

## Envision Counselling is Free and Confidential

Counselling is offered to children and youth, aged 5 - 15 years old, with parental consent. Teens, aged 16 - 18, can refer themselves.

Referrals can be made by parents, caregivers, or professionals.

For further information about our services or to make a referral, contact one of our office's or send an email to:

[intake@envisioncounsellingcentre.com](mailto:intake@envisioncounsellingcentre.com)



### You Can Help

*...by gently encouraging children to talk about the abuse. It may be hard for children to start talking about what they have seen or heard, but when children can share their feelings with a trusted adult, they feel less frightened and alone*



### Helpful Resources:

#### Kids Help Line

1-800-668-6868

#### Children's Advocate

1-800-322-7221

## Contact Us



#### Estevan Office

Box 511  
Estevan, SK  
S4A 2A5  
P: 306-637-4004  
F: 306-634-4229

#### Weyburn Office

120 3rd St. S  
Weyburn, SK  
S4H 2C2  
P: 306-842-8821  
F: 306-634-4229

#### Carlyle Office

Box 1017  
Carlyle, SK  
S0C 0R0  
P: 306-453-2405  
F: 306-634-4229

Oxbow Office: 306-637-4004

**We do not subscribe to call display. Collect calls accepted**



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



[intake@envisioncounsellingcentre.com](mailto:intake@envisioncounsellingcentre.com)

Envision receives funding from the Ministry of Justice, Ministry of Social Services, United Way of Estevan, United Way Regina and the community.



Donations from private groups, organizations, corporations, or individuals are gratefully accepted to assist Envision in serving communities in Southeast Saskatchewan.



FIND US ON:



**Envision**  
COUNSELLING & SUPPORT CENTRE INC.

**Serving Southeast Saskatchewan since 1994**

*Exploring your options and supporting your decisions.*

## Children Exposed to Violence (CEV)

*Therapeutic Counselling and Support Services for Children and Their Families*

## What is CEV

Children Exposed to Violence (CEV) refers to children who see, hear, or are aware of violence and abuse.

Whether listening to yelling or threats in the home, being bullied online or while at the playground, or fleeing a war-torn homeland: children are directly as well as indirectly affected by violence.



## The Effects of Violence

Exposure to violence and abuse can leave a lasting impression. It can affect a child's emotional, physical, academic, social, and behavioural development. Common reactions to witnessing violence include:

- Sleep difficulties (nightmares, bedwetting)
- Physical complaints (headaches, stomachaches)
- Excessive worrying and fear
- Separation anxiety
- Aggressive or violent behaviour
- Withdrawal from others and activities
- Poor school performance
- Running away from home



## Envision Helps Children:

- Learn to identify and express feelings.
- Understand that they are not responsible for the violence.
- Recognize strengths and increase self-esteem.
- Decrease worries and fears.

## Envision Helps Families:

- Create safety plans.
- Increase security and stability within the home.
- Identify support networks.
- Learn about the cycle of violence.
- Cope with separation and divorce.
- Develop skills to manage conflict.



### Remember...

*Children learn from what they hear and see. When children grow up witnessing others acting violently, they are more likely to use violence themselves or grow up to become victims of violence.*



**At Envision, we focus on the empowerment of children and youth by offering:**

## Individual Counselling

For children and youth aged 5–18 years old who have witnessed violence. Counselling is child-centered and offered in a welcoming and creative space specific for children and youth.

## Parenting Support

For caregivers of children and youth who have witnessed violence.

## Support Groups

Designed for violence prevention. Some topics include:

- Healthy Expression of Feelings
- Healthy Relationships
- Coping Strategies
- Communication Skills
- Anger Management

## Educational Programs

For schools, community groups, and service providers on a range of topics.

Our CEV Program