

Programs available from Envision Counselling

Greg Nikkel / Weyburn Review -- June 1, 2019 05:00 AM



There are many counselling programs and services available through Envision Counselling and Support Centre, Rotary Club members heard in a presentation on Thursday.

Assistant executive director Lynda Rideout provided the update, along Dana M., who is a counselling intake coordinator for Envision, which has four offices in the southeast area.

“We’re thrilled to be able to provide the services that we have,” said Rideout, noting that Envision just celebrated their 25th anniversary with a pair of events with author and former NHL star Theo Fleury.

In listing the programs they have available, she noted they have an outreach program where educators visit schools and work with teachers to provide programs that would be of benefit to their students, such as programs on healthy relationships.

They also work with families with specific challenges, such as developing healthy relationships, parent-teen conflict, or discipline versus punishment, “with better tools in raising their kids to be healthy individuals.”

There is also a diversion program, said Rideout. “Any family can contact us, and they don’t need to be involved with social services in any way.”

Dana does the intake for a number of programs, including an interpersonal violence program, to help those who have suffered some form of violence in their lives, and a family intervention program for families with children at home.

“This could be couples counselling, or child-parent conflict, or families experiencing separation or divorce, and helping them learn how to cooperate with each other,” she said, adding that only the Estevan office has a program for children who have experienced family violence.

There is a paid counselling service available where insurance might be able to cover, or if they don’t have insurance coverage, the rate is \$75 a session.

A new service is walk-in counselling, which began about a month ago at the Salvation Army. In Weyburn, this service is available on Tuesdays and Fridays from 10 a.m. to 4 p.m.

“People can walk in and meet with a counsellor for whatever they need. We’d like if people could register, from 10 to 11, but if people need to drop in, they can do that,” said Rideout.

Asked how people could get in touch with them, Rideout said many of those who want their services are finding them on-line or through social media, or they can call the office and ask for help.

“We know where to send people if we can’t help them,” added Dana.