

ABOUT OUR PROGRAM

CoupleCare is a multi-dimensional approach to both strengthening relationships and preventing the breakdown of relationships.

CoupleCare Can Help With:

- ◆ Increasing respect, affection, and closeness
- ◆ Deepening understanding of each other's needs
- ◆ Understanding the sources of conflict between partners
- ◆ Developing greater awareness and new insights to strengthen the relationship
- ◆ Developing effective strategies for conflict resolution
- ◆ Learning better strategies for articulating one's own needs
- ◆ Learning ways to maintain the improvements made in our relationships
- ◆ Gaining a greater sense of security, protection and comfort in our relationships

REGISTRATION

For more information or to register for couple therapy, seminars or groups please call our intake at:

905-450-1608 ext. 112

Email: info@cfspd.com

Website: www.cfspd.com

FEES

Fees are determined on a sliding scale based on family income

Head Office

The Honourable William G. Davis
Centre for Families
60 West Drive, Suite 201
Brampton, ON
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Mississauga Office

The Emerald Business Centre
10 Kingsbridge Garden Circle,
Suite 400
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A Member Agency of Catholic Charities



CoupleCare Program

Preparation for Marriage
Enrichment for Reaffirmation
Therapy for Distress
Mediation through Conflicts
Parenting through Separation

PREPARATION

ENRICHMENT

THERAPY

GROUPS

REFERRALS



Couple *Care* **CAN HELP AT ANY STAGE OF A RELATIONSHIP**

◆ **Marriage Preparation**

Preparation programs prepare couples to begin their lives together. They help to identify and assess areas of strengths and compatibility, as well as areas that need attention. They help couples to be proactive in addressing problem areas.

Marriage Preparation for Catholics is provided by Catholic Family Services Toronto or through the Parishes

◆ **Marriage Enrichment**

Enrichment programs help committed couples reaffirm what they value in each other and in their relationships. They assess areas that need attention and also address existing and potential difficulties.

◆ **Support During Separation**

Or Divorce

Unfortunately, some couples wait until the relationship is beyond repair before they seek help. When a break up is inevitable, we help families to navigate the emotional upheavals that affect the partners and their children. During this process, we assist couples to function in ways that enhance safety for all family members.

Couple *Care* **OFFERED IN MANY WAYS**

Couple distress is pervasively damaging. It is a major factor in many psychological problems in individuals and has a negative impact on children.

◆ **Single Session Consultations**

Weekly Walk-in Clinics

Mississauga Office: Tuesdays, 12:30 - 7:00 pm

Brampton Office: Thursdays, 12:30 - 7:00 pm

◆ **Therapy**

Couple therapy can help to address problems, reduce distress and enhance the quality of relationships. Most couples who seek therapy find it helpful.

◆ **Groups**

Preparation and Enrichment Programs

These programs are often offered in a group setting.

Putting Kids First

Focus on effective parenting during separation and divorce.

Couples are assessed for appropriateness of couple work and suitability for group

OTHER RESOURCES

◆ **Mediation**

CoupleCare provides referral to Peel Family Mediation Services for help with mediation—a valuable intervention process that can help some couples prevent unnecessary legal involvement and find helpful resolutions

◆ **Online Resources**

Visit our website: www.cfspd.com

Follow us on twitter: @CFSPD

Like us on Facebook:

Catholic Family Services Peel-Dufferin

◆ **Other Agency Programs**

Catholic Family Services Peel Dufferin offers a wide range of other services for individuals, couples and families, along with various group programs throughout the year.

CFSPD staff is available for in-house training and community educational presentations.