



Relationship Solutions

Finding the time to care for and nurture our intimate relationships with others can be challenging. That is why we created Relationship Solutions; a service offered through your Plan Smart — Lifestyle and Specialty Counselling Services. Relationship Solutions helps you take a proactive approach to enhancing your relationship. Included in the service is up front coaching, as well as a Relationship Solutions Resource Kit.



Enhance your relationship!

- **Need help communicating with your loved one?** We help you learn the importance of communication, honesty, and forgiveness.
- **Want to get the spark back?** We help couples relate to each other so they can keep the relationship fresh.
- **Juggling kids, work, and your love life?** Today's couples are busy. We provide tips to help you learn how to make time for each other.
- **Need help resolving couple conflict?** Learn how to work out differences constructively, and how to appreciate and communicate each other's point of view.

The Relationship Solutions Resource Kit includes:

- **A two-part educational workbook with information on how to enhance communication** and a series of exercises designed to encourage you and your partner to re-engage with each other.
- **One of the most recognized relationship self-help books**, focused on improving relationship communication and resolving conflict.
- **Other tools** to support behaviour change in a fun and meaningful way!

If you ever feel too overwhelmed by the challenges in your relationship, we can easily arrange counselling.



Plan Smart can help you enhance your relationship!

CALL US TO GET STARTED (TRANSLATION TO OTHER LANGUAGES AVAILABLE).

1.800.663.1142 Numéro sans frais - en français : **1.866.398.9505**

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