

Mini-workshops part programming

Envision Counselling and Support Centre is in service expansion mode. Not only is the support group in southeast Saskatchewan attempting to add a grief and loss component to their service menu, they also offer mini-workshops for men and women beginning in mid-September. The workshops will continue through to the end of October.

People who believe they require more assistance in dealing with stress associated with relationships, will have a workshop offered to them for free as will those who have a difficult time expressing their true feelings or controlling their anger. These are just a few of the workshop offerings in the fall schedule.

Christa Daku, Envision's executive director said, "due to overwhelming success in the the spring, Envision is offering our mini-workshops again this fall."

Daku shared participant feedback from the last workshop evaluations where one participant said, "it helped me see where I was making mistakes by blaming others and how to improve my relationships with others."

Another participant noted "it will help me with my anxiety and help me focus my thoughts and emotions."

"We are pleased this new way of offering workshops has fit into participant's lifestyles better. With these workshops there is also the option to choose which of the sessions you would prefer to attend, and we don't have the expectation for participants to attend them all," she said.

There will be a six-week run of workshops on Monday nights, starting Sept. 15. They begin at 6:15 and end around 8:30. They are open to both men and women over the age of 18 and do not carry any registration or admission fee. They are free.

The Sept. 15 kick-off session will deal with building health connections and developing relationship smarts.

The workshop on Sept. 22 bears the title of Speak Up: communicate effectively.

On Sept. 29, the theme is Feelings 101: Minding your emotions.

Moving into October, the Oct. 6 workshop focuses on keeping your cool and moving beyond anger while the next session on Oct. 20 will deal with stress and untwisting thoughts and the final mini-workshop will help participants move toward just being able to chill out, handling and beating stress with self-care.

Further information regarding these workshops and registration may be obtained by contacting Envision at 306-637-4004. Early registration is urged since there are a limited number of seats

available for each session. Envision's website at www.envisioncounsellingcentre.com also carries information regarding these upcoming workshops as well as general information about their total package of counselling services.

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