



Therapy by Rob

Contributing to the process

Prospering During COVID-19

FOR COUPLES

Align your purpose.

COVID-19 has allowed more time for couples to be together. Use this time as an opportunity to identify and resolve areas of your relationship that can be improved.



FOR FAMILIES

New rules of engagement.

This virus was a complete disruption to all of our routines. Now is a time to see where new routines can be established. Schedule uptimes and downtimes.

WORKING FROM HOME

A transition.

Work and home are now at the kitchen table all together. Setting boundaries, being intentional about times allotted for work and family are more important than ever.

