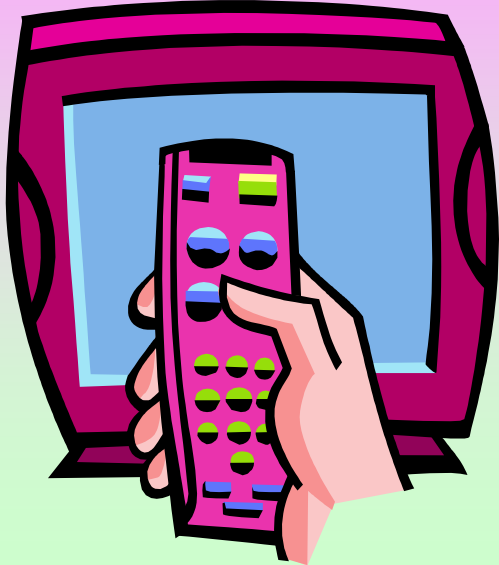


HUSBAND NOT LISTENING?



Don't Wait
for Your Marriage
to
Fall Apart!
Contact us Today!

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Communication: Can it really work in today's society?

Communication continues to change and evolve in our society today. Theories and ways of communication have drastically changed in the past 20 years. When was the last time you sat down and wrote a letter to a friend or family member? Could you even survive today without your cell phone? Communication has become fast paced and technology driven. Mobile communications, emails, instant messaging, and video messaging are replacing "traditional communication." So why hasn't communication gotten any easier?

Our society continues to make us schedule ourselves over and beyond our means. Often we can't fit all of our tasks into our busy schedules. As a result, our health, sanity, and communication with others often suffers. I work with couples and families that have lost their effectiveness to communicate and need help. For example, couples continue to try old methods of communication that don't work and are skeptical of trying something new and different. Giving up on communication becomes the norm with their spouse. Relationships can starve without given the nourishment that communication can bring into the relationship. As the years in a marriage develop, becoming a "mind-reader" is dangerous. Assuming what the other person is thinking or believing can lead to disaster.

My unique training and background brings couples and families "down to earth" to discuss the issues at hand, redevelop communication styles that work, reinforce and build a new set of communication skills that can be used in any setting, and give you strength and confidence to continue through everyday struggles.

*"Counseling, as well as life, is a journey.
I am here to help walk alongside you,
to give you support or strength when you fall,
to cheer you on when you triumph,
and reassure you
when a decision has to be made."*