

What to Expect When You Call?

When you call the nearest Envision Office, ask to be referred to the ***Bridging the Distance*** program. An Intake Counsellor will then contact you within 1-2 business days.

The Intake Counsellor will answer any questions you may have, learn about you and your situation and book an appointment that works for you.

A trained counsellor will then call you at your scheduled appointment time.

Bridging the Distance is a voluntary program and participants are welcome to end services whenever they wish.

How Does it Work?

Sessions are approximately one hour with a trained counsellor, provided remotely or in-person in Weyburn.

The client guides the conversation and talks about any issues or challenges they may be facing due to isolation, loneliness, grief, etc.

Privacy and confidentiality are of utmost importance and will always be taken into account.



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.

Reach out to chat or learn more about the *Bridging the Distance* program:

Estevan Office
306-637-4004

Weyburn Office
306-842-8821

intake@envisioncounsellingcentre.com

We do not subscribe to call display. Collect calls accepted.

Bridging the Distance was made possible thanks to Federal Emergency Funding and United Ways in Regina and Estevan.



Community
Initiatives Fund



United Way
Member Agency

Donations from private groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



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www.envisioncounsellingcentre.com

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Serving Southeast Saskatchewan since 1994

Voluntary Connection & Support for 55+



Bridging the Distance Program

Are You or Someone You Know Feeling...

Lonely, isolated, sad, afraid or overwhelmed? These feelings are normal, but you don't have to handle them alone.

We Can Help

COVID-19 social distancing has made regular human connection more difficult for everyone, especially the aging population or those with significant health risks to consider.

We want to help bridge the distance between people through expanded services to provide more interaction for those who may need it.

Bridging the Distance is a program that specifically offers support and connection for individuals 55+, or any individual living with disabilities that might be experiencing isolation in Southeast Saskatchewan.

If a family member or individual would like counselling, or just to talk, they can call the office to connect with a counsellor.

This confidential program may be accessed from the comfort of your own home via telephone or video chat.



Some Factors Increasing the Risk of Isolation Include:

- Living Alone
- Being Age 80+
- Having Comprised Health Status
- Multiple Chronic Health Problems
- No Children or Contact With Family
- Lacking Access to Transportation
- Living with Low Income
- Changing Family Structures (ie: Children moving away, loss of partner)
- Living with disabilities
- Change in Residence (ie: moving)

Source: Statistics Canada



Dangers of Low Social Connection:

- Decreased Overall Health
- Higher Inflammation
- Higher Susceptibility of Anxiety & Depression
- Slower Recovery from Diseases
- Increased Antisocial Behaviour & Violence
- Suicide

Benefits of Social Connection:

- 50% Increased Chance of Longevity
- Improvements to Immunity
- Lower Rates of Anxiety & Depression
- Higher Self-Esteem & Empathy
- Better Emotion Regulation Skills
- Increased Well-Being



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