



# Family Counseling

Improve family connection and strengthen family bonds. Our short-term, solution-focused therapy encourages open communication through cognitive behavioral approaches that helps families find the tools to grow together and remove the barriers that hinder communication.

## What is Family Counseling?

This style of counseling may or may not require multiple family members to be in the same room together, but it is not defined by the number of people present. It views problems as patterns or systems that need adjusting as opposed to viewing problems through the lens of blame. We focus on the strengths of a family and use your family's unique dynamics to construct new habits and patterns that will help you grow together.

