



**Marriage & Family Therapy of Trumbull**

Helping individuals, couples and families

# How do I say “NO”?

- Without feeling guilty?
- Without thinking that I am a failure?
- Without worrying about what other people may think of me?
- I’ve never had to say “NO” before!

Our unusual economic climate has us all wondering what changes we can make to maintain stability in our lives, our marriages, our families. Sometimes we need help in learning new tools and methods for negotiating with our kids, our spouses, how to decline that dinner invitation or that fundraiser that we have always said “Yes” to.

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 navigating changing situations.

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.