

RELATIONSHIP & COUPLES COUNSELING

If you are in a **relationship** you know that it is both exhilarating and challenging. Relationships are play, fun, supportive, and work! Every relationship will eventually hit a bumpy season – this may be the result of different expectations, needing to learn new skills, or something that one person has done to the other. You might need to learn to communicate, see something from a different perspective, resolve a conflict, or understand how personalities and expectations impact your relationship.

Whether you just want to see your relationship grow, or you are in a crisis, we love to help couples (dating or committed) go from surviving to thriving. Additionally, we offer pre-marriage/pre-commitment counseling focusing on topics such as expectations, finances, children, in-laws, career, communication, managing conflict, etc.

Counseling gives **couples** an opportunity to hear a different voice and get a fresh perspective on what they can do to build a healthy relationship together. It creates a safe place for identifying key issues that are affecting the relationship and identifying solutions to each of those issues.

PRE-MARRIAGE OR PRE-ENGAGEMENT COUNSELING

For many couples considering marriage, pre-marriage or pre-engagement counseling can help them navigate this season of their relationship successfully. We use the Prepare-Enrich assessment to help them identify areas of strength in their relationship as well as areas of potential stress or conflict. We then tailor the counseling experience to specifically meet the couples' needs. The sessions include topics such as expectations for marriage, in-laws, children, finances, communication, and sexual intimacy. The typical pre-marriage program is 6-7 session but we also offer a more intensive format for those who desire to move more quickly through the material.



GROW, LLC. :: 2964 Peachtree Road, Suite 760
Atlanta, Georgia 30305 :: 678.463.1092
WWW.GROWCOUNSELING.COM
INFO@GROWCOUNSELING.COM