



**Marriage & Family Therapy of Trumbull**

Helping individuals, couples and families

# But I'm **not** a Superhero.

-I work for a good living.

-I am a good parent.

-I take care of our home and health.

-Where did I sign up to be a Superhero? I'm just a single parent!

Single parenting is becoming more and more the norm in today's society – but where did it say that it was easy? Come together with other single parents who, just like you, are doing their very best to make all ends meet. Share ideas, develop support for one another and put down the Superhero cape.

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 managing family life.

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.