

What's New

Change Is Possible

H

ello Holiday Season +

Christmas is quickly upon us and **Valentines Day** is just around the corner. Many of us are struggling profoundly this Christmas season. With the economy experiencing one of the worst financial times in decades, many young people are confused and seniors are fearful. As the owner I will continue to pray for all our patients and desire for everyone a deep and abiding peace to be yours. We the staff of Change Is Possible—would like to offer our warm wishes for a Happy and successful New Year for all!



We at *Change Is Possible Counseling Services, LLC* would like to welcome three new staff personnel to our clinic: Ann our intern has just completed her graduate degree and is now being welcomed to our agency as a Masters level Therapist, Cassie just began a volunteer position with us as an interested individual in mental health practices and she plans on attending Graduate school in the Fall of 09', and then not least of all we have a wonderful lady Carol who is joining our Support Staff team! Help all these ladies feel welcome as we are delighted to have them here!

Sincerely yours,



Cindy Zitny, LMSW, LMFT
Clinical Director/Owner

Marriage Preparation

In this issue of our newsletter, we are spotlighting the *Consumer Update* by AAMFT entitled "*Marriage Preparation*". The Holiday Season is a great time of year to become engaged. It is a romantic time—one filled with hope and desire for the future. When we fall in love we believe that nothing can diminish the intensity of our love and commitment to one another—and we cannot wait to be together as one! If you are hearing a little of yourself described in these words, do not delay in picking up this brochure by the AAMFT.



If you and your beloved are not already in counseling, and one or both of you have any reservations about the decision to marry one another, speak to our friendly staff about making an appointment to see one of our agency's well qualified couples therapists today!

In this AAMFT Consumer Update—you will learn about the importance of predicting a satisfying marriage--how individual traits, couple traits, and personal and relationship contexts play key roles in in the marriage preparation process. Readers will also gain a greater understanding of the importance of assessing themselves and their relationship. The update explains how to best utilize the internet as an appropriate and effective assessment tool and the steps involved in going from assessment to improvement. Couples will hopefully take a more serious look at the benefit of engaging in pre-marital counseling and the insights that this treatment process can bring to the individual as well as the couple as a family unit.

This brochure will also offer several resource options for the consumer to read. These books by experts in the field will aid the reader in a greater understanding of the tools and resources available to help couples make a better informed decision about marriage compatibility.



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.

Phone: 4.3692

Change is Possible Counseling Services, LLC

Web: www.changeispossible.biz

E-mail: czitny@sbcglobal.net