these expansions.

The Law Foundation of Saskatchewan has provided us with grants for the past two years to continue to provide legal education in grade 7-12 classes in Estevan and area. Because of the undeniable success and impact these presentations have had on our youth, we hope through grant applications we are able expand these preventive services to the Weyburn area as well.



# EXECUTIVE DIRECTOR REPORT

## Continued

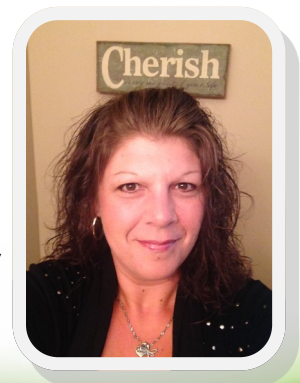
Over the past year, we have completed the programming review, the final stage of our strategic plan, which will be highlighted during a short presentation during the AGM. Strong partnerships with Victim Services, Social Services, Mental Health and Addiction Services, Policing and other support services within the Southeast continue to benefit our area of the province as we seek to fill gaps in services and meet the needs of our ever-changing population. To accompany these regional partnerships, I am a member of several provincial committees including Family Services Saskatchewan, who has recently embarked on a collaborative initiative to include having a unified voice for those individuals who may not necessarily fit into specific service mandates, including undiagnosed and situational mental health issues. As a collaborative, we hope to pave the way for this demographic of our population where services are often a challenge to receive.

During this past year, we have reached record caseloads in many areas of our programming. The ongoing commitment of the staff who continue to be on the front line continues to impress upon me the importance of our services. Our Board of Directors and Administration continues to strive to do the best we can to look after the health and wellness of our staff as much as we do our clientele. In turn, we continue to provide a safe, therapeutic environment where individuals are encouraged to focus on their strengths and solutions for personal growth.

***A sincere thank you to the dedicated Funders, Board, staff, and volunteers for your tireless commitment you continue to bring to Envision's team :)***

**Respectfully Submitted,  
Christa Daku**

***Christa Daku  
Executive Director***



**"Every moment is a fresh beginning."**

**T.S. Eliot**



# Assistant Executive Director

## Annual General Meeting Report

### 2015-2016

It's amazing to me that it is already AGM time again, the past year has flown by so quickly. Every day I feel blessed to not only work for, but also help lead such an amazing organization, and I am filled with pride whenever I hear our employees talk about how much they love working here. That truly makes the challenges that arise easier to contend with. We have a phenomenal team that work so well together!

I am very thankful that we have such a fantastic support team in the office who quietly work behind the scenes ensuring operations in each location run smoothly. We've certainly grown used to having these four around, and notice the gap when they are away.

It has been a year of great learning in the area of information technology, and as we are expanding and growing, we realize that we must change some of our processes in order to stay compatible with current software and hardware. We've moved to cloud based programs including antivirus and communications software which has greatly increased our ability to support and connect all four offices. In addition, the Cyberviolence Project brought to light our need to use different types of social media in order to communicate our messaging with community members of all ages and as a result, we started using Twitter and Instagram in the past year.

Our programming continues to be in demand, keeping us busier than ever in all areas. As in years past, our Outreach team was hard at work this year and provided many presentations and workshops in a variety of organizations and schools in both the Estevan and Weyburn areas. We are always excited to share our knowledge and educate others whenever we can.

Our Family Support Program has been extremely busy and we continue to experience ongoing hiring of new workers for all locations. I am proud to say that this is not due to employee turnover, but rather is the nature of employing casual workers who enjoy the flexibility of working in such positions. We have had great successes and great challenges working with clients as they range from mandated to self-referred, and as such, no two clients are alike to work with.

## Assistant Executive Director Report Continued

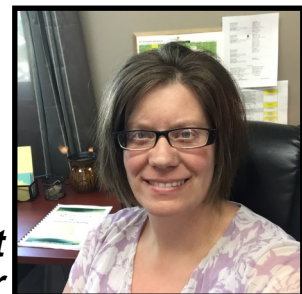
Each gives all of us the opportunity to learn and grow in the helping field, and both add to overall job satisfaction. We truly appreciate the strong working relationship we have with the local Ministry of Social Services teams as well as all others who refer to us to support common clients.

The nature of my position is almost entirely office based, however I have had the opportunity to participate in the STOPS to Violence conference in Saskatoon last Spring, and am also part of two local committees, it is always an enjoyable experience working with others in the community who share a similar passion of helping children and their families become all that they can be.

Overall, it was a fantastic year, we continue to have a great team of employees & build on our positive connections we have in the Southeast with other agencies and service providers. I would like to thank our amazing Board, employees, and volunteers for their ongoing hard work and dedication to Envision!

Respectfully Submitted,  
**Lynda Rideout, Assistant Executive Director**

***Lynda Rideout***  
***Assistant Executive Director***



"Change will not come if we wait for some other person or some other time.  
We are the ones we've been waiting for.  
We are the change that we seek."

Barack Obama

# 2015-2016 TEAM ENVISION

**Christa Daku**

*Executive Director*

**Lynda Rideout**

*Assistant Executive Director*

## ADMINISTRATION

### *Office*

Debbie S  
Lori W  
Melinda D  
Laurie H  
Kendra M  
Laurie D  
Victoria G  
Precila T  
Mary Joy M

### *Resource Development*

Tania H

### *CyberViolence, Community Outreach & Volunteer Coordinator*

Juli D

### *Outreach Educator*

Lorelei L

### *Amazing Supporters*

Diana O  
James L  
Jody B  
Heather P

## COUNSELLING

### *CEV Program*

Allyson F

### *IVA Program*

Edna F  
Jenna K  
Skylar G

### *FIP Program*

Angela M  
Jody H  
Linda C

### *FIP/IVA Counsellor*

Jolene M

## BOARD OF DIRECTORS

### *Executive Members*

#### **Chairperson**

Tami Scott

#### **Vice Chairperson**

Jay Pierson

#### **Treasurer**

Karen Hirsch

#### **Secretary**

Kristin Dupuis

### *Members at Large*

Caroline Guest  
Garth Mryglod  
Roni-Sue Coulter  
Tracey Kiliwnik  
Brian Pilloud

## FAMILY SUPPORT

### *Supervisor*

Laura M

### *Coordinators*

Renee B  
Liz L

### *Support Workers*

Allison V  
Brenda S  
Crystal S  
Dan G  
Emily G  
Heather G  
Irene A  
Jolene R  
Katrina S  
Lisa R  
Lori M  
Lorna R  
Lotti P  
Mallory W  
Paige W  
Paula E  
Penny D  
Sarah M

## VOLUNTEERS

Jody C  
Theresa F  
Lorna L  
Jory L  
Chardina M  
Angela M  
Lana P  
Liz S  
Jessica S  
Gail S  
Christine T  
Jessica Y  
Astrid F  
Katrina P  
Heather G  
Katie B  
Britni W  
Emily G  
Kristan B  
Kelsey B  
Sharley J  
Angela B  
Sarah S



**Our team**  
**85 members strong**  
and **GROWING...**



# ENVISION VOLUNTEERS

## THANK YOU FOR ALL YOU DO!!

It has been another wonderful year with the volunteers. It is a blessing to watch a room full of women who all share the same passion and enjoy each other's company, while supporting one another.

Envision teamed up once again with Royal LePage Dream Reality for the second annual garage sale for shelter. It was a great day with the community coming out to show their support.

Envision trained 7 new volunteers this year. With the new volunteers we currently have 20 volunteers. We have had to say goodbye to some of our long time volunteers and we wish them the best in their future.

The volunteers have also had the opportunity to receive the training for our new project 'Into the Sunshine' which is an enhancement to our Interpersonal Violence and Abuse program. The volunteers are excited to have the expansion and be able to offer support to the individuals who may need it.

Envision volunteers were also able to help with the United Way telethon, which once again was very successful.

We look forward to the New Year and all that it has to offer for this great program. We have such a wonderful group of volunteers who we cherish each and every day.

***Renee Borhot***  
***Volunteer Coordinator***



**Did you know? Our hardworking and loyal volunteers logged  
MORE THAN 13,000 HOURS this fiscal year!**



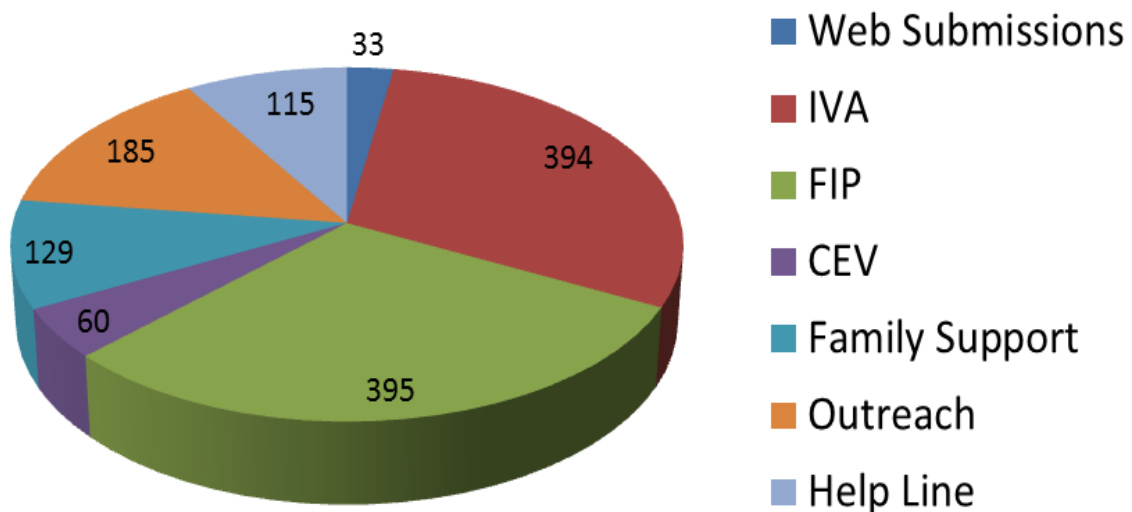
# 2015-2016 Statistics Overview





# Who are our clients?

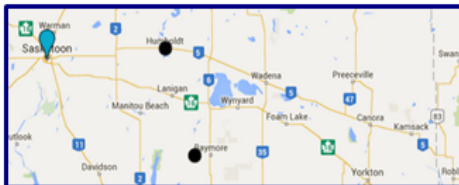
## Referrals breakdown and comparison 2015-2016



Total Referrals: 1311

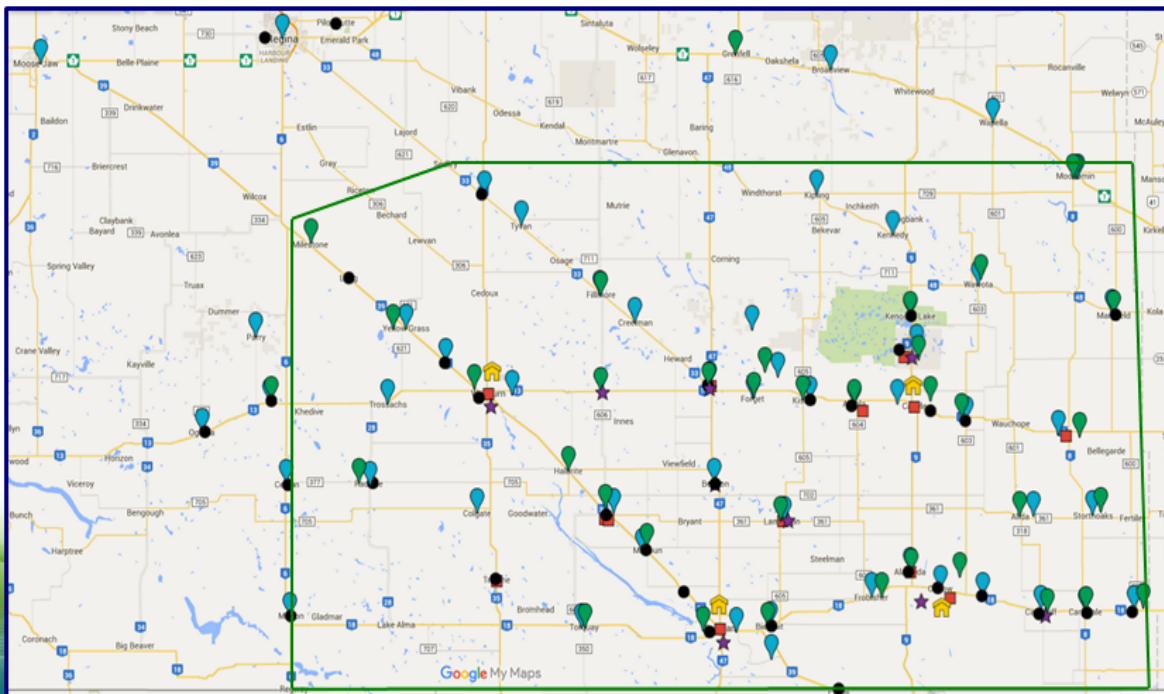
# Where in Saskatchewan are our clients located?

## Client & Presentation Reach 2015-2016



### Legend:

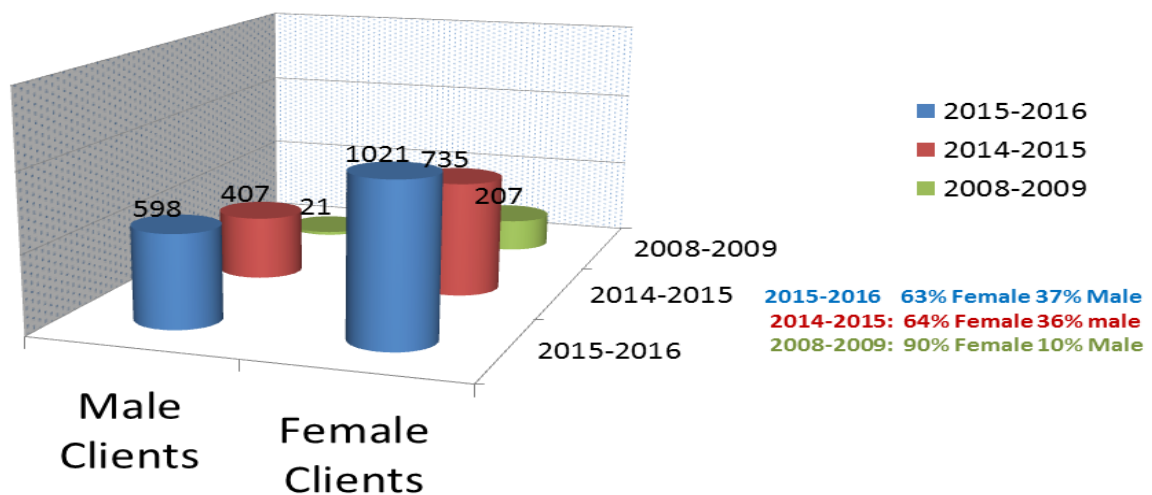
<span style="color: red;">■</span>	Children Exposed to Violence Program	60
<span style="color: green;">●</span>	Family Intervention Program	395
<span style="color: blue;">●</span>	Interpersonal Violence and Abuse Program	394
<span style="color: black;">●</span>	Family Support Program	129
<span style="color: purple;">★</span>	Presentations	167
	Office Locations	4



The area outlined in GREEN represents Envision's Geographical area.  
This area spans 28,700 square kilometers, with a total population  
in excess of 54,000 individuals.

# Are our clients female or male?

**Gender of all Envision Clients  
Three year comparison**



We are very proud that we are supporting an increasing number of male clients in the communities we serve, as we continue working on our strategic plan and programming goals.

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

**Vision:** We envision all individuals living in a happy, healthy environment.

# What do our clients have to say?

## Quotes from Clients



**“Feelings aren’t  
bad, it is what you  
do with the  
feeling.”** Participant, ‘Untwist  
your thinking’ workshop

**“The most  
significant thing I  
learned that I  
don’t have to  
explain my choices  
necessarily.”** Participant,  
‘Boundaries and Assertiveness’ workshop

**“The most significant thing I learned  
is that I can control my anger.”** Participant,  
‘Feelings 101 workshop’

**“It  
takes  
courage  
to be  
happy.”**  
Participant,  
‘Untwist your  
thinking’ workshop

**“It is O.K.  
to laugh.  
It is  
healthy.  
Relax and  
take deep  
breaths.”**  
Participant, ‘Untwist your  
thinking’ workshop

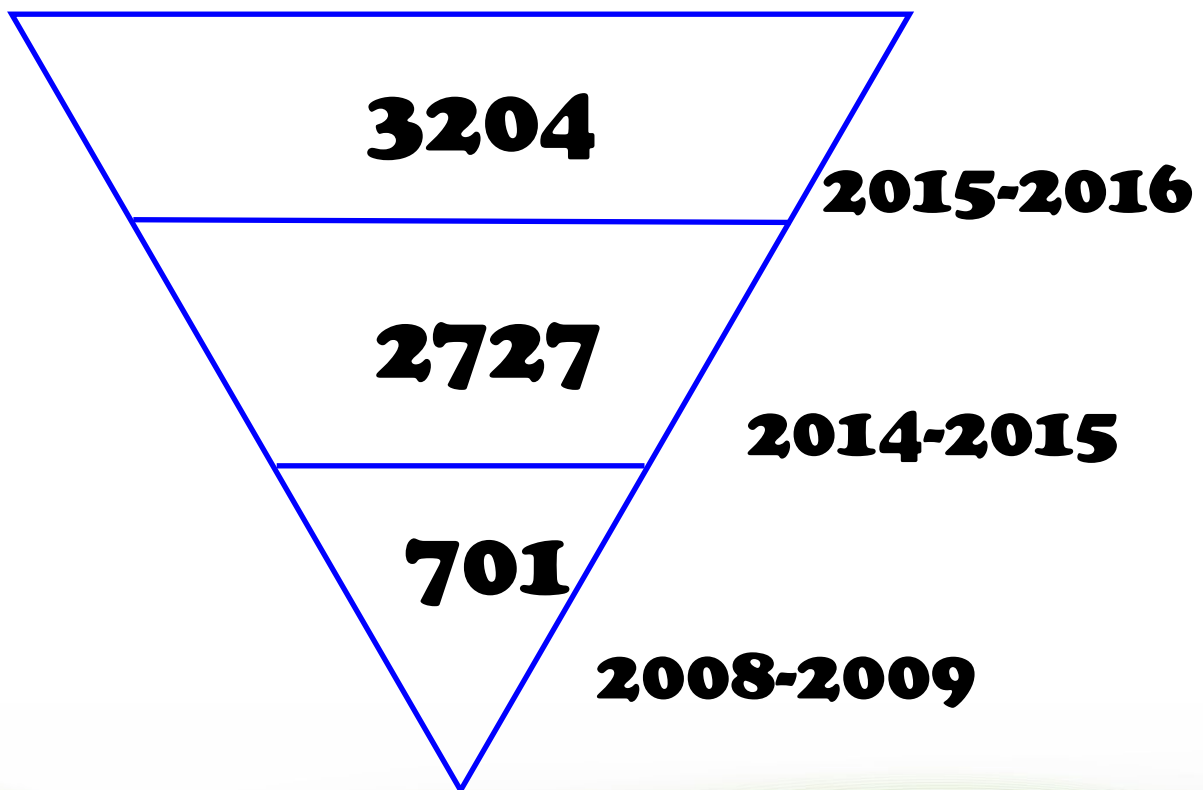
**“Love is not  
abuse.”** Grade 8 student

**“It is okay to let it  
[anger] out, but do  
it in a positive  
way.”** Participant, ‘Keeping Your cool’  
workshop



# **Counselling Clients**

## **Client Sessions Three Year Comparison**





# Envision Counselling and Support Centre Inc.

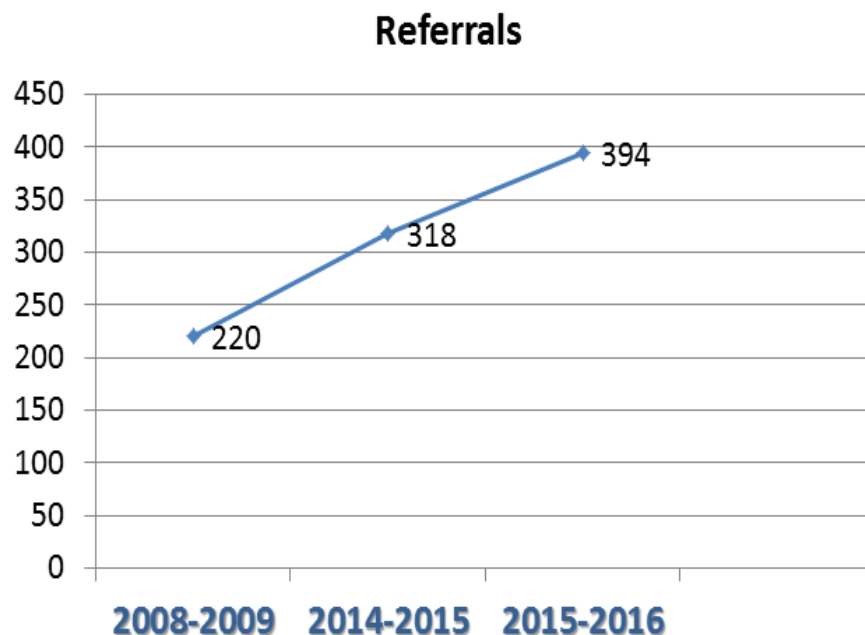
## 2015-2016 Program Statistics

### Interpersonal Violence and Abuse Program (IVA)

***Did you know?*** 90% of our (IVA) Interpersonal Violence and Abuse Program clients are female.

When looking at the relationship between the client and the offender, 'current partner', is listed most often. 'Dating partner', 'sibling', and 'former partner' are the next 3 most common. 'Stranger' is indicated the least.

#### Interpersonal Violence and Abuse program Referrals - Three year comparison



# Envision Counselling and Support Centre Inc.

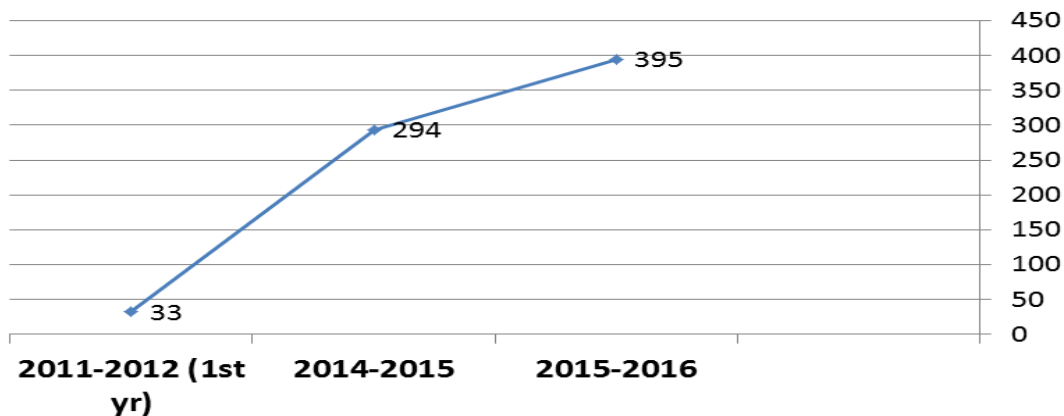
## 2015-2016 Program Statistics

### Family Intervention Program (FIP)

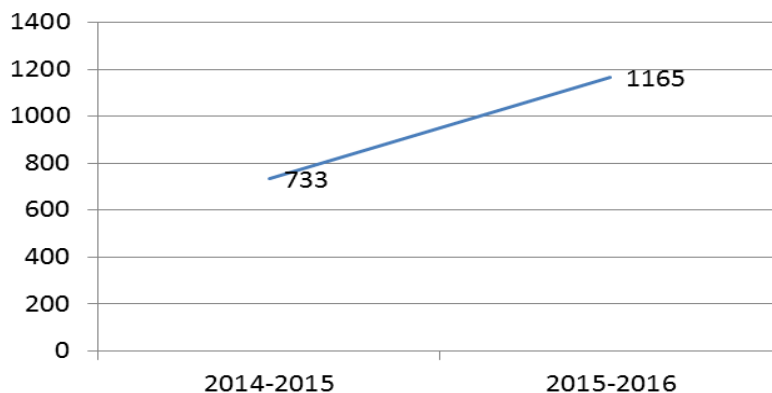
*\*program began December 2011*

**Graphs showing growth of program**

**Referrals comparing Initial year to past two years**



**Number of family members**



*Note: Number of family members was not recorded in 2011-2012*

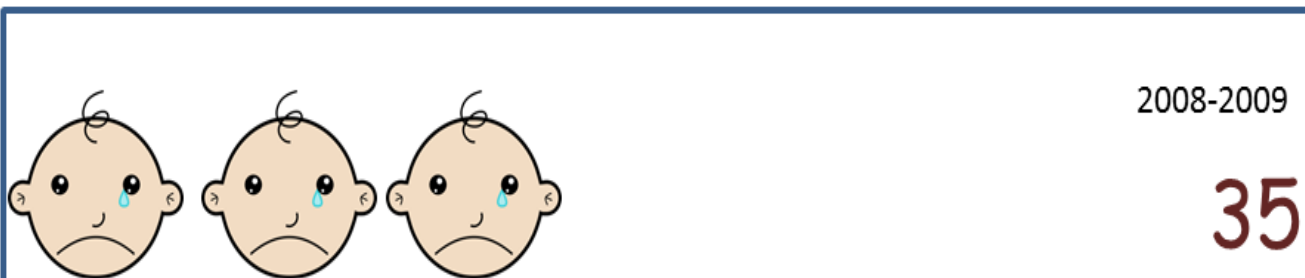
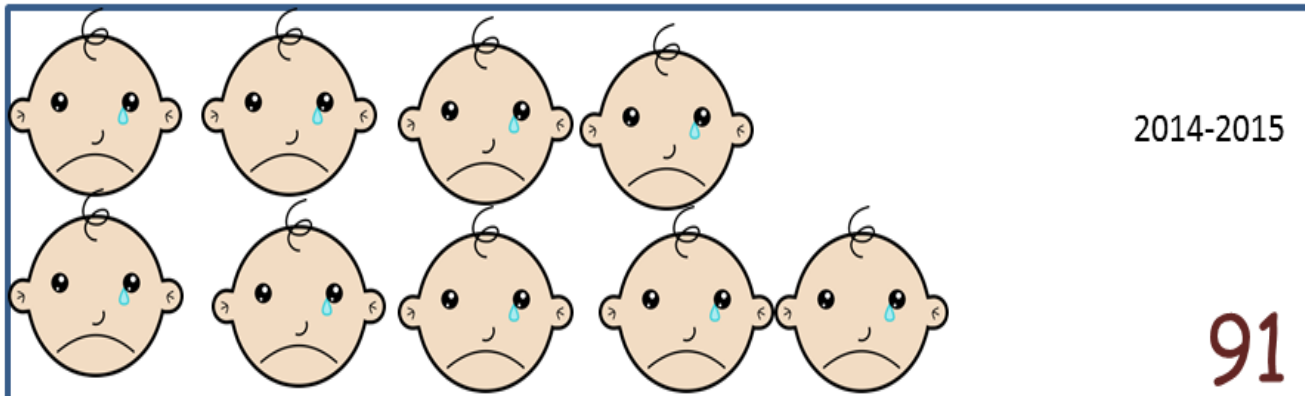
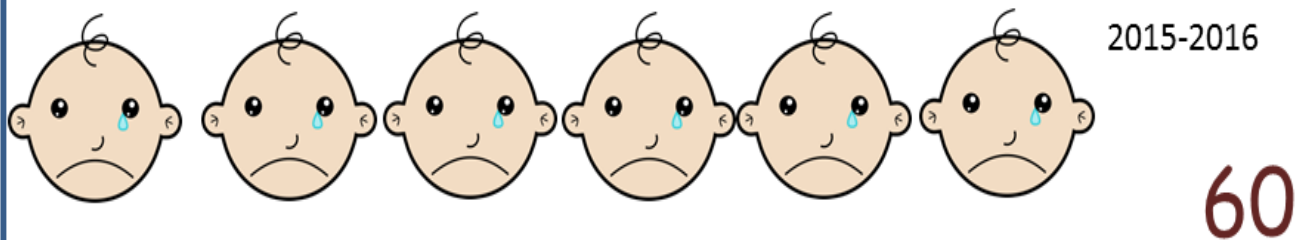
**Did you know?**  
*Based on statistics, the highest percentage of our clients come in for support around couple/relationship breakdown. This need has more than doubled in the past 3 years.*

# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Statistics

### Children Exposed to Violence program (CEV)

#### Children Exposed to Violence Number of referrals -- 3 year comparison



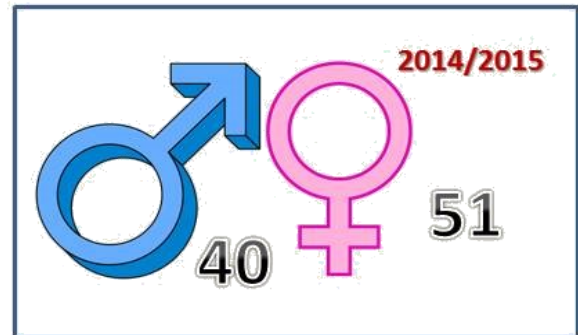
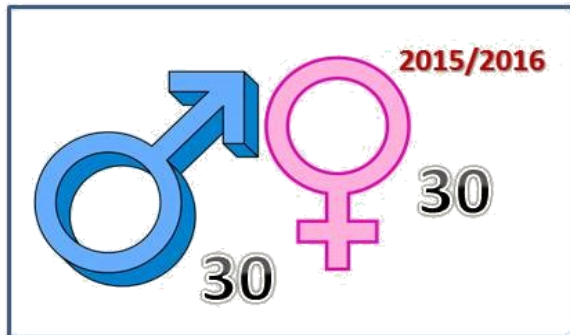
**Children Exposed to Violence (CEV) refers to children who see, hear, or are aware of violence and abuse.**

**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.**

# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Statistics

### Children Exposed to Violence program (CEV)



#### Children Exposed To Violence Program Gender of Client – Three Year Comparison



Each year in Saskatchewan approximately **24,000 children\*** will be exposed to male violence against their mothers in their own homes.



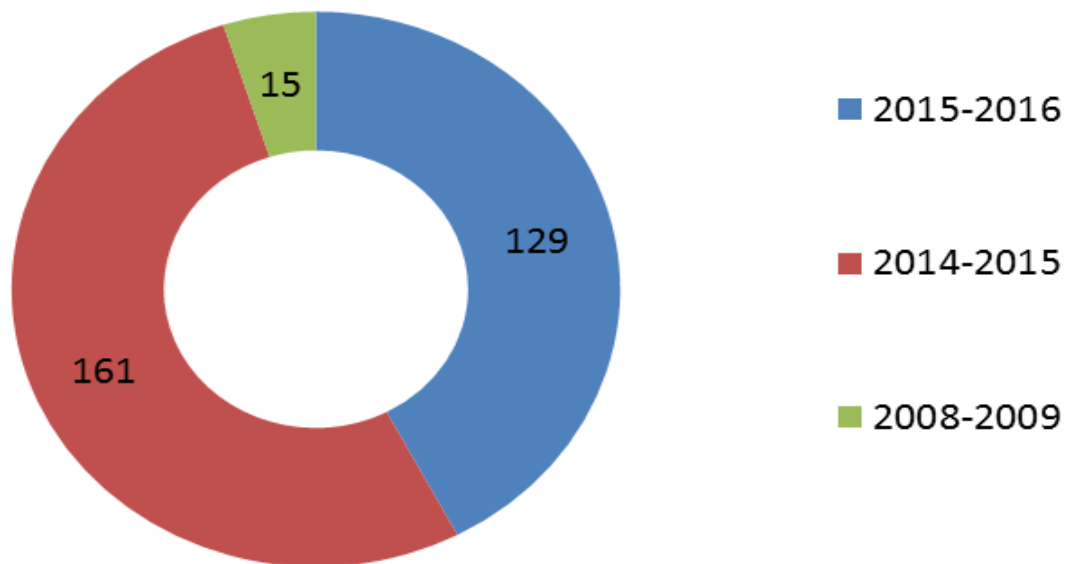
\*24,000 children would fill about 400 school buses and occupy 80% of the seats at Taylor field football stadium if seated!

# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Statistics

### Family Support Program

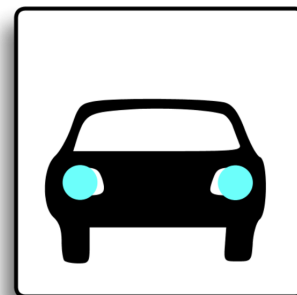
#### Contracts 3 years comparison



#### Did you know?

In the 2015-2016 fiscal year, our Family Support Program staff drove a total of

**202,757** kilometers



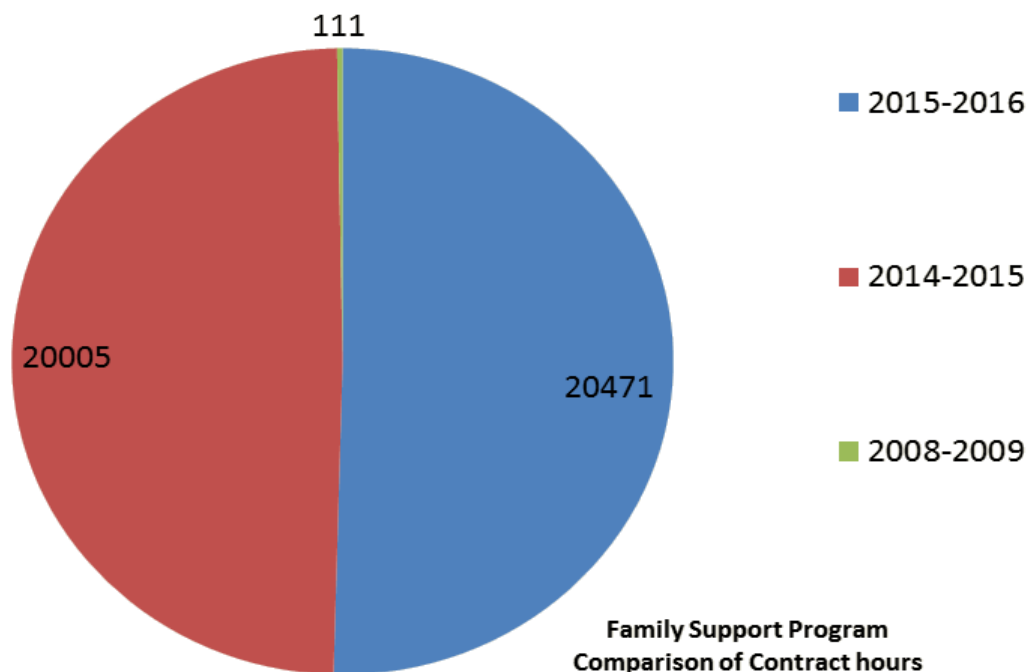


# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Statistics

### Family Support Program

#### Family Support Contract Hours



Family Support Program  
Comparison of Contract hours  
Three year comparison

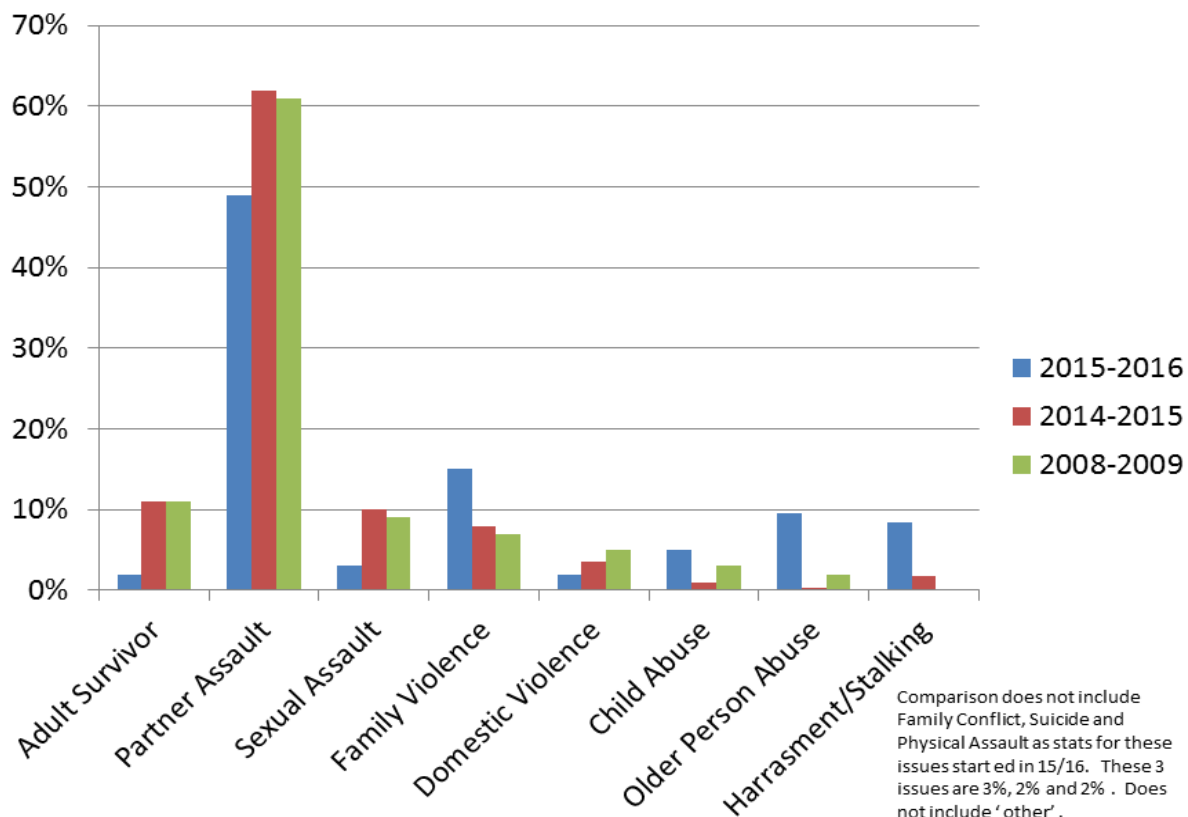
# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Statistics

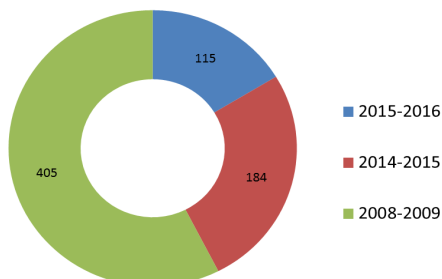
### 24-Hour Abuse/Sexual Assault Support Line

#### Survivor/Secondary Survivor issues

Comparison of three years represented in percentages



24-Hr Abuse/Sexual Assault Support Line  
Number of calls to the line – three year comparison



#### Did you know?

Saskatchewan reports the highest rate of police-reported family violence, sexual assault, and intimate partner violence when compared to all the provinces.

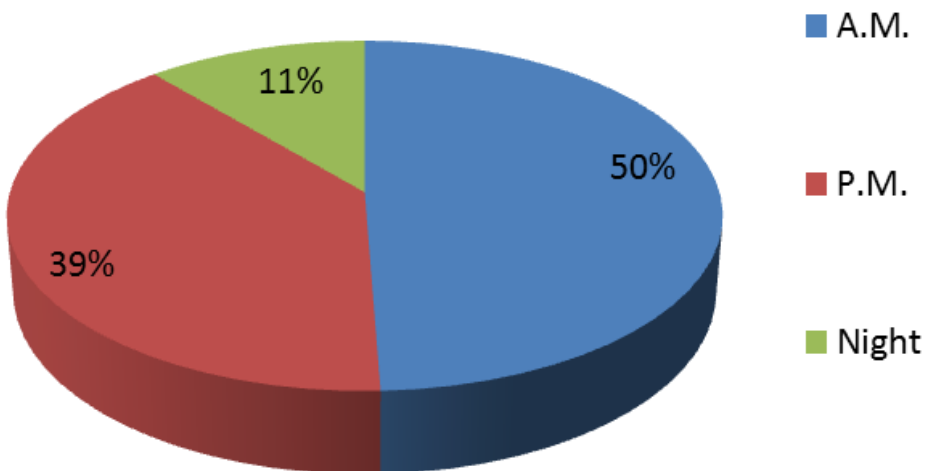
Statistics Canada Jan. 2016

# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Statistics

### 24-Hour Abuse/Sexual Assault Support Line

**Time of calls  
2008-2009  
24 Hour Support Line**

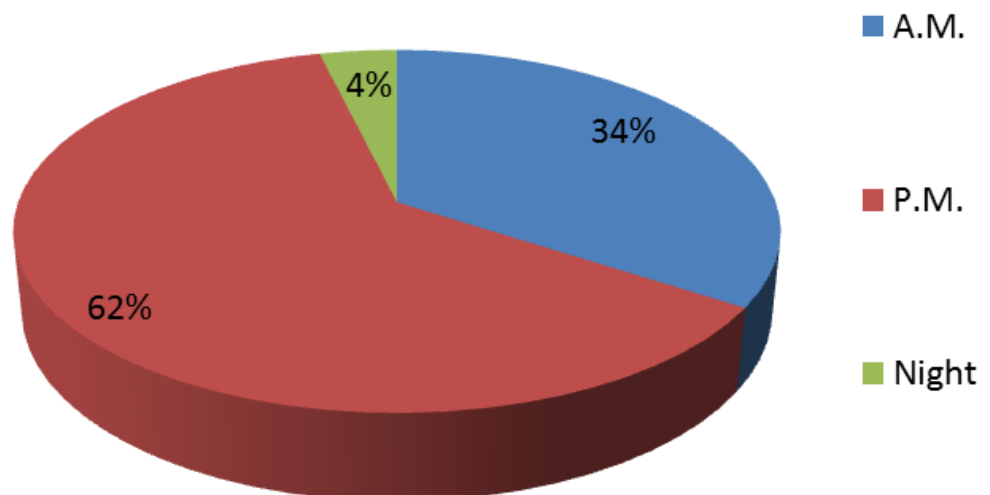


**A.M.** is 7am to 7pm

**P.M.** is 7pm to midnight

**Night** is midnight to 7am

**Time of calls  
2015-2016  
24 Hour Support Line**



# Envision Counselling and Support Centre Inc.

## 2015-2016 Fiscal Year

### Donors Appreciation

Envision Counselling and Support Centre is so very grateful for the many contributors to our organization. In 2015-16 we were fortunate to receive support from many sources beyond the core funding of the province of Saskatchewan. Envision sends a Bouquet of Thanks to those who support us.

#### Individuals and Church groups:

- Heidi Hesselink
- Garth Mryglod
- Jessica Morland
- Don Kindopp
- Gail Minard
- Naomi Mann
- Emily Gillies
- Randall Edward Smith
- Nanette Salamon
- Trinity Lutheran Women
- Hamar Church Women
- Pangman Holy Angels CWL
- St. Vincent DePaul CWL
- Creelman United Church Women
- St. John the Baptist Parish



#### Service Groups and Grants:

- Saskatchewan Law Foundation
- United Way of Estevan
- Weyburn & District United Ways
- SUN Saskatchewan Union of Nurses
- Royal LePage Shelter Foundation
- Quota International of Estevan
- Quota International of Weyburn
- Canadian Women's Foundation
- Affinity Credit Union Community Service Fund
- ARC Resources Social Club
- Royal Bank Employee Volunteer Grant
- Sask Energy Share the Warmth Grant

#### Local Rural Governments:

- RM of Coalfields No. 4
- RM of Moose Mountain No. 63
- RM of Cymri No. 36
- RM of Benson No. 35
- RM of Tecumseh No. 65
- RM of Enniskillen No. 3

#### Local Businesses and Community Clubs

- Minard's Leisure World
- Southern Document Solutions
- Penta Completions Supply & Services Ltd
- Weyburn Eye-care Associates
- Four Seasons Needlecraft Guild
- Estevan Public Library
- Shamrock Circle
- Weyburn Co-operative Association

Envision's **mission** is to encourage and support healthy choices in individuals, families, and communities.

Through **donations** Envision can continue offering innovative programming and diverse counselling to meet the needs of **Southeast Saskatchewan.**

The **generosity** of businesses, organizations and individuals is very much appreciated!!





# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Report & Statistics

### Outreach Program

The Outreach Program has been continually evolving over the past year. Many changes and growth opportunities were experienced as coordination roles changed within the program. As the new coordinator for the Outreach Program, I am excited to take on new adventures and continue to engage the community and raise awareness of important issues.

Outreach has worked hard to engage new community partners to provide a greater audience with education and awareness regarding sexual assault, abuse, healthy relationships and other important information on social issues. We provided 167 presentations to schools and community organizations. We also took on new initiatives within our communities to provide greater awareness such as facilitating activities for Sexual Assault Awareness Week in Saskatchewan.

Over the last year, the Outreach team was also able to work on awareness of cyberviolence in the Southeast. Envision was the successful recipient of funding provided through the Status of Women Canada. These dollars supported the work of the *Cyberviolence Project*, which was a twenty-four month project that took place between 2014 and 2016. The intent of the project was to address institutional barriers and other factors that limit the efforts of communities to address the issue of cyberviolence against young women and girls within Southeast Saskatchewan.

This project worked closely with youth and other community partners and stakeholders to identify and respond to the specific needs of young women and girls and their online safety. Based on the needs identified and utilizing community partnerships, a strategy was created and implemented. The strategy focused on three main areas, education, partnerships and support, with an emphasis on the prevention of cyberviolence. Education involved providing presentations regarding cyberviolence to youth in grades 7-10. Presentations were also provided to parents to provide both groups with a greater awareness of cyberviolence and knowledge of how to handle violence online. During the project, partnerships were shaped and maintained to address the needs in the Southeast and to create a united front against cyberviolence. Support was the last area identified in the strategy and this focused on centralizing resources in a way that was easily accessible and non-threatening to those individuals experiencing cyberviolence. This was achieved by creating an online hub through Envision's website specifically for resources pertaining to cyberviolence.

The *Cyberviolence Project* strengthened the assets of the Outreach Department and its conclusion was a significant event for the team. The knowledge gained regarding cyberviolence and technology, will help the department to grow and help reach new people in different ways.

Another change that occurred last year was that the Volunteer Program officially merged with Outreach in a smooth transition. A slight learning curve is expected as the volunteers and their new coordinator navigate this transition. Having these two programs together is a great fit as many Outreach and Volunteer initiatives go hand in hand. As we carry on, we look forward to expanding the program in the future to include more community involvement and a technology inspired support system.

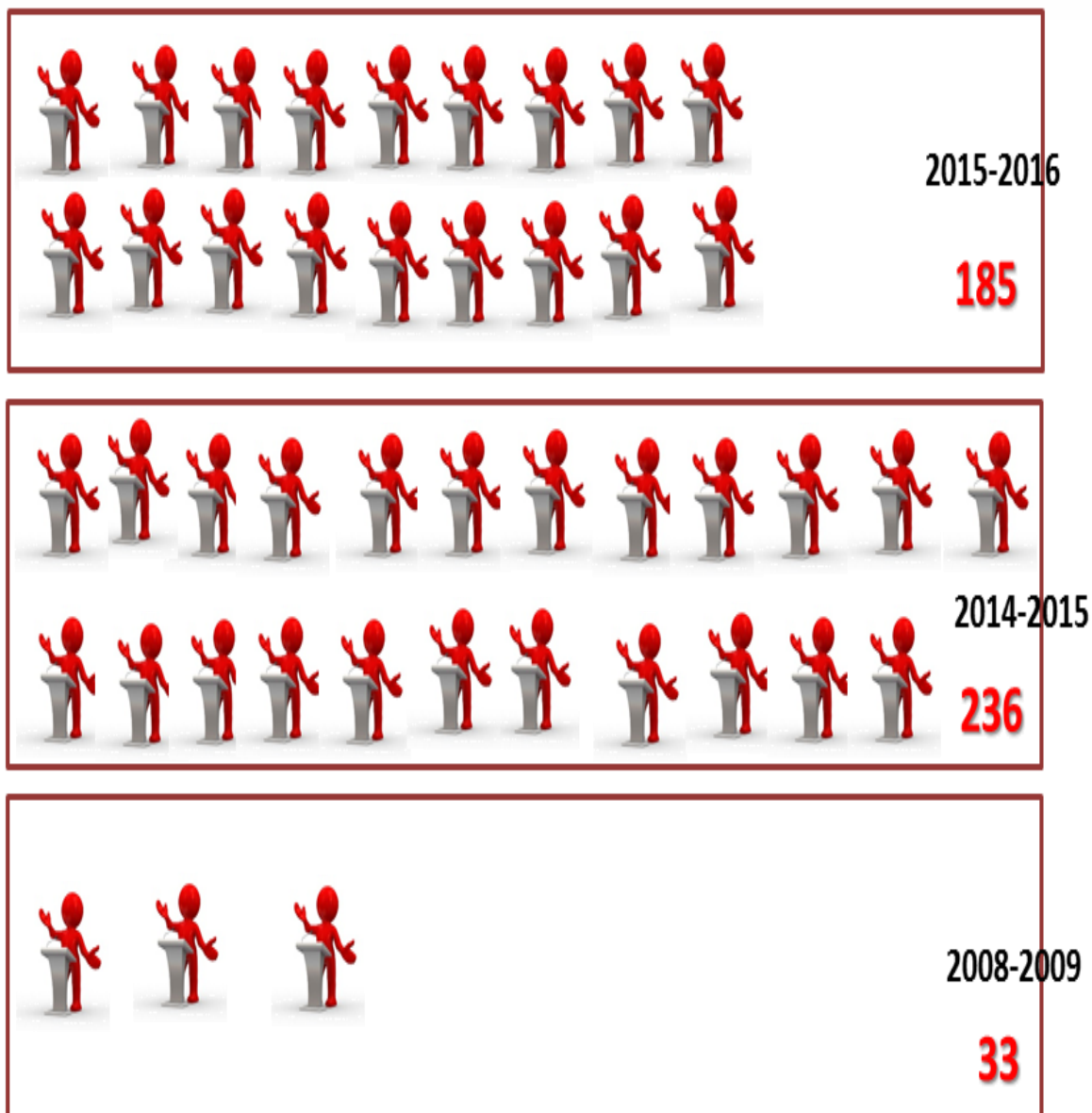
**Juli Dzuba,**  
**Community Outreach & Volunteer Coordinator**

# Envision Counselling and Support Centre Inc.

## 2015-2016 Program Statistics

### Outreach Presentations

3 year comparison



key  1 represents approx. 10 presentations

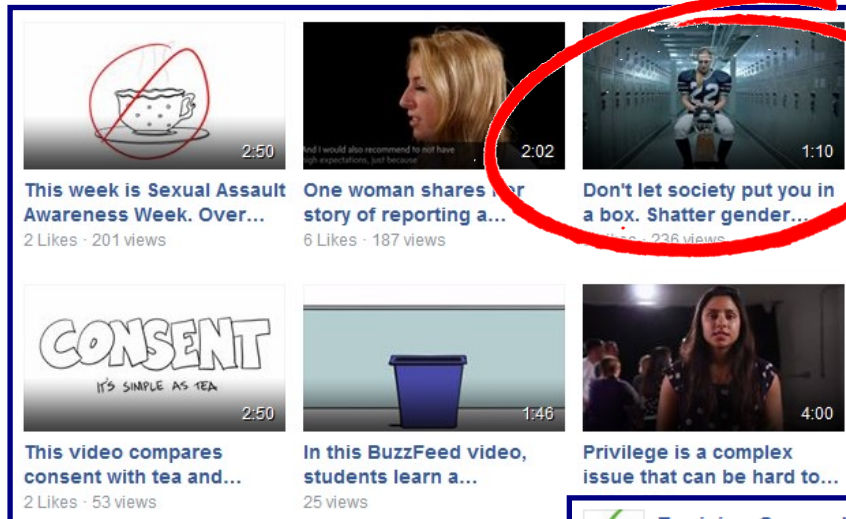
In 15-16 the number of school presentations was greatly reduced due to a change in the Coordination of the Outreach Program. Groups/workshops increased from 20 to 30.

# Envision Counselling and Support Centre Inc.

## 2015-2016 Statistics

### Social Media ~ Facebook / Twitter / Instagram

facebook®



**Most Popular Facebook Video:**  
“Don’t let society put you in a box. Shatter gender stereotypes.”

twitter   
We have 39 followers!

Envision Counselling @envisioncsc · Mar 4  
International Women's Day is March 8th. Check out the poster below for info on what we are doing in the community.

On International Women's Day,  
join us in celebrating Saskatchewan's 2016 theme;  
*Resilience: The Strength of Women Living with Disability.*

 Envision  
COUNSELLING & SUPPORT CENTRE INC.  
presents:

Our Top  
Tweet!



Envision Counselling & Support Centre Inc.

Published by Envision Counselling [?] · February 11 ·

"The more we talk about men's violence against women as "passionate" or as something uncontrollable — attached to love or heartache, the more we excuse things like domestic abuse and male entitlement."



**Men don't kill women out of 'love' - Feminist Current**

Early Sunday morning, Colin Kingston showed up at his ex-girlfriend's house, angry and equipped with a large knife. He allegedly let himself in through a...

FEMINISTCURRENT.COM

Our most popular Facebook post was in February, 2016. The post, reaching 1,953 people (viewed 3,598 times), featured an article published by [feministcurrent.com](http://feministcurrent.com), titled "Men don't kill women out of 'love'".

This article illustrates the story of a young man who killed his former girlfriend and her male friend, and then, himself. The media, inaccurately, picked up the story as a murder that had occurred "because the killer was distraught" over the break up. The Feminist Current article digs at the truth of why such killings occur – **it's not about love; it's about control.**



**Social Media ~ Facebook / Twitter / Instagram**



- 27% are between 35-44
- 25% are between 25-34

- 32% are between 35 & 44
- 27% are between 25 & 34

- 50% are between 25-34

**New!** Our Instagram account opened in summer of 2015. We have **19 followers** & our posts are shared to Facebook. This has proven to be an efficient way to share photo media.



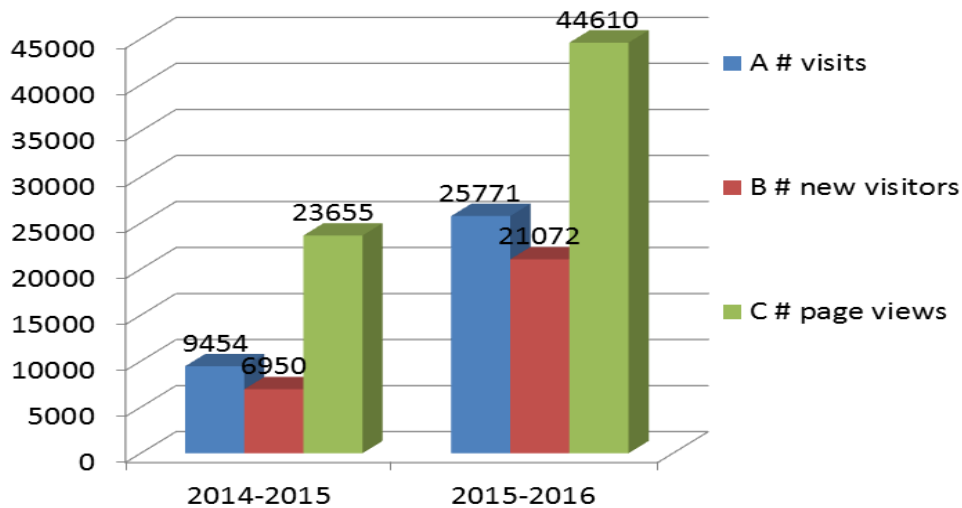


# Envision Counselling & Support Centre Inc.

## 2015-2016 Fiscal Year

### Web Site Analytics

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

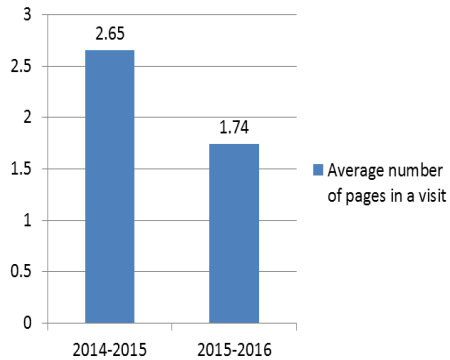


Key:

**A - # of visits (hits) to our site**

**B - New visits – first time visitors**

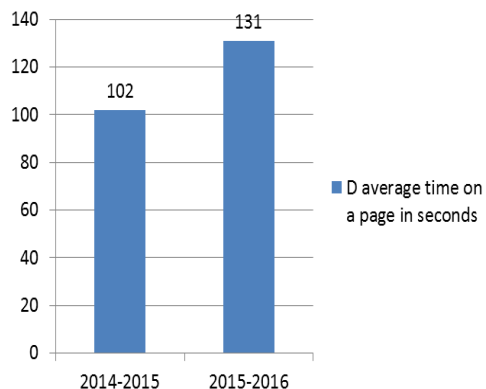
**C - # of pages viewed (repeated views are counted)**



Website analytics continue to show that *Parent Abuse* is the #1 page our viewers seek out.

TOP 5 viewed pages:

1. *Parent Abuse*
2. *Home Page*
3. *Contact Information*
4. *Support Us page*
5. *Job Opportunities*





Throughout the year we are involved in different community events and initiatives to raise awareness of the services we provide as well as to educate the public. You can check out the details by visiting our website at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com) Here are some of the headlines:

**“Envision Receives Government Funding”** April 2015

**“Envision Gets Boost from Government for multiple programs”** April 2015

**“Winners of the 17th Annual Women of Today Awards”** April 2015

**“Envision to Re-launch *Don’t be That Guy* in SE Sask”** May 2015

**“Envision in Estevan Receives a Pair of Generous Donations”** June 2015

**“Recognizing Hard Work Tonight at AGM”** June 2015

**“Envision says Goodbye to Two Important Members of Their Organization”** June 2015

**“Little Park Hosts Big Donation to Community Groups”** June 2015

**“Envision Receives \$1900.00 from National Campaign”** September 2015

**“New Program for Prostitutes in SE Saskatchewan”** September 2015

**“Estevan Fall Mini Workshops for Men and Women”** September 2015

**“Domestic Abuse on the Rise in SE Saskatchewan”** October 2015

**“Communithon Spotlight: Envision Counselling Centre”** October 2015

**“Saskatchewan Violence Prevention Week”** October 26-30, 2015

**“The Totals are In—Estevan United Way Telethon”** October 26, 2015

**“Special Anniversary Acknowledged by Envision”** November 2015

**“Envision Will Train Volunteers”** January 2015

**“Defending Dignity Meeting Provides Info on Exploitation in Estevan & Canada** January 2015

**“International Women’s Day Celebrated by Weyburn-based Organization”** March 2015

May 2015



Apr. 2015



Oct. 2015



Jun. 2015



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 Street  
Weyburn, SK  
S4H 2L3  
P: 306-842-8821  
F: 306-842-8815

**Carlyle Office**

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

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

E-mail: [info@envisioncounsellingcentre.com](mailto:info@envisioncounsellingcentre.com)

**We do not subscribe to call display.**

**Collect calls accepted.**

**24-Hour Abuse/Sexual Assault Support Line**  
**1-800-214-7083**

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, Weyburn & District United Way, 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)