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ANNUAL REPORT

As we work to create light for others, we raturally light our own way.

www.envisioncounsellingcentre.com



A G E N D A

Welcome

- 1. Call to Order
- 2. Welcome, Introductions and Land Acknowledgement
- 3. Adoption of Agenda
- 4. Approval of the June 2023 AGM Minutes
- 5. Auditor's Report Highlights- MNP (Displayed electronically)
- *A digital copy of the 2023-2024 Audited Financial Statement is available upon request*
- 6. Funding Representatives
- 7. Board of Directors
- a) Board Address
- b) Re-election of Board Members
- c) Nomination of New Board Member
- d) Executive Nominations
- e) Board Member Retirement
- 8. Envision Report and Statistics Overview
- 9. New Business
- a) Nomination of Auditors for Next Fiscal Year (2024-2025)
- b) Amendment to Bylaws
- c) Envision Presentation: 'Rapid Access Counselling for Children,

Youth and Their Caregivers"

d) Strategic Plan Presentation

~ Concluding with

30th Anniversary Celebrations ~

Thank you for joining us!

2023 AGM Minutes

Envision Counselling & Support Centre Inc. Annual General Meeting DATE: June 13, 2023

LOCATION: Southeast Regional College, Estevan

Present: A total of 29 staff, 9 board members and 4 guests were in attendance. Board Members: Ann Favreau, Lana Perrault, Aimee Haralson, Roberta DeRosier, Sean Purdue, Teresa LaFoy, Barb Wright, David Wakefield and Naomi Berg

Guests: MNP-Angela Stepp, Ministry of Social Services-Jill Fauth and Olena Volokh Ministry of Justice-Emily Morrow

Regrets: Sarah Satre, Brent VanDeSype and Brian Fornwald

1.0 Call to Order

Chairperson Ann Favreau called the meeting to order at 6:44 p.m.

2.0 Welcome / Land Acknowledgement / Introductions

Ann Favreau opened the session with the Land acknowledgement.

'We acknowledge that we meet today as part of Envision Counselling and Support Centre which has offices on Treaty 2 and Treaty 4 territories. These are the traditional territories of the Cree (Nêhiyawak), Saulteaux (Nahkawé), Nakota, Dakota, Lakota, and the Métis. We respect and honour the Indigenous communities whose land we are on. We also acknowledge the harms of the past and commit to moving forward in the spirit of reconciliation and collaboration."

Ann Favreau welcomed everyone to the meeting.

3.0 Adoption of the AGM Agenda

Motion 1: "To Accept the Agenda as presented".

Moved by Lana Perrault and seconded by David Wakefield. Carried.

4.0 Approval of the June 2022 AGM Minutes

Motion 2: "To Approve the June 2022 AGM Minutes as presented". Moved by Aimee Haralson and seconded by Roberta DeRosier. Carried.

5.0 Auditors Report

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

2023 AGM Minutes continued...

Motion 3: "To accept the Auditors Report as presented."

Moved by Sean Purdue and seconded by Teresa LaFoy. Carried.

6.0 Funding Representatives

Jill Fauth: Ministry of Social Services – extended her appreciation for all the work that the staff is doing. She considers Envision as one of those on top in her portfolio.

Emily Morrow: Ministry of Justice – Echoed what Jill Fauth's commented and added that it has been wonderful to work and collaborate with Envision and also appreciated Envision's innovations.

7.0 Envision Reports

Executive Director's Report – Written and submitted by Lynda Rideout (page 4)

Assistant Executive Director's Report – Written and submitted by Laura Melle (page 6)

Chairperson's Report – Written and submitted by Ann Favreua (page 8)

Treasurer's Report – Written and submitted by Sean Purdue (page 9)

Nominating Committee Report - Written and submitted by Aimee Haralson (page 10)

Statistics Overview – Kandyce Meile and Laura Melle presented the statistical summary of information from the package (page 13-15)

Motion 4: "To Approve the Envision reports as presented".

Moved by Roberta Derosier and seconded by Aimee Haralson. Carried.

8.0 Envision Board of Directors

Board Address to Staff – Ann Favreau expressed the Board's thanks to Envision's management, staff, funders, Donors& Sponsors.

Re-Election of Board Members:

Motion 5: "To re-elect Board members Aimee Haralson (2019), Brent VanDesype (2021) and Sean Purdue (2021) to another two- year term". Moved by David Wakefield and seconded by Roberta DeRosier. Carried.

Welcome to new Board Members:

Barb Wright, Teresa LaFoy, David Wakefield, and Brian Fornwald

Nomination of new Board Member: (starting June 2023)-Naomi Berg

Motion 6: "To Elect Naomi Berg to a two-year term on the Board of Directors on Envision Counselling a Support & Support Centre Inc."

Moved by Aimee Haralson and seconded by Sean Purdue. Carried.

2023 AGM Minutes continued...

Executive Nominations:

Sean Purdue nominated Ann Favreau to Chairperson Barb Wright nominated Roberta Derosier to Vice Chairperson Lana Perrault nominated Sean Purdue to Treasurer David Wakefield nominated Aimee Haralson to Secretary

Motion 7: "To accept all nominations as presented". Moved by Teresa LaFoy and seconded by Barb Wright. Carried.

Retirement of Board Members – Lana Perrault

Ann, on behalf of the board, expressed her gratitude to Lana for her huge contribution, for her time and leadership on the board. Lana is one of Envision Board's greatest strengths. She will be missed. Lana was presented with a thank you card and gift basket.

9.0 New Business

Nomination of Auditors for the 2022-2023 fiscal year

Motion 8: "To retain Meyers Norris Penny (MNP) as auditors for the 2022-2023 fiscal year."

Moved by Lana Perrault and seconded by Teresa LaFoy. Carried.

FIRST program Presentation:

Elizabeth, Renee and Erin gave an overview of the program accompanied with a slideshow

10.0 Adjournment

Motion 9: "To adjourn the Board meeting at 7:27 p.m.

Moved by Lana Perrault.

Minutes respectfully submitted by Aimee Haralson.
Chairperson, Ann Favreau
Secretary, Aimee Haralson

Our Mission...



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

Our Vision...

We envision being an inclusive leader, providing professional facilities and staff that deliver innovative and diverse programming to all individuals in the communities in Southeast Saskatchewan.



Land Acknowledgement

We acknowledge that we meet here today as part of Envision Counselling and Support Centre Inc., which has offices on Treaty 2 and Treaty 4 territories. These are the traditional lands of the Cree, Saulteaux, Nakota, Dakota, Lakota, and Métis people.

We respect and honour the Indigenous communities whose land we are on.

We also acknowledge the harms of the past and commit to moving forward in the spirit of reconciliation and collaboration. As part of this commitment, we are dedicated to nurturing healing and fostering education and knowledge. We strive to create safer communities, united with our First Nation partners, working together towards a better future for all.



Who we are...

Envision Counselling and Support Centre provides therapeutic counselling and support, crisis intervention, in-home services, groups, workshops and education that help individuals, families and couples to feel empowered and content.

Envision believes in client-centered counselling, with an emphasis on engaging clients' strengths. This means our clients decide what issues they will work on.

Envision counsellors won't force clients to do

something they're not ready for.

Who we help...

-Survivors and secondary survivors of abuse, violence & sexual assault.
-Children (aged 5 – 18) who have witnessed violence.
-Families experiencing an event or situation
that is overwhelming or traumatic.

-Couples.

-Stalking and harassment victims.
-Individuals exposed to human trafficking or sexual exploitation.



Upholding standards of professional training, practice and programming.

~Making all programs accessible to all, regardless of gender, ethnicity, culture, age or sexual orientation.

~Providing quality services and accountability.

- ~Focusing on client's needs and exceeding the expectations of the community.
- Providing a safe and therapeutic environment, where individuals can examine their issues and develop strategies for creating their own solutions and growth.
- Providing education and resources that encourage positive change to reduce vulnerability in families and individuals.

~Collaborating and shared learning with community stakeholders.



Message From the Directors of Envision...

Reflecting back, the past year has been incredibly busy for the entire team at Envision Counselling and Support Centre, and this report will highlight some of the exciting developments we've experienced.

Our year commenced with the rollout of our latest counselling initiative, the Rapid Access Counselling program for Children, Youth and their Caregivers, offering services throughout our region, located in our Estevan, Weyburn, Carlyle and Oxbow offices. Generously funded by Saskatchewan Health Authority through Family Services Saskatchewan, this program has garnered enthusiastic reception across all areas.

Understanding the financial intricacies of our organization highlights Envision's pivotal role in Southeast Saskatchewan. Managing 13 distinct programs, each within its allocated budget, demonstrates the breadth of our operational impact. In the 2023-2024 fiscal year, our total operating budget exceeded \$2 million. As expected, the majority of our budget is dedicated to our most valuable asset—our employees. With a team of over 50 full-time and part-time employees, Envision allocated more than \$1.6 million to compensation and benefits.

We deeply appreciate the unwavering support we receive from our government funders, whose contributions are essential in sustaining our services and enhancing community well-being. Special recognition is extended to the Saskatchewan Ministry of Social Services, Saskatchewan Ministry of Justice, Saskatchewan Health Authority, and the United Way of Estevan and Regina for their steadfast commitment. In addition to the crucial financial support, we are genuinely grateful for the continuous collaboration and assistance we receive from our funders throughout the year.

While government programs serve as the primary source of funding for our operations, we also rely on fundraising, sponsorships, and donations from businesses and residents in the communities we serve. If you have contributed financially during this fiscal period, or in the past, we extend a heartfelt thank you. Your generosity is deeply appreciated, and we cherish the relationships we have built within the communities we serve.

As an agency, Envision remains dedicated to bridging service gaps in Southeast Saskatchewan. In the fall of 2023, we initiated our Strategic Planning process to chart Envision's course for the coming years. This invaluable opportunity allowed both employees and the board to reflect on our collective vision and mission, fostering a shared sense of purpose and motivation to propel us forward.

During this fiscal period, we seized the opportunity to strengthen our presence in the Carlyle community by acquiring a commercial building. We effectively relocated our Carlyle offices in October 2023. This investment was of immense significance as it facilitated our move from the main street to a much quieter and more confidential location. In addition to owning our building in Weyburn, we maintain rented office spaces in both Estevan and Oxbow.

As with all good things, the time arrived for our ROAM project and Bridging the Distance counselling program to conclude. The ROAM project facilitated the establishment of meaningful connections with our local First Nation communities, namely Pheasant Rump First Nation and Ocean Man First Nation, and we have continued to strengthen those relationships with other programming. We determined that our Bridging the Distance counselling program was in need of a restructure to better address the needs of the Southeast community, and as such, we made the decision to conclude those services and work on recreating the program before applying for further grant funding. Both initiatives were remarkably successful in providing us with the chance to cultivate collaborative partnerships across our geographic region, and support those residing within it.

Every day, we are surrounded by empowered individuals who aspire to enact positive change in our world. These individuals inspire us all to strive for excellence and continuous improvement. Our recent strategic planning session revitalized our team, infusing us with renewed energy and enthusiasm for the future. We eagerly anticipate what the next few years will bring as we continue our journey of making a difference in the lives of those we serve.

With warmest regards,

Envision Board of Directors: Ann Favreau, Roberta DeRosier, Sean Purdue,
Aimee Haralson, Teresa LaFoy, Brent VanDeSype, David Wakefield, Brian Fornwald,
Sarah Satre, Barb Wright, and Naomi Berg

Executive Director: Lynda Rideout Director of Operations: Laura Melle



Meet the Directors of Team Envision



Ann Favreau Chairperson Policy/Governance **ADHOC Committee Chair**



Sean Purdue Treasurer Finance/Audit/Risk Committee Chair



Barb Wright Policy/Governance ADHOC Commitee Member



Aimee Haralson Nominating Committee Member



Brian Fornwald Policy/Governance **ADHOC Committee Member**



Naomi Berg Nominating Committee Member



Lynda Rideout **Executive Director**



Vice-Chaiperson Nominating Committee Member Policy/Governance **ADHOC Committee Member**



Teresa Lafov Secretary



Brent VanDeSype Nominating Committee Chair Finance/Audit/Risk Committee Member



David Wakefield Finance/Audit/ Risk Committee Member



Sarah Satre Nominating Committee Member



"The role of a GREAT LEADER is not to give greatness to human beings, but to help them extract the greatness they already have inside them."





Laura Melle **Director of Operations**



Statistics Overview &

Agency Highlights

Statistics Overview

During the 2023-2024 Fiscal Year, Our Team...

Offered 698 Rapid Access Counselling sessions to individuals and families in need.

Spent a total of 11,792.06
hours supporting Family Support
and Diversion clients.

Collaborated with over 13 other partner agencies to provide innovative supports within our communities.



PROVIDED 300 SESSIONS TO CHILDREN WHO HAVE BEEN EXPOSED TO VIOLENCE.

Responded to 23 crisis call outs.



Provided 3784 counselling sessions



& supported 1937 individuals, couples and families in need.

Recorded 1520 program referrals for services .

SUPPORTED 237 INDIVIDUALS AND FAMILIES AT RISK FOR VIOLENCE WITHIN OUR NEW FAMILY INTERVENTION RAPID SUPPORT TEAM PROGRAM.

SUPPORTED OVER 100 ACTIVE CASES/FAMILIES THROUGH CYC RAPID ACCESS COUNSELLING.

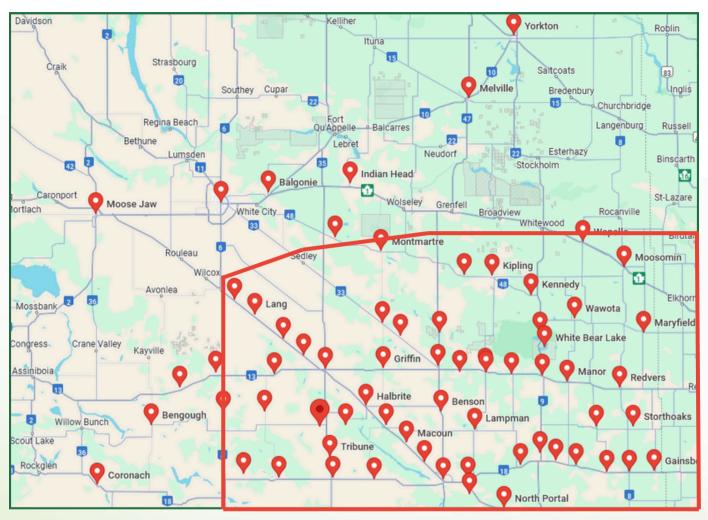
Drove over 279 934 km to reach Family Support and Diversion clients across the Southeast Corner of the Province.

Provided 240 transports for counselling and medical appointments.





Our impact across SE Saskatchewan...



Envision's geographical area spans approximately 28,700 square kilometers, with a total

population in excess of 50,000 individuals.

(shown in red)

During the 2023-2024 Fiscal Year, Envision...

- -Had a total of 2752 social media followers.
- -Had an average of 3261 monthly website sessions.
 - -Received 109 web submissions for support.
- -Envision staff facilitated over 95 community presentations, groups and information booths.

<u>Other</u> Supported Locations:

- -BALGONIE
- -INDIAN HEAD
- -MELVILLE
- -MOOSE JAW
- INCCCE MIN
- -PRINCE ALBERT
 - -REGINA
 - -SASKATOON
 - -YORKTON

This includes Rapid
Access virtual sessions
offered from outside our
area as required by
service providers across
the province.

What our clients have to say...



My life has changed for the better after having been in the Women's Empowerment class with Envision. It's taught me so many things about living in the moment, not living in the past. The facilitators made me feel accepted and part of the group instantly. The ladies who were a part of the group with me connected so well. This was truly meant for me. All women should do something like this just once in her lifetime. We all need a boost and to feel empowered by others!



Every counsellor I have had made a great impact to my life. This varies from anxiety, communication and negative thoughts. I have been able to freely express my thoughts and needs, and they allow me to just rant and express concerns with no judgement.

These people have also made me successful in relationships. I am currently working on "Mom Guilt" and feelings. This person is helping me to know I'm not alone, because resources and lots of information has been shared.

These people are truly amazing and understanding.

I am very happy that these people have had my back and reassured me even when I wasn't positive!

Envision came to me at a time in my life when I felt insecure and doubtful of my own judgement. The counsellors at Envision have helped me through grief and understanding of boundaries and family dynamics. They have given me tools to validate my feelings and make me feel seen. Safety and discretion are of utmost importance and I feel safe and secure to share and rely on them to help me more forward. Thank you and thank you for all you do in our community.

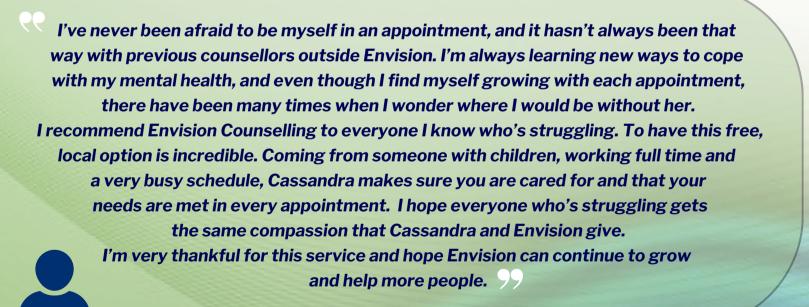
For myself, Women's Empowerment has been priceless and life-saving.

Finding out that there are women struggling with similar feelings has been eyeopening. It has helped me see the positive in certain situations and helped me get
through the negative with compassion and support. I love this group and I look
forward to every single Monday to see my group again. I find myself wondering
throughout the week, how everyone is doing. I love the atmosphere. There is no
pressure. I feel like I've truly found a safe place.

If I ever trip and fall there are 11 other women ready to catch me, inspire me to do better, and be my best self. Jolene and Liz are amazing.

The curriculum is perfect and they both do such a good job making sure everyone feels comfortable and safe.

Love this group wholeheartedly.









Reality Therapy Choice Theory Training







Beyond Yes and No Training



Facilitated by SASS













Purchased Carlyle Office Building
Renovations in Weyburn and Estevan



Dr. Jody Carrington







Death Café

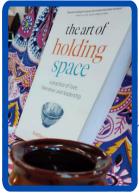
In partnership with Michael's Coffee Shop and Bakery

Staff presentation - "Managing Stress & Burnout"

AGENCY HIGHLIGHTS (







Holding Space Training

Facilitated by Tracy Knutson and Emily Gillies



RAC/CYC Expansion & Media Conference



Saskatchewan

We welcomed MLA Minister Dustin Duncan to our Weyburn office.





Mental Health Expos & Events





Domestic Violence Awareness Month















With support from Weyburn Credit Union, Town of Carlyle, Southeast Regional College (Estevan), Barber Motors Weyburn, Affinity Credit Union (Carlyle), The Weyburn Police Service, and the Weyburn Housing Authority.

Donor Spotlight







































Thank!

The generous donors who make it possible...

Envision Counselling and Support Centre receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, United Way Regina, South Saskatchewan Community Foundation, Community Initiatives Fund and the community.















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

We appreciate monthly sponsorship or one-time donations. Donate now through CanadaHelps, which processes secure, online donations on behalf of Canada's 80,000 registered charitable organizations. Each donation of \$25 or more will receive an official electronic tax receipt emailed within minutes of making a donation. For any questions you may have regarding CanadaHelps please see their FAQs or visit the CanadaHelps website.



www.canadahelps.org/en/charities/envision-counselling-and-support-centre





Stay connected with us...



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