

# Set Your Marriage Up for Success:

## Short-Term pre-marital and individual counseling



### Set the Stage for a Strong, Lasting Relationship.

Marriage counseling is an investment that pays off for years to come. Let me help you lay the groundwork for a successful, happy life together.

### 25 Years of Experience in Marriage & Family Therapy.

As a Marriage and Family Therapist with over 25 years of experience, I specialize in helping couples build strong, healthy foundations for lasting relationships. Wedding planning is exciting, but investing in the future of your marriage is an even greater investment!

### Why Invest in Pre-Marital Counseling?

Marriage is an exciting journey, but it's also a significant commitment that requires work and intention. Pre-marital counseling can help you start your marriage with clarity, strong communication, and healthy habits.

## Key Strategies for a Happy Marriage:

#### Prioritize Communication

Be open and honest with your partner.  
Practice active listening and empathy.

#### Build a Strong Foundation of Trust

Keep promises, big and small.  
Be transparent and accountable.

#### Work on Conflict Resolution

Stay calm and respectful in disagreements.  
Find compromise to resolve conflicts without resentment.

#### Foster Emotional and Physical Intimacy

Spend quality time together.  
Show affection through small gestures of love.

#### Support Each Other's Growth

Encourage individual pursuits and personal goals.  
Adapt to each other's evolving needs.

#### Set Shared Goals and Values

Align your goals for the future.  
Ensure shared values around key life decisions.

#### Invest in Fun & Romance

Keep the romance alive throughout your marriage.  
Make time for laughter and shared fun experiences.

#### Practice Patience & Forgiveness

Let go of past mistakes and practice forgiveness.  
Be patient as both of you grow and learn together.

**LOVE IS  
FOR  
EVERYONE**



Contact Me Today for Your Free 15 minutes Consultation!

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