

Envision Counselling Offering Free Programs and Services!!

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Juli Dzuba is Outreach Coordinator for Envision Counselling and Support Centre.

Envision Counselling & Support Centre is a non-profit organization that serves Southeast Saskatchewan with various free programs and helpful support.

Their diverse support is available through therapeutic counselling, crisis intervention, in-home services, groups, workshops, and education that help individuals, families, and couples to feel empowered and content.

"Most of our services are free for individuals," told Juli Dzuba, Outreach Coordinator for Envision Counselling & Support Centre. "If they are maybe experiencing violence in their life or need some support with family relationships or things like that, they can come and see us at one of our offices. So we offer support and counselling for people like that. Outside of our counselling services we do provide family support. So that includes things like parenting skills, relationship problem solving and coping skills, and the last part of what we offer is our prevention services. So those are things like community presentations or education

surrounding things like violence, abuse, and healthy relationships."

And aside from their regular programs and services that they offer they do also have some specific programs that they are currently running as well.

"So right now at Envision we have a couple of new programs that are out in the community that we'd like people to know about," Dzuba expressed. "One of them is our Bridging The Distance program. Which is a free confidential telephone program who is 55+ that is experiencing some loneliness or isolation. A lot of it may be due to Covid where they aren't able to have the connections they might normally have. So this is a really great opportunity to connect with someone on a regular basis. Maybe there is a counselling aspect if that's something you're looking for. This a service that we provide throughout the Southeast because this is a telephone program. If that is something you are interested in you can just give us a call at any of our offices and just ask for the Bridging The Distance program."

And as this school year has been particularly challenging for families with young children. Some parents might be struggling just to keep up with everyday life, and could use some help.

"Another program that Envision is offering is our Diversion program for parents," said Dzuba. "So if you're feeling burnt out right now with all of the new back to school routines that are maybe stressful and hard to manage our Diversion program is a voluntary parenting support program. It is designed to provide that short-term support for parents and families that are going through a challenging time. Or maybe

you just need some extra support or parenting strategies. So that is offered throughout the Southeast at any of our offices. So just give us a call and ask about Diversion."

Sometimes though people are in need of an in person communication with someone when they are struggling. Envision is prepared to help in that way as well.

"The other program that Envision is offering that we want people to know about is our walk in counselling programs," Dzuba explained. "That is not happening in our offices. It's actually happening through the Salvation Army in Weyburn. And that is offered on Tuesdays and Fridays. So if you're interested in walk in counselling this can be any sort of issue. There's no mandated issue for services with our walk in counselling. So anybody can access this type of counselling and it doesn't need an appointment to be made ahead of time. However, if you are interested and you want to make sure you get a spot you can call the Envision office ahead of time to see if there's a spot available for you."

Walk in counselling sessions in Weyburn can be up to one hour in length and are totally free. The Salvation Army is located at 8-4th St NE in Weyburn and their hours of operation are from 10:00 AM till 4:00 PM.

If you would like to contact Envision Counselling and Support Centre you can call their Weyburn office at: (306) 842-8821 or their main office in Estevan at: (306) 637-4004

And if you'd like more information of Envision's programs & services feel free to **follow them on their official Facebook page** or you can visit **their official website** as well.

We are all on this crazy ride called life together. Please do not hesitate to reach out for help. You will be so glad that you did. You are not alone.



Photo of Twyla Bellefleur hugging her daughter Raquel Oberkirsch at the Breaking the Stigma by Breaking a Record event held in Weyburn two years ago. (Photo by Denis Conroy)