

ARE YOU
FEELING...

BUT

WOULD LIKE
TO FEEL...



LONELY

SAD

ISOLATED

AFRAID

CONNECTED

JOY

HEARD

UPLIFTED

WE CAN HELP

Bridging the Distance is a FREE and CONFIDENTIAL telephone program for those 55+ and their families looking to talk to someone from the comfort of their own home.

Envision Counselling and Support Centre is here for you.

**Call us to chat or learn more
at 306-637-4004 or 306-842-8821.**

www.envisioncounsellingcentre.com

FREE



United Way
Estevan



United Way
Regina