

## Bridging the Distance Proving to be a Friendly and Supportive Connection throughout Moments of Isolation and Loneliness

FOR IMMEDIATE RELEASE

**Southeast Saskatchewan** – “I am 11 months sober today and have seen my relationships with family and friends steadily improve.” says a man we will call John, who phoned in and received services from Envision Counselling and Support Centre.

“I’ve been seeing Envision Counselling Services for just over a year.”

John, who is a resident from the older population within the Southeast corner of Saskatchewan, chose to remain anonymous, although he was eager and willing to testify to the positive and supportive experiences he has received when accessing the Bridging the Distance Program. This program is a virtual counselling support service that was introduced in the beginning of the Pandemic, and has seen tremendous success ever since.

“Seeing a counsellor isn’t a “get out of jail free” card.” Says John, “It is professional advice, tools, and a confidante to help me monitor and work towards solving some of my problems.”

John also mentions that “It takes work and effort on my part but they’ve provided me with a map and the tools needed to address the things I need to take care of and a way to evaluate the progress I’m making.”

“Envision is able to provide me with the help and direction I need.” John states.

Individuals who are housebound, or those living with disabilities can access Bridging the Distance counselling.

“We continue to work hard to ensure that our services are accessible to all, regardless of the changes required due to the pandemic” says Lynda Rideout, Envision Counselling and Support Centre Executive Director. “It is important to us that we provide the support that is so desperately needed during these times of uncertainty, to be a light for people, be their connection during these times of hardship when folks are at risk of greater issues, such as suicide or addiction.”



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“I would say that there are so many people struggling right now, and we want to get the word out that help is available to them, just on the other end of the phone or computer, however they are most comfortable” Rideout says.

“We have been offering this program for a couple years now, and would like people to know that as this pandemic wages on, we are still here to offer support to the elderly that don’t have many supports in their lives, as well as those younger than 55 years who are shut-in or unable to leave their homes, due to health issues,” Rideout says.

Bridging the Distance has no cost attached. With the increase in need, this program was expanded in 2021 to be available to people in more communities in the Southeast: Estevan, Weyburn, Carlyle, Oxbow and all rural areas in this corner of the province, right to the Manitoba border.

In Weyburn and surrounding area, call 306-842-8821 for counselling or to make inquiries about local services. In Estevan 306-637-4004, or Carlyle, 306-453-2405.

Envision Counselling and Support Centre has been supporting Southeast Saskatchewan for over 25 years by providing innovative programming and diverse counselling and support services to individuals, couples and families. Individuals looking for more information can find it on Envision Counselling’s website at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com). You can also find us on Facebook, Instagram and Twitter.

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For more information, or interview requests, please contact:

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