

## Benefits of Volunteering

Volunteering is about choosing to give your time, energy, and skills to something that matters to you. Not only will it improve the lives of others and contribute to your community, but also improve yourself.

The benefits of volunteering are enormous to you, your family, and your community.

### You will...

Learn or develop new

- Skills and interests.
- Be part of your community.
- Receive a sense of achievement and motivation.
- Experience life to the fullest.
- Meet new people and make lasting friendships.
- Inspire others!

*Your community is asking you to lend a helping hand.*

*I am only one, but still  
I AM ONE.*

*I cannot do everything, but still  
I CAN DO SOMETHING.*

*And because I cannot do everything,  
I will not refuse to do something that  
I CAN DO.*

- Helen Keller



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

If you have decided you would like to volunteer with the program or would like more information, please contact one of our offices or visit our website.

<b>Estevan Office</b> Box 511 Estevan, SK S4A 2A5 P: 306-637-4004 F: 306-634-4229	<b>Weyburn Office</b> 120 3rd St. S Weyburn, SK S4H 2C2 P: 306-842-8821 F: 306-842-8815	<b>Carlyle Office</b> Box 1017 Carlyle, SK S0C 0R0 P: 306-453-2405 F: 306-453-2407
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Oxbow Office: 306-483-5555

[info@envisioncounsellingcentre.com](mailto:info@envisioncounsellingcentre.com)

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.



[www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)



Serving Southeast Saskatchewan since 1994

# Volunteering With Envision



**Dedicated individuals,  
making a difference!**

## About Us

Envision is a community-based organization committed to helping individuals, families, and couples embrace healthy choices to feel empowered, by providing therapeutic counselling and support, in-home services, groups, workshops, and education.

We all want to believe we live in a relatively peaceful community where people are treated with respect and dignity, yet the statistics are alarming. In Saskatchewan, 1 in every 4 women is abused by the man she lives with. Every 17 minutes in Canada, a woman is sexually assaulted.

## Why Volunteers Are Important

Volunteering for Envision is a wonderful way to involve yourself in the fight against violence in our society. From answering our **24-Hour Abuse/Sexual Assault Support Line**, volunteering on our **Board of Directors**, or helping out as **Office Support**, our volunteers have made this organization possible. We are very grateful for all the help we receive.

Volunteers provide extra hands that enable our organization to do tasks and activities that might not otherwise get done. Volunteers also provide valuable input to our leadership and staff.

Your life  
is your message  
to the world.  
Make sure it is  
INSPIRING.

## Volunteer Opportunities

### 24-Hour Abuse/Sexual Assault Support Line

Envision recognized the need for confidential after-hour services and implemented the line in 1995. This toll-free line also allows rural individuals to access information and support.

The line is funded through the Estevan and Weyburn United Way and relies on the dedication of volunteers. On average, the line receives two calls per day.

We are seeking compassionate, caring women who are, good listeners, and would like to help make a difference in our community.



### Comments From Our Volunteers

*“At the end of a conversation you know you’ve helped alleviate some stress and they say thank you.”*

*“Supporting a cause I feel very strongly about. I am more knowledgeable about the world around me.”*

*“I have gained patience, understating, and better listening skills. My self-confidence has been boosted.”*

For more information on volunteering for the support line, please check out our website.

[www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com)

## Board of Directors

The Board is the conscience of this organization, the part that provides and upholds accountability, making sure we do what we say and are true to our mission.

We are looking for professional motivated individuals to join our Board of Directors.

Qualities include:

- Values that reflect those of Envision.
- Community leadership and representation.
- Financial reporting knowledge.
- Understanding of the non-profit sector.
- Experience in organization program planning.
- Strategic visioning and planning.
- Time availability and commitment.
- Personnel experience.

## Office Support

Office volunteers play a vital role in the day-to-day support of Envision. Volunteers may provide assistance with data entry, filing, and photocopying. Additional tasks can include greeting the public, answering phones, and pitching in with events and projects. If you are interested in volunteering in the office, please call us. Whether you have some time each week, a few times a month, or are available during certain times of the year, we would love to talk to you.

**“The highest reward for our work is not what we get for it, but what we become by it.”**

- Anonymous