

## Bridging the Distance: Offering Connection for 55+ During Isolation

FOR IMMEDIATE RELEASE

**Southeast Saskatchewan** – The Covid-19 pandemic has resulted in months of isolation in Saskatchewan, with regular community supports unable to provide services and social connections to seniors in the southeast. Envision Counselling and Support Centre is eager to announce that they are now able to offer virtual programming specifically to provide connection for individuals 55+ in our communities.

“This initiative will provide additional counselling support and connection to this vulnerable population, who are experiencing reduced quality of life during this crisis,” says Christa Daku, Executive Director of Envision Counselling and Support Centre. “We want to help those struggling with stress, loneliness, mental health or other issues.”

Bridging the Distance is a short term addition to regular programming at Envision Counselling and was made possible through support from United Way Estevan and funding from the *Government of Canada New Horizons for Seniors*. The project intent is to impact the lives of this vulnerable group as the negative effects of the pandemic crisis continue to be felt.

“We are connecting with senior services in Estevan and area to seek out those individuals who may be living alone or have no one else to talk to or to support them during this intense time of uncertainty.” Says Daku.

Envision Counseling has a long history of providing telephone counselling and general engagement via telephone. For many years, they operated a 24-hour support line, which provided support to callers with a variety of issues. The organization has leaned on this experience during the Covid-19 pandemic crisis.

Envision Counselling and Support Centre has been supporting Southeast Saskatchewan for over 25 years by providing innovative programming and diverse counselling and support services to individuals, couples and families. Individuals looking for more information can find it on Envision Counselling’s website at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).

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For more information, or interview requests, please contact:

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

# BRIDGING THE DISTANCE

## Offering Connection for 55+ During Isolation

### Who is this program for?

- 55+ in SE Sask.
- Seniors needing connection or someone to talk to.

### Why now?

- Lengthy Covid-19 isolation.
- Seniors unable to access usual supports.
- Continued uncertainty for rural seniors in this time.

### How to use this program?

- Call or email Envision Counselling.
- Refer professionally or personally those who may benefit.
- Share with others!

**55+ SEEKING SUPPORT WITH:**

Isolation	Mental Health
Coping	Relationships
Grief	Conversation
Fear	Seclusion

**WE CAN HELP!**

**CONTACT US:**

**306-637-4004**

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**\*Collect Calls Accepted**

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