

Workshop Wednesdays Continue at Envision

FOR RELEASE: The week of January 2, 2017

Southeast, Saskatchewan –Envision Counselling and Support Centre would like to announce that *Workshop Wednesdays* will be continuing until March 1, 2017. The remaining workshops will focus on *Communicating Effectively*, *Moving Beyond Anger* and *Minding Your Emotions*. A **date change** has been made for the January workshop, *Communicating Effectively*, which will now be held on January 11, 2017.

“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,” says Christa Daku, Executive Director of Envision. She says participants in past workshops leave feeling better about their lives with a plan to make improvements.

In addition to the workshop on January 11, 2017, *Moving Beyond Anger* will be held on February 1, 2017 and the series will finish up with *Minding Your Emotions* on March 1, 2017. The workshops will take place in the evening from 6:15pm to 8:30pm and will be offered in Estevan, Weyburn and Carlyle. These workshops are open to both men and women over the age of 18 and are FREE of charge.

Please call the office nearest your for additional information and to pre-register. For more information on this or other programming at Envision, you may also visit the website at www.envisioncounsellingcentre.com.

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For more information, or interview requests, please contact:

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