

Reaching out to the Community

Envision's Outreach educators offer educational workshops and presentations for any group (grades 7 and over) in the Southeast.

You may book a presentation to learn more about conflict resolution, goal setting, creating happiness, dealing with fear, healthy relationships, parenting skills, self-esteem, or Envision itself. We customize presentations to meet the needs of any group.

We provide services to residents of Southeast Saskatchewan with four offices located in Estevan, Weyburn, Carlyle, and Oxbow.



Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Estevan Office
Box 511
Estevan, SK
S4A 2A5
P: 306-637-4004
F: 306-634-4229

Weyburn Office
120 3rd St. S.
Weyburn, SK
S4H 2C2
P: 306-842-8821
F: 306-842-8815

Carlyle Office
Box 1017
Carlyle, SK
S0C 0R0
P: 306-453-2405
F: 306-453-2407

NEW Oxbow Office: 306-483-5555

info.envision@sasktel.net

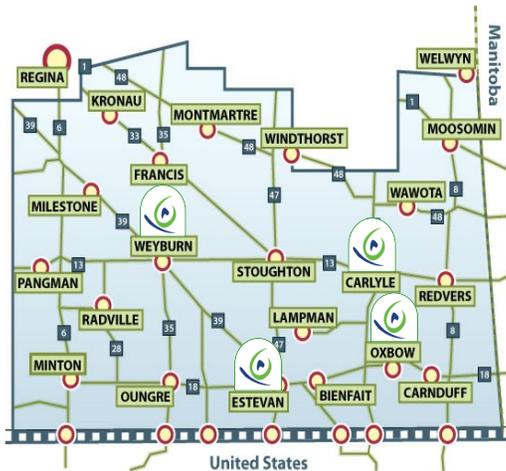
We do not subscribe to call display. Collect calls accepted.

24-Hour Abuse/Sexual Assault Support Line
1-800-214-7083

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, Weyburn & District United Way, and the community.



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



Our office hours are typically Monday to Friday from 9:00 to 5:00. We encourage you to call us or contact us through our website or Facebook.



www.envisioncounsellingcentre.com

Updated: Oct/15



Envision
COUNSELLING & SUPPORT CENTRE INC.

Serving Southeast Saskatchewan since 1994

**Strengthening our
community through
Therapeutic Counselling,
Support Services,
and Education.**

*Exploring your options and
supporting your decisions*

Envision helps individuals, families, and couples feel empowered by providing therapeutic counselling and support, in-home services, groups, workshops, and education.

We are a Welcoming Place

Envision believes in client-centered support. You may come to us with questions. You might even be afraid. We will create a safe and welcoming place for you to explore your questions, options, and needs. We can help with:

Therapeutic Counselling and Support

We provide free and confidential counselling without a referral to individuals in Southeast Saskatchewan. We can help with counselling for adults, teens, children, couples, and families.

Family Support Services

We provide intensive in-home support on a short term basis to families and their children as contracted by the Ministry of Social Services, Mental Health's Child & Youth Program, and community referrals.

Immediate Support

We are here to provide immediate support in Southeast Saskatchewan through our 24-Hour Abuse/Sexual Assault Support Line. Trained volunteers answer each call, offering a supportive ear while providing resources and referral information.

Groups, Workshops, and Education

We offer educational presentations to agencies, organizations, groups, schools, or businesses. Participants may sign up for workshops and support groups that will improve self-worth by relating to others with similar experiences.

Individual Counselling

When you come to Envision, you may not know what's wrong but you know something is not right with how you're feeling.

We help individuals whose lives have been impacted by emotional, physical, verbal, or sexual abuse.

We welcome individuals seeking support in the following areas:

- Survivors of Childhood Abuse
- Survivors of Sexual Assault
- Survivors of Stalking/Harassment
- Parent/Teen Conflict
- Relationship Breakdown
- Communication in Relationships
- Abusive Relationships

Our focus is your happiness and well-being. We will work together to help you feel better.

Family Counselling

Your family may suddenly experience an event or situation that is overwhelming or traumatic. These challenges may include marital breakdown, separation or divorce, parent and child disputes, blended family struggles, loss and grief, and more.

We provide a non-judgemental place where a counsellor will listen, offer support, and help develop a plan to move forward.

Through therapeutic counselling for couples and families, we can help to stabilize your family and strengthen your relationships with each other.

Children, Youth, and Teen Counselling

Envision offers help to children, youth, and teens (aged 5 to 18) who have been exposed to violence. Many of these children feel overwhelmed and need someone to talk to in a safe and supportive environment. Parent support is available through this program as well.

We also work in partnership with schools to provide counselling, support, and groups.

Family Support

The emphasis of the intensive in-home support services provided by our Family Support Workers is on maintaining the family unit with new skills and tools that strengthen the entire family.

We believe that when families are given support, education, and resources, they are able to recognize and build on their strengths.

24-Hour Support

Envision operates a 24-Hour Abuse/Sexual Assault Support Line for those experiencing abuse or for the loved ones of those in an abusive situation. Information and referrals are provided by trained volunteers.

The line is free, anonymous, and confidential. If you are looking for counselling for abuse issues in the past or present, you can start the process by calling the line.

**24-Hour Abuse/Sexual Assault
Support Line
1-800-214-7083**