

# What's New

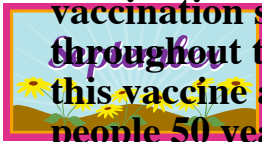
# Change Is Possible

**H**ello Fall!



Fall is a time of wonderful change and with Thanksgiving approaching, also a time of giving thanks. During these tough economic times, it may be difficult to see what we have to be thankful for. Allow the skilled and experienced Clinicians here at Change Is Possible to work with you through these challenging times.

Flu season has approached us quickly. The yearly flu vaccination should begin in the month of September and **continue throughout** the winter months. People who should strongly consider receiving this vaccine are children aged 6 months to 19 years old, pregnant women and people 50 years of age and older (as stated by the Center of Disease Control).



We would like to welcome our new Wayne State University, School of Social Work Interns. They will be here with us for the next several months, observing and lending a helping hand.

As you may have noticed, our staff is now wearing name tags. This will allow for easy identification and a chance for you to become familiar with the staff of *Change Is Possible Counseling Services, LLC.*

Sincerely yours,

Cindy Zitny, LMSW, LMFT  
Clinical Director/Owner



**Marital Distress**

**In this issue of our newsletter, we are spotlighting the Consumer Update by the American Association for Marriage and Family Therapy (AAMFT) entitled "Marital Distress". You do not need to be legally married to have "marital distress". No one has a perfect relationship, and almost every couple can benefit from some help at times. This is a relevant issue given the number of couples affected by the current state of our economy.**



**In this AAMFT Consumer Update, the reader will learn that sometimes marital problems are purely about issues in the relationship such as communication, problem solving, financial difficulties, arguing, intimacy and/or sex. Also, a marriage does not necessarily need to be in distress before seeking therapy. Many people with solid marriages choose therapy to enhance their relationships.**

**This brochure will also discuss how therapy works and how it can assist in creating a better relationship. And if a partner is hesitant about participating in therapy, this brochure will provide guidance in addressing the situation and how to discuss it with them.**

***You can find the Consumer Update in a stand-alone brochure holder on the resource table, under the mirror straight across from the suite entrance door.***