

## Envision Counselling to Offer Walk-In Counselling FOR IMMEDIATE RELEASE

**Southeast Saskatchewan** – Thanks to a new investment from the Government of Saskatchewan, Envision Counselling and Support Centre is now able to offer Walk-In Counselling in Estevan and Weyburn. This expansion became possible through a collaboration with Family Services Saskatchewan, a network of 11 family serving organizations in Saskatchewan.

“If a person is in crisis, they need to see someone right away,” says Christa Daku, Executive Director of Envision Counselling and Support Centre. “Demand for mental health services has increased steadily over time and people looking for assistance often experience barriers to timely, affordable care. The goal of Walk-In Counselling is to alleviate some of those barriers” says Daku.

Walk-In Counselling is a free, immediate, accessible form of brief counselling. People can drop-in for a one hour session without an appointment. The services are provided by a qualified counsellor who also connects people to the community and health services they might need.

“We are fortunate to be a part of the 20 rural and urban communities across Saskatchewan that received this funding,” says Daku. “The collaboration with Family Services Saskatchewan and the Saskatchewan Health Authority has created a rapid response mental health service that was needed in our communities.”

Starting May 1, 2019, Walk-In Counselling will be offered at Salvation Army in Estevan on Wednesdays and Thursdays and at Salvation Army in Weyburn on Tuesdays and Fridays from 10:00am to 4:00pm. Any schedule changes can be found on Envision’s website and Facebook page. A registration period will be held from 10:00am to 11:00am each day where individuals will sign up for a spot to see a counsellor.

Envision Counselling and Support Centre is in their 25<sup>th</sup> year of providing innovative programming and diverse counselling and support services to individuals, couples and families. Individuals looking for more information can find it on Envision’s website at [www.envisioncounsellingcentre.com](http://www.envisioncounsellingcentre.com).



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

## FREE Walk-In Counselling



### **WALK-IN COUNSELLING**



#### **The Salvation Army (Estevan)**

1107—4th Street  
Every Wednesday & Thursday  
From 10:00am - 4:00pm

#### **The Salvation Army (Weyburn)**

126—4th Street  
Every Tuesday & Friday  
From 10:00am - 4:00pm

**For more information call:**  
306-637-4004 (Est) 306-842-8821 (Wey)

[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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