

CREATE A *loving* RELATIONSHIP

Invest in relationship therapy or couples counselling and create a better love relationship and a better life...
Do you fit in one of these categories?

Single and frustrated that your relationships cause you turmoil and pain?

Reeling emotionally from the loss of a relationship?

In a relationship that is fraught with distance or never-ending conflict?



WHY WORK WITH A SPECIALIZED COUPLES THERAPIST AND RELATIONSHIP COUNSELLOR?

Shelley Coates, RTC, MTC

I am a couples therapist who helps couples have the best relationship possible. I also help individuals heal past relationship pain and negative patterns that prevent them from creating the relationship that they want.

I am trained in some of the most effective therapy techniques available today including the Developmental Model of Couples Therapy, which helps couples support each other and deepen their connection to each other.



I am committed to helping you have a better kind of love.

COUPLES COUNSELLING

Helping Couples in Trouble Save Their Relationship

- Resolve conflicts and communicate with understanding and respect
- Heal past hurts and resentments
- Have a deeper and more fulfilling intimacy
- Increase affection and sexual satisfaction
- Commit to each other in a new and deeper way

RELATIONSHIP COUNSELLING

Helping Individuals Heal Relationship Pain

- Heal hurts and fears from the past
- Break negative relationship patterns that cause relationship unhappiness
- Heal grief from a relationship where trust was broken
- Build confidence and discover what you deserve in a partner
- Have healthy and fulfilling relationships in the future



A BETTER LOVE.
A BETTER LIFE.

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