

Helpful Resources

Family Centres

Meeting place for families to support children and parents.

Legal Information

Shares general information about the law, the legal system, and your rights.

Mental Health Office

Offers information or counselling on depression, stress, and mental health issues.

Public Health

Promotes and preserves the health and well being of the community. Provides pre and post natal care, child health, immunization services, community, and school services.

Salvation Army

Offers practical assistance for children and families, often tending to the basic necessities of life.

Social Services

Works with citizens as they build better lives for themselves through economic independence, strong families, and strong community organizations.

Phone Numbers

Estevan
306-634-7233
Weyburn
306-842-7477

Pro Bono Law
1-855-833-7257
Family Law Info Centre
1-888-218-2822
Legal Aid Sask.
(306) 848-2341

Estevan
306-637-3610
Weyburn
306-842-8665
Toll Free
1-800-216-7689

Estevan
306-637-3610
Weyburn
306-842-8665
Carlyle
306-453-6131

Estevan
306-634-2074
Weyburn
306-8422-7891

Estevan
306-637-4550
Weyburn
306-848-2404



Envision is a non-profit, community-based organization governed by a volunteer Board of Directors from Southeast Saskatchewan.

Envision helps individuals, families and couples embrace healthy choices to feel empowered, by providing therapeutic counselling, support, in-home services, groups, workshops and education.

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



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



United Way
Member Agency



Saskatchewan
Health Authority

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



FIND US ON:

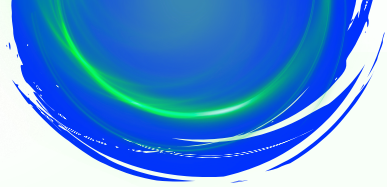


Serving Southeast Saskatchewan since 1994

Exploring your options and supporting your decisions.

Family Support Program

Support Services for Families with Children



Program Overview

When families are given support, education, and resources, they are able to recognize and build on their strengths.

Envision Counselling & Support Centre's Family Support Program is designed to support you through this process.

The Family Support Program services are accessed free of charge. We accept referrals for this program from individuals or community organizations.

In 2023, our Family Support Team provided 240 transports for counselling and medical appointments.



‘Feelings of worth can flourish only in an atmosphere where individual differences are appreciated, mistakes are tolerated, communication is open, and rules are flexible - the kind of atmosphere that is found in a nurturing family.’

-Virginia Satir

Strength-Based Supports

All caregivers can understand and relate to the stress that is involved with raising children. Individualized strategies and support are provided in the client's home in a respectful manner. Families are able to book appointments with a variety of scheduling options available to meet the needs of the family.

Envision Counselling & Support Centre recognizes no two families are alike. With this in mind, our program is tailored to be flexible in the approach to meet the needs of families in our community.



The role of the Family Support Worker is...

A Family Support Worker is not a social worker. The role of the Family Support Worker is to assist families in identifying their strengths, stresses, and strategies to improve the family unit as a whole.

The Family Support Worker will share information, resources, and provide support through the ups and downs of raising children.

The goal is to empower parents and caregivers with knowledge and education.



Families Will Learn

- Child development and ways to help
- Understanding and supporting your teen as they grow
- Recognizing and responding to your child's behaviour
- Managing household responsibilities and daily stressors
- Connection to community supports
- Improved communication skills for the whole family
- Learn about routine, structure, and budgeting
- Self-care and mindfulness strategies
- Healthy relationships - how to build and maintain them

If you and your family would like to increase your skills and self-confidence in any of the areas mentioned, please call the office nearest you and ask about the Family Support Program.