

## Healing with courage and support: Michelle's Story

Submitted by Envision Counselling and Support Centre / Estevan Mercury --  
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All Michelle's friends know that her relationship is troubled. Her mother asks when she can get away from her partner, for the sake of the kids. She can't keep pretending everything is normal.

So Michelle tries counselling at Envision Counselling and Support Centre. She learns that she is living in an abusive relationship, that she's trapped in a cycle of violence: tension builds, then there's the blow-up, then the apologies and promises to never do it again.

With counselling, Michelle learns how to make a plan to leave, and finds the strength to do it. Envision Counselling provides support during this time of crisis, at no cost. They show her how to find a lawyer who gives Michelle guidance for the separation and custody arrangement.

"I felt so isolated in my marriage. Even though I had people who were concerned about me, I was

ashamed to share the details of the truth of my relationship," Michelle said.

"When I came to Envision, my counsellor listened, without judgement. She had heard stories like mine before, it wasn't so embarrassing."

"My counsellor gave me tools to manage the day to day battles, and eventually I made the choice that was right for me. It's not easy, but it's worth it for my family."

As part of the programming at Envision Counselling, Michelle also brought her two children to see a counsellor who specializes in children who have witnessed violence.

Michelle noticed her eight-year-old son was acting very protective, afraid to leave her side, and the counsellor explained this is a common reaction for children in this situation. By working with her children, Envision Counselling was able to help understand the negative feelings in their family.

Michelle learns that healing takes time, but with support and an effort from all family members, things can improve.

"Thank you Envision Counselling."

Envision Counselling has been operating in the region for 25 years, providing services at four offices in Southeast Saskatchewan.

If you or someone you know would like more information about their programming, call 306-637-4004 or look online at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).