# Therapy by Rob

Contributing to the process

### **Prospering During COVID-19**

#### FOR COUPLES

Align your purpose.

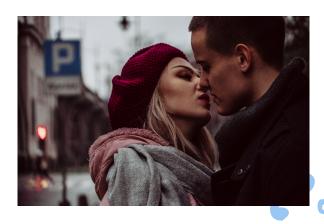
COVID-19 has allowed more time for couples to be together. Use this time as an opportunity to identify and resolve areas of your relationship that can be improved.



# 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.



### 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.

