



## Couples Therapy Group

*For couples who are experiencing communication difficulties in their relationship*

For couples who are experiencing difficulties in communication that may lead to emotional, psychological and physical abuse in the relationships.

Through this group couples will:

- Develop new strategies,
- Strengthen existing supports and personal resources,
- Manage personal issues, and
- Promote healthy communication in the relationship.

*“This group helped us understand our relationship. Thank you for saving our marriage.”*

*Previous Group Member*

*“This was the best counselling experience we have had in a long time.”*

*Previous Group Member*

### Group Details

This group will be offered on:

Tuesdays, September 16<sup>th</sup>, 2008 – December 2, 2008 (12 week program)  
6:30 p.m. – 8:30 p.m.

Held at Family Services of the North Shore

### Fee

No fee.

### Requirements

Couples must:

- Have a desire to increase wellness between partners, and
- Commit to complete all twelve consecutive sessions.

### Co-Facilitators

**Mario Testani** – M.A., R.C.C. is a member of the American Association of Marriage and Family Therapy (AAMFT), and has had extensive training at the Gottman Relationship Clinic in Seattle, Washington, a world renowned organization. Mario specializes in working with couples, anger management and supervises counselors who provide clinical services to families. Mario also works with parent-child issues, addictions, relationship issues, trauma, self-esteem and adolescent conflicts.

**Karen White** – MA, R.C.C., Karen is skilled in helping couples learn to listen to one another's needs and feelings and find ways of restoring intimacy and the excitement in their relationship. Karen uses a strong foundation in family systems, solution focused and narrative therapy. She has a diverse background in counseling, teaching and business. She possesses expertise in grief and loss, relationship issues, marital conflict, parenting, addictions, communication skills, life transitions and stress.

### Family Services of the North Shore

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Web address:  
[www.familyservices.bc.ca](http://www.familyservices.bc.ca)

**Building a safe,  
strong community**



### To Register/For More Information

Call the FSNS Intake Worker at 604-988-5281, ext. 202.