



THRIVING FAMILIES

Discover The Model For Families That *Works*

Are you feeling exhausted, stressed, and overwhelmed from raising your kids, teens or young adults? Would you love to move from conflict, arguments, and tension, to improved communication, enjoying quality time together, and truly thriving as individuals and as a family?

You might have children or teens that exhibit symptoms or signs of ADHD and/or anxiety and you're not sure what to do next. You may see your child/teen struggling with managing their feelings, challenges in peer or family relationships, or lacking self-confidence and you're not sure how to help them.

And, this struggle may be negatively impacting your marriage and other relationships. Maybe you've tried therapy or other types of support that haven't helped, and you don't know what your next step should be.

Thriving Families is a customized transformational coaching program which combines healing with vision work. This powerful combination helps you and your family create stronger connections and maintain open communication. The end result is that each member feels seen, heard, and valued and is happy to be part of this family.

"Theresa's coaching transformed my family. The techniques I learned reshaped our family dynamic in such a heartwarming way. Each day, I'm grateful for this gem in our lives!"

- Maureen E.

Upon completion of *Thriving Families*, clients often notice the following changes:

- More open and effective communication between family members
- Stronger relationships and connection
- Consistent structure and routines at home
- Clear expectations and boundaries
- Support for each other's individual growth
- More quality time and shared experiences



You may feel that all of this is unrealistic, or wishful thinking... and that these changes seem impossible from where your family is right now.

But in my experience, with proper structure and support, combined with the application of targeted tools and strategies, families are able to see the kind of change that they've never been able to achieve before.

“Theresa's Thriving Families Program helped me to formulate ideas, emotions, and dreams that were bouncing around in my head for years, and were stuck in neutral. She helped me to tune in and to recognize what is truly my inner voice, and what is just fear talking. Her work with me has been so impactful, and has awoken a spirit within me that I am so grateful for. Our family experiences so much more harmony now, thanks to Theresa's program, support, and tools.”

- J.C., Thriving Families Dad

This program starts with:

- A thorough, 90 min initial assessment with your coach who will gather important history and information.
- Children/teens are invited for a 45-60 min initial assessment separate from their parents.
- The total cost for the assessment is \$500.



*These assessments help both the coach and the parents to decide if Thriving Families is a good fit for your family. If the answer is yes, then the \$500 will be deducted from your package.

If the answer is no, then your coach will make appropriate recommendations for next steps for you and your family.

About Theresa Garvin

Theresa has over 35 years of expertise in psychotherapy, including 7 years teaching at Boston College Graduate School of Social Work, 6 years working at the Hallowell Center in Sudbury, MA and more than 13 years running a successful private practice.

Through her own experience of family conflicts, turmoil, and feelings of constant overwhelm, she found what *works*, and she's now excited to share these tools and strategies with others.

Her mission? Helping every family move from merely surviving to genuinely thriving.



Join us on this enlightening journey.

Together, let's create families filled with understanding, acceptance, and boundless joy!