

## Group Leaders

**Jonathan Hart** is a Licensed Professional Counselor who has extensive experience in assisting people as they navigate the obstacles to intimacy presented by relational trauma and sexual acting out. He understands the frustration and fear inherent in the process and works to assist couples in coming Back Together successfully.

**Lianne Johnson** is the Executive Director of Avenues Counseling and has been a Licensed Professional Counselor for over 10 years. She has worked intimately over the years with individuals and couples who have suffered from relational and sexual trauma.



Providing you the  
highest level of  
confidentiality

For more information about this  
group, please contact Jonathan  
Hart, LPC at (636) 219-6952



# Back Together

Building Intimacy and  
Trust for Couples

A 12-week group designed for  
couples desiring greater closeness  
and trust.

## Avenues Counseling Center

1612 S Big Bend Blvd, Richmond Heights, Missouri 63117

[www.AvenuesCounselingCenter.org](http://www.AvenuesCounselingCenter.org)

This group runs throughout the year.



Distance in relationships happens, whether because of a big event that breaks trust, or by many small moments that build walls brick by brick. However it develops, it hurts. Couples often begin to wonder:

- “Is this how it’s going to be forever? I didn’t sign up for this.”
- “Is this normal? I thought marriage would be different... more meaningful.”
- “I want more from marriage than a roommate.”
- “Mostly, we talk about the kids, and who’s got to be where and when.”

Back Together is a group designed to teach couples how to build trust and closeness in their relationship, and how to heal from the times when trust has been broken, whether in big or small ways. If you want to step out of the merely functional or logistical relationship you’re currently experiencing and into a marriage that is powerful and connected, sign up today!



## “How do we feel close again?”

### Topics discussed in our 12-week time together will be:

- Genuine Intimacy: How it is Meant To Be
- How Intimacy and Trust are Connected
- Creating an Environment for Trust
- Understanding Relational Trauma
- Resiliency: Creating a Relationship That Can Survive and Thrive
- And more!

When: Meetings are scheduled around group members’ availability to the best of our ability.

Where: Avenues Counseling, 1612 S. Big Bend, 63117

Cost: \$40 per session



### How do I find out if this group is right for us?

Each Couple’s case is evaluated individually to determine general fit with the group as it forms. Please contact Jonathan Hart at (636)-219-6952 to confidentially discuss whether this group is a good match for your unique scenario.