

Relationship Solutions

Do you feel like you and your partner are not speaking the same language or you live on different planets? Are you unsure about your relationship and are stuck in the decision-making process? Is it hard to cope with coworkers? Are you having conflicts with family members? Or do you wish you had better boundaries? Our Relationship Solutions will help you take a proactive approach to enhancing your relationships.



Enhance your relationship!

- **Need help communicating?** We can help you learn the importance of communication to respect your limits and needs, expressing them in a healthy way, and listen to different points of view.
- **Juggling kids, work, and your love life?** Today's couples are busy. We can provide tips to help you learn how to make time for each other.
- **Need help resolving a conflict?** Learn how to work out, and confidently address differences in your relationships, whether with your partner, family, or with colleagues.

One call is all it takes to get started.

Life Smart Coaching focuses on improving your personal and interpersonal relationships and build better boundaries in your life. We make it simple to get started and guide you step-by-step. When you call our Client Services Centre, here's what you can expect:

1. We ask a few questions to make sure you receive the customized service that will be most helpful.
2. We arrange for one of our clinicians to call you and walk you through the types of support you could benefit from, including personalized resources specific to your concern.

3. We'll be in touch with you while you're using the materials, and help you build the confidence to solve almost any relationship challenge.

Life Smart Coaching services are offered over the telephone. If you ever feel uncertain or overwhelmed, we can arrange counselling services (face-to-face, over the phone, or online).



**Life Smart
Coaching
can help
you enhance
your relationship.**

Call us to get started

1-866-565-4903

International (Call collect): 604-689-1717

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