



CHAMINADE COUNSELING CENTER OFFERS COUPLES COUNSELING

GOALS FOR COUPLES COUNSELING

- EMPOWER CLIENTS**
- CREATE REALISTIC GOALS FOR EACH PERSON AND THE RELATIONSHIP**
- DISCOVER SMALL STEPS THAT WILL LEAD TO POSITIVE CHANGE**
- FOCUS ON TRUST AND COMMUNICATION**
- THINK ABOUT FUTURE FOCUSED QUESTIONS**

INFO ABOUT COUPLES COUNSELING

- BOTH STUDENTS MUST BE ACTIVELY ENROLLED AT CHAMINADE UNIVERSITY**
- RECEIVE 10 FREE COUPLES COUNSELING SESSIONS**
- OPEN TO ALL COUPLES!**

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