

Marriage Counseling



We regularly change our car's oil and rotate its tires. We change our air filters once per month and the batteries on our smoke detectors when the time changes, but when do we set aside time to strengthen and maintain our relationships? Couple's often come to counseling only when something has gone wrong, but as the saying goes, "An ounce of prevention, is worth a pound of cure."

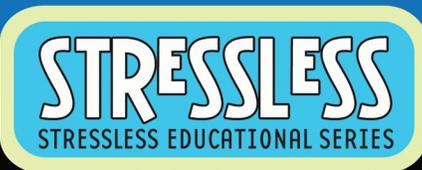
We live busy lives these days, and between work, children, and our electronics, couple's often find that their relationship has fallen to the bottom of the totem pole. Now's the time to honor your relationship and give it the reverence and attention it warrants and deserves!

What to Expect

- Learn how to resolve conflict in a healthy manner.
- Learn communication skills including listening and how to process what your spouse is saying.
- Learn how to be assertive without being offensive
- Learn how to get what you need without making demands or engage in conflict.

Topics Discussed

- Infidelity
- Divorce
- Substance Abuse
- Physical or mental conditions
- Cultural clashes
- Finances
- Blended families
- Communication problems
- Sexual difficulties
- Conflicts about child rearing
- Infertility
- Anger



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