

IN THE NEWS...

- ◆ PANDEMIC IMPACTS
- ◆ CONSIDER MONTHLY DONATIONS
- ◆ MENTAL HEALTH TIPS



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Envision Counselling Responding to COVID-19 Crisis

We are open and available for those in need.

Numbers of reported domestic violence incidents have spiked in this time of isolation. Our counsellors report increases in calls from our client population throughout the Southeast.

The stories coming from inside these homes reflect what we're hearing on the news. By staying in our homes, many victims of family violence are directly in danger.

Counselling is available by phone or video session, and we are currently accepting new clients. Envision Counselling can assist with Safety Plans and other tools which may be helpful.

If you or someone you know needs help, please contact us at:

info@envisioncounsellingcentre.com

306-637-4004 (Estevan) | 306-842-8821 (Weyburn)
306-453-2503 (Carlyle) | 306-483-5555 (Oxbow)

IT'S OKAY
TO ASK
FOR HELP.



Call us.

We are here for you.

306-637-4004
For Call-In Counselling



Call-In Counselling

(Available to Everyone - Collect Calls Accepted)

Monday—Friday | 10:00AM—4:00PM

306-637-4004

walkin@envisioncounsellingcentre.com

Consider Monthly Donations: You have the power to help.

We are seeking new monthly donors through our website. You can support all our services for as little as \$5 per month. Individual donations have declined as economic instability in the region adds to the ongoing pandemic crisis. We now have online donations available on our website through **CanadaHelps**, a registered charity that processes secure, online donations on behalf of more than 80,000 charitable organizations. Within minutes of making a donation, you will receive an official electronic tax receipt emailed to you.

Various forms of abuse and sexual violence are impacting individuals in Estevan, Weyburn, Carlyle, Oxbow and beyond. **Donations help these families flee to safety or provide counselling to many clients in need throughout the Southeast.** Please consider Monthly Giving; guidelines can be found on our website by clicking our [Donate Now](#) button.

You can still donate by mail or call us at the office to arrange drop off.



SURVIVAL TIPS: Mental Health Issues can Affect Anyone

While working from home, a couple of our counsellors put together this list of self-care suggestions to try while isolated. They echo many current self help tips, such as getting fresh air and connecting with loved ones.

Please click the link to read the full article. Thanks to Larissa and Dana. [10 Self-Care Tips During a Pandemic](#)



Our website, Facebook, Instagram and Twitter accounts like often link to articles and point to trends that might connect with a different side of your brain. You can get many of our resources on the [Envision website](#).