

Is your family
tired of playing
Tug-of-War?



Starting family therapy with a family therapist can be one of the best things you can do when it feels like your family is pulling apart. A family therapist can help your family heal from emotional wounds and come to understand one another better, restoring a sense of harmony that you may not have felt for a long time.



Solutions 2 Wellbeing

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For more information call...
1-517-787-WISH (9474)

solutions2wellbeing.com

**Solutions 2
Wellbeing**

Helping families to
weather the storm.

**Family
Enrichment**



517-787-WISH (9474)

Family is the most important thing in the world

**Support + Comfort + Love =
FAMILY**

But it can also be our greatest source of pain and grief. A health crisis, mental illness, problems at work, a meddling relative or a rebellious child may threaten to pull your family apart.

Family therapy can help your family to weather such storms. A family therapist can help your family patch a strained relationship, teaching you new coping skills that will improve how your family works together.

Whether it's you, your partner, a child, a sibling or maybe even a parent who is in crisis, a family therapist can help the family or individual better understand and improve the way that family members interact with each other and resolve conflicts.

Family therapy often brings entire families together into therapy sessions, although family members may also choose to come individually.



A family therapist works with you and your family to examine the family's ability to solve problems and express thoughts and emotions. With your therapist you explore family roles, rules, and behavior patterns to determine the issues that add to conflict.

Family therapy helps to identify your family's strengths and your family's weaknesses. Family therapy can also help to pinpoint your specific family concerns and evaluate how your family is handling them. Family therapy can help your family cope and reduce conflict. Family therapy will help you restore a sense of harmony that you may not have felt for a long time.



Who can benefit from family therapy?

In general anyone who wants to improve troubled relationships can benefit. Family therapy can help to improve issues such as:

- **Parenting skills**
- **Marital problems**
- **Financial problems**
- **Grief, loss or trauma**
- **Divorce**
- **Work Stress**
- **Chronic health problems**

Solutions 2 Wellbeing has a **Marriage and Family Therapist** on staff who is a specialist trained specifically to help individuals, families and couples with their problems and relationships.

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