



Marriage & Family Therapy of Trumbull

Helping individuals, couples and families

They're Out of Control!

- They just don't listen to me anymore.
- What am I doing wrong?
- I feel like a failure as a parent.
- Nothing I say or do seems to make any difference...

Children are the light of our lives but they can also drive us to the brink. Why is my child acting this way – they never had outbursts like this before. What are other parents doing that I'm not? All of these are natural and normal reactions to the very real challenges of raising healthy kids in today's society.

Marriage & Family Therapy of Trumbull can help. We have the tools, the techniques and most importantly the objectivity to help our clients learn new ways of taking back control.

Please call us at **203-416-6008** to learn more about our services.

- Individual, couple, family, and group therapy
- Flexible day, evening and weekend appointments
- Treatment for a wide variety of presenting concerns
- Sliding fee scale

We look forward to helping you.