

Family Services of the North Shore



“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

Family Services of the North Shore

101 – 255 West 1st Street
North Vancouver, Bc V7M 3G8
Phone: 604-988-5281
Fax: 604-988-3961

Web address:
www.familyservices.bc.ca

Caring for our community



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.

Group Details

Dates: Tuesdays, January 26th, to April 13th, 2010

Time: 6:30 p.m. – 8:30 p.m.

Location: Family Services of the North Shore

Cost: 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, parent-child issues, addictions, communication skills, life transitions and stress.

To Register/For More Information

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