

Offering help in your community

Sarah's story

Sarah* never expected to be making an appointment for counselling, but it seemed the only way ahead.

She remarried with optimism, hoping her young son would fit in with her new husband's older kids.

But it never turned out that way. The older kids rarely came out of their rooms, and her son walked around the new place, asking to go "home". They spent more time arguing than enjoying family dinners.

So she took a risk and called Envision. She was nervous to walk in for her first session, but after that it got easier.

They had a group session, they had sessions individually, and they made plans to work through things when they got tough. And then they didn't need to come in at all.

Sarah says Envision made home life easier, because she now knows how to deal



*Name changed for privacy.

with things before they get too bad. She knows she can call Envision in the future if she needs it.

Envision has been operating for nearly 25 years in Southeast Saskatchewan. They have four offices with more than 30 staff members. They continue to grow because there are needs in the community.

If you or someone you know could benefit from the services at Envision, please call the office at **306-637-4004**.

We Help With:

- Partner Abuse
- Sexual Assault
- Cyberviolence
- Exploitation
- Parenting Skills
- Older Person Abuse
- Children Exposed to Violence
- Blended Family Challenges
- Adult Survivors of Childhood Abuse

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

www.envisioncounsellingcentre.com

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