

Key Workshops and Group Sessions offered by Envision this spring

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A new round of workshops is being scheduled by Envision Counselling and Support Centre as this southeast Saskatchewan service group heads into a new spring schedule.

Workshops will focus on improving relationships by increasing assertiveness and boundary-setting skills.

The evening workshops are aimed at adults who wish to focus on emotional well-being and finding new tools to improve relationships. “It takes courage for someone to sign up, but once you start attending, the results are immediate. People who attend these workshops are able to implement these tools right away in their everyday life,” said Christa Daku, executive director of Envision. She added that participants in previous workshops left feeling better about their lives and with plans to make improvements.

“It opened my eyes to more positive ways to achieve assertiveness,” said one participant who wished to remain anonymous.

“I learned that I am important and my health and well-being matter,” said another who also wished to remain anonymous.

The workshops will run for six weeks on Monday evenings, starting on April 4 from 6:15 to 8:30 p.m. The workshops are open to both men and women over the age of 18 and there is no cost to participants.

In addition to the workshops, Envision is offering a Women’s Empowerment Group, for women over 18, who have experienced childhood sexual abuse. This gathering will provide a safe place to come and have their voice heard. The group will provide a nurturing and supportive environment to explore topics such as triggers, self-care, flashbacks, ground techniques and resiliency, among other things. The group sessions will be held on Tuesdays for 10 weeks starting April 5, and they will also be held between 6:15 and 8:30 p.m. Due to the sensitive nature of this group’s subject matter, registration is required prior to the start of the sessions with a commitment to attend all sessions being implied. This is also a free offering.

Additional information regarding either of these workshops can be obtained by contacting Envision at 306-637-4004. There are a limited number of spaces so early registration is encouraged. More information about other programs at Envision can be obtained by visiting their website at www.envisioncounsellingcentre.com