



**Marriage & Family Therapy of Trumbull**

Helping individuals, couples and families

# I Feel Empty.

-Nothing ever goes well for me.

-Leave me alone.

-I am so tired, I just don't have the energy to go on.

-I don't feel like it.

Have you said or felt any of these ways lately? Do you know someone who has? Depression is a real thing and it takes many different forms. It serves a purpose, but it also must be handled skillfully and sensitively by a professional.

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 dealing with sadness and uncertainty.

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.