

Resources for married couples going through difficult times

Resources in Winnipeg

Counselling Services

Christian marriage counsellors in Winnipeg

Therive Website: A List of Christian Counsellors in Winnipeg

<http://www.theravive.com/therapy/christian-counselling-winnipeg>

Nikodem Therapy (Registered Marriage and Family Therapist)

Helena Nikodem

204-663-1228

Non-faith-based Counselling Services

The Family Centre of Winnipeg

393, Portage Ave., 4th floor

204-947-1401

www.familycentre.mb.ca

Elizabeth Hill Counseling Centre

301-321 McDermot Ave.

204-956-6560

Aurora Family Therapy Centre

University of Winnipeg

204-786-9251

<http://aurora.uwinnipeg.ca>

This therapy is provided in many languages either through direct service in clients' mother tongue, or through working with interpreters. Some of the languages include English, French, Swahili, Kinyarwanda, Kirundi, Lingala, Farsi, Dari, Dinka, Arabic, Amharic, Tigrigna, Korean, Punjabi, Spanish, Russian, Serbo-Croatian, and so on.

Resources elsewhere in Canada

Organizations

Retrouaille

Retrouaille is a **support program for troubled marriages** that emphasizes communication and works toward bringing a marriage back on solid ground. It entails a **weekend experience with follow-up sessions** spread out over a few weekends during a six-month period. *Retrouaille* is offered in several Canadian cities, in Ontario and Western Canada.

We would like to launch *Retrouaille* in Manitoba. We thank you for contacting us if you can help set up this important program in our area.

Upcoming retreat dates : www.retrouaille.org/dates.php?country=CAN

Resources in the USA

(with phone or Internet options)

Counselling Services

The Alexander House - Christian Marriage Coaching : www.christianmarriagecoaching.org

Coaches, as contrasted to counselors, are not seen as experts. Rather, they are seen more as a person with a set of skills they use to support people to achieve goals. A coach can be seen more like a partner or buddy that you check in with from week to week to review your progress, vision for the future and set new goals.

Divorce Busting : www.divorcebusting.com (a secular organization)

Controlled Separation

If a couple is seriously thinking about separation and is able to connect in person with a trusted counsellor or priest/pastor, they could request for this person to accompany them in a divorce-prevention program called "Controlled Separation". (The couple could also choose to use it on their own without the help of another person.) The program, available as a Catholic or non-Catholic, edition, can be downloaded at the cost of approx. 25\$, from this site :

www.familyministries.org/store/products.asp?category_id=9

NB: If this approach rings a bell with them, more resources are also available on the website of "Controlled Separation" : www.controlledseparation.com

Struggles with particular issues

Beyond Affairs Network : www.beyondaffairs.com

An organization that specializes in helping couples and individuals affected by infidelity restore their lives – and get from broken to healthy and whole again.

Compassion Workshops – Anger and Violence Regulation : www.compassionpower.com

Deficits in three areas motivate abusive behavior and attempts to dominate and control: emotional awareness, compassion, and self-regulation skill. The treatment raises the emotional intelligence of abusers through greater awareness of their internal experience and that of loved ones. Proven self-regulation techniques lower emotional reactivity in the family, allowing greater individual freedom and expression. It goes well beyond any anger management class or anger control course to target resentment as ultimate source of abuse in marriage and other intimate relationships.