

## **Lunch N' Learns to be Offered by Envision Counselling & Support Centre**

FOR RELEASE THE WEEK OF: October 1, 2017

**Carlyle, Saskatchewan** – Envision Counselling and Support Centre is pleased to announce upcoming Lunch N' Learns starting in October. These educational lunch sessions will teach parents how to choose happiness and parent with positivity. The Lunch N' Learns are for adults who wish to focus on emotional well-being and finding new tools to improve their relationships.

"It takes courage for someone to sign up, but people who attend these sessions are able to implement these tools right away in their everyday life," says Christa Daku, Executive Director of Envision.

"We want to offer programs that contribute to a happier life that anyone can access. Envision has offices in four communities in the Southeast, and we're here for all community members. You don't need a special referral to call us for help or to register for these sessions," Daku says.

There will be two Lunch N' Learns this fall in Carlyle.

- *Choose Happiness* - Wednesday, October 18, 2017
- *Positive Parenting* - Wednesday, November 15, 2017

The Lunch N' Learns will take place at the Carlyle Public Library Branch from 12:00pm – 1:00pm and are open to both men and women over the age of 18, FREE of charge. Please bring your own lunch to eat while you learn.

Daku says participants in past sessions leave feeling better about their lives with a plan to make improvements. "I learned that I am important and my health and wellbeing matter," says one participant.

Please call the Carlyle office for additional information and to register at 306-453-2405. For more information on this or other programming at Envision, visit the website at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).

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For more information, or interview requests, please contact:

Christa Daku

Executive Director

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## Workshops to Start at Envision Counselling & Support Centre

FOR RELEASE THE WEEK OF: October 1, 2017

**Estevan, Saskatchewan** – Envision Counselling and Support Centre is pleased to announce a new round of workshops will be starting this October. Workshops will focus on improving relationships by increasing assertiveness, boundary setting skills and resolving conflict. The workshops will take place in the **afternoon** and are for 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,” says Christa Daku, Executive Director of Envision.

“We want to offer programs that contribute to a happier life that anyone can access. Envision has offices in four communities in the Southeast, and we’re here for all community members. You don’t need a special referral to call us for help or to register for these workshops,” Daku says.

There will be two workshops this fall in Estevan.

- *Assertiveness Workshop* - Friday, October 20, 2017
- *Fighting Fair* - Friday, November 17, 2017

Both workshops are in the afternoon from 12:30pm – 4:30pm and are open to both men and women over the age of 18, FREE of charge.

Daku says participants in past workshops leave feeling better about their lives with a plan to make improvements. “It opened my eyes to more positive ways to achieve assertiveness,” says an anonymous participant. “I learned that I am important and my health and wellbeing matter,” says another participant.

Please call the Estevan office for additional information and to register at 306-637-4004. There are a limited number of seats so early registration is encouraged. For more information on this or other programming at Envision, visit the website at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).

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## **Workshops to Start at Envision Counselling & Support Centre**

**FOR RELEASE THE WEEK OF: October 1, 2017**

**Weyburn, Saskatchewan** – Envision Counselling and Support Centre is pleased to announce a new round of workshops will be starting this October. Workshops will focus on improving relationships by increasing assertiveness, boundary setting skills and resolving conflict. The workshops will take place in the **afternoon** and are for 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,” says Christa Daku, Executive Director of Envision.

“We want to offer programs that contribute to a happier life that anyone can access. Envision has offices in four communities in the Southeast, and we’re here for all community members. You don’t need a special referral to call us for help or to register for these workshops,” Daku says.

There will be five workshops this fall in Weyburn:

- *Communicating Effectively* - Friday, October 27, 2017
- *Relationship Smarts*, Friday - November 24, 2017
- *Minding Your Emotions* - January 26, 2018
- *Moving Beyond Anger* - Friday February 23, 2018
- *Conflict Resolution* - Friday, March 23, 2018

Workshops are in the afternoon from 12:45pm – 4:30pm and are open to both men and women over the age of 18, FREE of charge.

Daku says participants in past workshops leave feeling better about their lives with a plan to make improvements. “It opened my eyes to more positive ways to achieve assertiveness,” says an anonymous participant. “I learned that I am important and my health and well-being matter,” says another participant.

Please call the Weyburn office for additional information and to register at 306-842-8821. There are a limited number of seats so early registration is encouraged. For more information on this or other programming at Envision, visit the website at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).

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