



WITH THE NEW YEAR COMES NEW OPPORTUNITIES TO RECONNECT AT

Strengthening Relationships



As 2015 approaches, New Year's resolutions are on the minds of many. Besides the common resolutions of getting in shape and saving more money, this can be the right time to resolve to heal old wounds and bridge gaps that have developed in important relationships. Take the opportunity of the changing year to understand yourself better and make changes where needed. As marriage and family therapist Theresa Hubbard says, take this time to "Resolve to reconnect."

Hubbard is a licensed therapist who has run her own practice for nine years called Strengthening Relationships. She has seen clients of all ages and backgrounds and helped them with a multitude of problems. She helps families reconnect either in therapy or at retreats at The Journey Home Retreat Center.

"The Journey Home has been open for two and a half years as a private facility retreat center," Hubbard said. "There aren't many options for retreats in the KC metro area and The Journey Home is so unique because it's private and feels like a home. The facilities don't resemble a sterile dorm room or a hotel conference room. You'll immediately feel a deep sense of calm and peacefulness that The Journey Home will bring to your retreat."

Coming to Strengthening Relationships can be a wonderful gift to give to your family, one that every member can gain something from. If you need a gift for your employees, The Journey Home also offers corporate retreats. These outings can foster strong bonds and comradery for any office.

"There's always the opportunity to have a better life experience. It's not always easy, but there's always hope," Hubbard said. "I'm curious to understand who you are, the choices you've made and how you see the world. But most importantly, you won't be judged for who you are. We want the people visiting The Journey Home to feel a deep sense of compassion and the warm embrace of a safe environment."

Take the first step and contact Hubbard today. Strengthening Relationships is located at Westowne Office Park, Building 10, in Liberty Mo. To reach the office call 816-591-3006.

As Hubbard writes, "At different points in our lives we are more willing and able to make changes that can improve our life. Those changes can directly and indirectly have a positive impact on us and the lives of the people around us. When you are ready, I will be here to discuss the changes you would like to make, to help you learn more about yourself, and your options."