

If you think your relationship is in trouble...don't wait



If your relationship is having problems you shouldn't wait too long to seek professional help.

The following signs are proven symptoms of relationship deterioration:

- **Feeling Distant**
- **An Increase in Arguing or Negativity**
- **Lack of Affection**
- **Increase in Anger, Hostility and/or Sarcasm**
- **Avoiding Each Other**



Solutions 2 Wellbeing

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

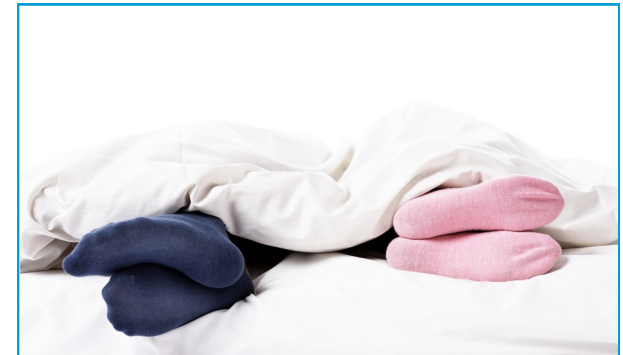
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Solutions 2 Wellbeing

Helping to build relationships that last.

Relationship Enrichment

Don't wait until it's too late.



517-787-WISH (9474)

YOU + ME = US

The goal in a relationship is not to think alike, but to think together.

In any healthy relationship, **YOU** need to be allowed to be you, and I need to be allowed to be **ME**, before there can be a successful **US**.

Counseling can help couples during any stage of their relationship.

Whether you are dating or engaged, in a long term partnership or married, a Marriage and Family Therapist can help you solve your relationship issues and help you create a healthy, fulfilling and loving bond between you and your partner.

Solutions 2 Wellbeing provides marriage counseling, relationship therapy, couples counseling, pre-marital counseling, offers relationship advice, as well as help you with your dating, love and communication skills.



You cannot be lonely if you like the person you're alone with.

~Wayne W. Dyer

We offer a variety of respected and researched approaches that will help you to realize your relationship goals.

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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Who can benefit from relationship therapy?

Relationship therapy attends to the nature and role of the individuals and their commitment to each other.

You will learn skills that will help you:

- improve communication
- resolve your conflict
- enhance your intimacy
- successfully resolve ongoing resentments; betrayal of trust; affairs; cheating or other infidelity related issues
- eliminate verbal abuse
- manage your anger
- deepen the closeness in your relationship