



It Takes Two to Tango: Overcoming Your Relationship Challenges One Step at a Time

The group will begin on Monday, May 12 from 5:30-7:30pm.

These group sessions target couples' specific areas of concern. This group fosters a supportive, educational environment. We provide effective strategies for building strong relationship skills.

Group Therapy for Couples

Most couples will experience concerns at some point during their relationship. Our group assists couples in overcoming their relationship difficulties.

Features of Our Group Therapy:

- Designed for couples in their 20's and 30's
- Supportive, small group environment
- Couples engage at their own pace with therapist assistance
- 8 weekly sessions



Our group assists couples in developing skills to overcome challenges such as communication difficulty, trust issues, or feeling distant.

Skills You'll Learn:

- Identify and shift unhealthy emotional, behavioral and thinking patterns
- Improve connection and closeness
- Create a better knowledge of one another
- Establish healthy patterns of communication

Registration is required. Please call prior to Friday, April 11 to schedule a 1-hour screening visit. There are limited spaces available.

Our group will meet at the U-M Psychological Clinic, located at 500 E. Washington St., Suite 100, Ann Arbor, MI 48104.

The cost is \$40 for the couple screening session and \$40 for each couple group session. It is possible your insurance policy may cover this service. We accept cash, checks, and credit cards.

Regents of the University: Mark J. Bernstein, Julia Donovan Darlow, Laurence B. Deitch, Shauna Ryder Diggs, Denise Illich, Andrea Fischer Newman, Andrew C. Richner, Katherine E. White, Mary Sue Coleman (ex officio)