

# Counselling for Couples

Do you and your partner find it difficult to manage the daily stresses of life without conflict?

Are you concerned that the level of conflict is increasing?

Do you want to stay together and work on your relationship?

This is a time limited opportunity offered at no cost to couples who are willing to participate in a confidential research study.

We will help couples build a healthier, more satisfying relationship. Counselling can help couples to deal effectively with conflict and work together to solve problems in their relationship.

**Thunder Bay  
Counselling Centre**

T: 684-1880

[tbaycounselling.com](http://tbaycounselling.com)

[f/thunderbaycounsellingcentre](https://www.facebook.com/thunderbaycounsellingcentre)

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**Catholic Family  
Development Centre**

T: 345-7323

[catholicfamilycentre.ca](http://catholicfamilycentre.ca)

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