



Couples

PROGRAM

Most relationships will have conflict at times however if the conflict is persistent or affects your quality of life, it can have a negative impact on self-esteem and general well-being.

Maybe you:

- Argue all the time
- Don't communicate well
- Feel like you are moving in different directions
- Feel that there's no way out.

The Hive Counselling's Couples Program is a therapeutic intervention designed to reduce stress and create a more secure connection between partners.

We assist couples to:

- Identify negative patterns of communication
- Develop strategies to de-escalate these negative cycles
- Open up communication about emotions and feelings to improve closeness and intimacy.

This counselling is available to couples who may or may not be affected by alcohol, drugs or other addictive behaviours.

**Need to talk
to someone?**

To make a referral or to find out more, please phone (03) 6224 1777

Working together to empower you

www.thehivecounselling.com.au