

# BEGINNING *New*

*I appreciate ... I regret ... I want ... I will ...*



**Gurnee  
Counseling Center**

*Focused on solutions that build healthy skills to last a lifetime.*



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## *Beginning Anew:*

Breathing New Life into Your Relationships.

Beginning Anew is a process for resolving conflicts and improving communication in relationships. Our approach combines elements of ancient Buddhist wisdom with cutting edge behavioral research on successful relationships. We have used this model successfully with couples, families, small businesses and other organizations. This format is simple and it really works.

If you would like to find out more about how this model could benefit you or the people you work with, please contact us.

Beginning Anew

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