

✓ **Problems in your relationship or your marriage is in a crisis?**

Contemplating divorce? The

majority of divorces are avoidable.

Tearing something down is easy - no special tools nor instruction required.

Counseling provides materials, tools, instructions and guidance necessary for repairing and remodeling. Ever watch *DIY to the Rescue* on TV? Building, remodeling, or repairing a home or marriage is more difficult and involved than many people imagine, and easy to get wrong. I can help.

✓ **As part of my service my clients are expected to call me** to coach

them through situations. Clients who called tended to improve more quickly.

✓ **I use evidence-based treatments, and am outcomes oriented** which usually means you ought to get results by the third session or change counselors.

✓ **Feeling depressed?** Some causes of depressed feelings are: improper diet; improper hormone levels; medications; having no goals and boredom.

✓ **For help with anger or drug & alcohol relapse prevention**, I use a family systems approach and focus on solutions. This has shown to be effective.

✓ **Military?** What role does the returning soldier have in the family? How does your family adjust? I have special rates for military! *Call me*. For additional resources visit: www.MyArmyOneSource.com.

Resources Useful & Interesting

Emergency Assistance

Bar Association (Court House) 227-8822
Crisis Line 225-5481
San Antonio Police 227-7201
An Emergency of Emergencies 911
Laurel Ridge Treatment Center 800-624-7975
laurelridgeetc.com

Victims of Crimes

Adult & Child Protective Services 800-252-5400
Battered Women's Shelter 733-8810
Rape Crisis Center 349-7273
Violent Crimes Hotline 207-7777

Some Interesting Websites

City of San Antonio 311 ci.sat.tx.us
United Way - Community Services + Military 211 unitedwaysatx.org
City of San Antonio Events visitsanantonio.com

Caregivers, Elderly, Seriously Ill

Bexar County Area Agency on Aging 362-5200
Caregiving caregiving.com
City of San Antonio Transportation 207-6680
Legal Awareness & Benefits Counseling 362-5253
Methodist Health 800-333-7333 mhshealth.com
Nurses In Touch Home Health 800-441-9938

For Dads

For New Dads dadsadventure.com
Divorce Help dadsdivorce.com
National Center for Fathering fathers.com

For Moms

For New Moms breastfeeding.com
Women's Forum womensforum.com

Relationships & Parenting

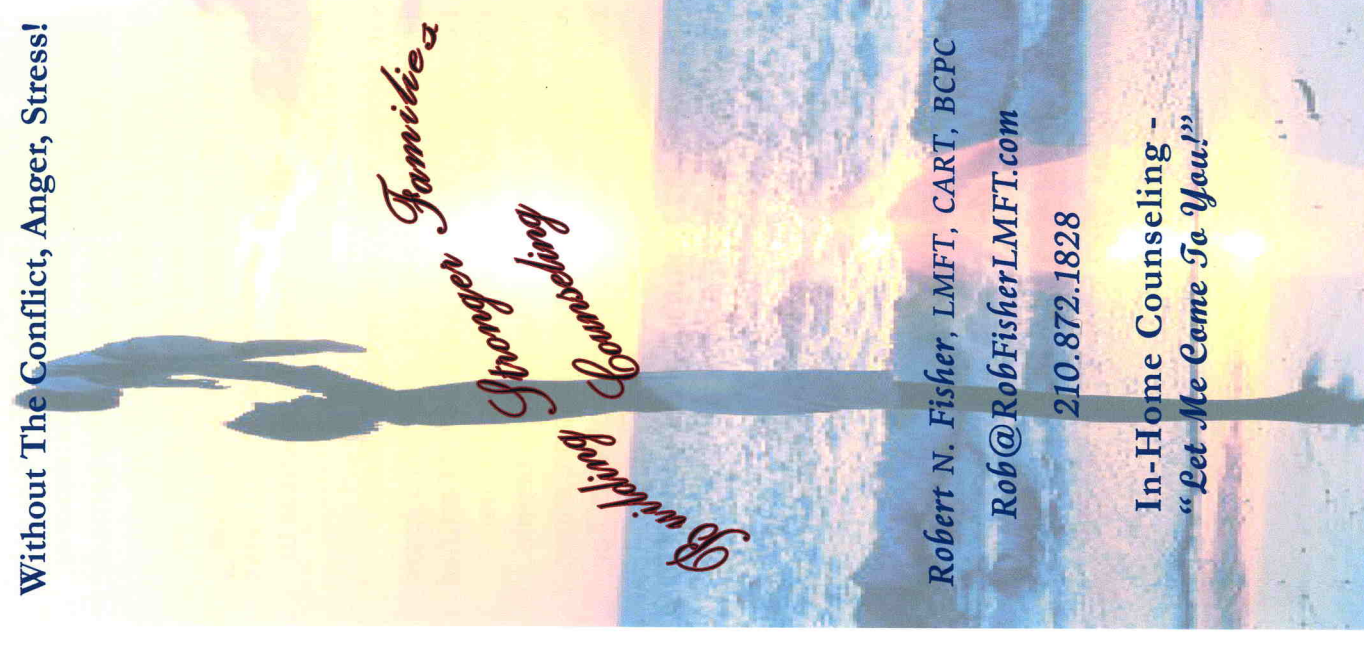
Dr. Phil MacGraw drphil.com
Kid Source Online™ kidsource.com
Military & Families MyArmyOneSource.com
National Parenting Center tnpc.com

Counseling Regulation

Verify Licenses (Counseling, etc.) in Texas:
www.dshs.state.tx.us/Licensee-Registrant-Permittee.aspx
American Assoc For Marriage & Family Therapy (AAMFT) - Resources for Public: AAMFT.org

Relationships and Family You Really Want

Without The Conflict, Anger, Stress!



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In-Home Counseling -
"Let Me Come To You!"



You know the problem - trying to get ready, finding care for your children and plan your time and route through traffic! You now have the convenience of relaxing at your home or office while I negotiate traffic to come to you. I may drive up to about 55 miles — Medina Lake, Boerne, Canyon Lake, New Braunfels, Seguin, and Pleasanton, to name a few areas I cover. Some clients chose to meet at libraries.

I'm Robert Fisher, a Marriage & Family Therapist (License 4962), a Certified Anger Resolution Therapist, and a Board Certified Professional Counselor with additional training in crisis/disasters. I help people experiencing infidelity, depression, anger, substance abuse, and other problems. For Christian approaches beliefs & values, scriptures, and treatment are carefully integrated (member American Association of Christian Counselors.)



Couples helping each other may form deeper, stronger connections that last a lifetime!

You get a free 15-minute consultation via phone, and your first session is up to 2.5 hours plus a \$20 discount -

Together we will review your situation and set goals. We will also begin our journey and hopefully start getting results. When you find yourself in a situation too difficult to handle well, I expect you to call me even if it's 3 am. I will be with you as best I can through your forest of life's fallen trees, ruts, holes, rocky areas, and thorns. This same forest has paths to help you heal, feel better, and learn how to identify and live with....



Probationers have better marriages

Nearly 400 people mandated for substance abuse relapse prevention were helped by my using a Family Systems approach. Many came to have the better relationships and families they thought they would never have, so they chose to stay away from drugs and alcohol for fear of destroying their much improved relationships. A few eagerly registered for Texas' *Healthy Marriage* classes after I helped them with marriage preparation. As word spread, people cancelled appointments with other counselors to have a few with me. I enjoy helping people get out of rocks and thorns and onto useable paths toward their meadows, and more enjoyable lives.

For our community I lobbied in Austin for better services for families, and as a **volunteer** I helped parolees and their families, worked with the American Red Cross and the Center For Health Care Services in disasters. I help people as best I can wherever I am.

If you would like more information or an appointment, or to speak with me about a concern, call between 9am - 7pm.

If emailing, ensure confidentiality and be clear in the subject line. Sessions are at locations

such as your home, office, or libraries. I accept cash & check, and major credit cards via my website. My National Provider ID (NPI) is 1922237304, and I am a provider with Deer Oaks EAP. If you're not using insurance etc., then I am not bound by their rules. I've gone 40 minutes overtime even though the client paid for one hour. Go to www.RobFisherLMFT.com, click on *Helpful Forms* and read *Client Handbook* which has lots of information - **I have a special rate for active military, their dependents, family members and caregivers on page 1.**

