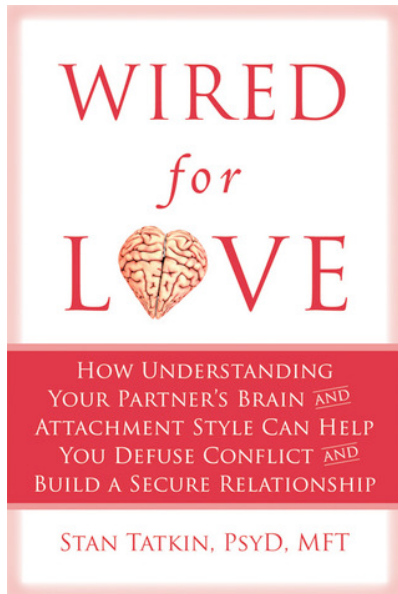


# Meridian Counseling Services

## Couples Therapy Group

*14 Week Group: Based on the book: "Wired For Love"*



**Tues or Wed: 5:30pm to 7pm**

**Location: Kent/Covington area**

**Covered by insurance (out of network)**

**Cost: \$50 each per session**

**Therapist:**

**Alison Davis, MA, LMHC, CSAT**

### **This group will help you:**

- Learn to build a secure relationship that can help you and your partner overcome self defeating relational patterns rooted in the past.
- Learn your partner's attachment style and how to communicate in ways that work for that particular style.
- Learn to impact your partner's brain chemistry to decrease conflict and increase intimacy.
- Learn to resolve conflict in a way in which both partners win.
- Learn to re-build trust and find deeper connection.

**Contact Meridian Counseling Services: #206-291-8466**

**Website: [www.meridiancounselingservices.com](http://www.meridiancounselingservices.com)**

