Couples Counseling

When your loved one comes back changed, it can be hard to be the partners you once were. We help provide couples with the support and guidance you both need to find a healthier new normal in your relationship.

The Family Center

ROAD HOME PROGRAM
PTSD can make someone seem like a different person. They can be withdrawn, irritable, on-guard or critical. This in turn makes their partner feel hurt, cut off and discouraged that things will ever get back to normal. A circular pattern of negative emotions may develop that can sometimes harm relationships.

Couples counseling can help you restore the confidence you have as a team. Treatment focuses on redefining relationship roles, strengthening communication, recognizing unhealthy patterns of interaction and resolving conflict in a healthy and constructive way.

The Family Center at the Road Home Program provides a safe and supportive environment where you and your loved one can rebuild your relationship. We take the time to understand your unique situation, and we tailor our care to best serve your specific needs.

Some possibilities for your treatment include:
- Couples therapy
- Family therapy
- Medication to manage symptoms such as depression, anxiety and sleeping difficulties
- Referrals to specialized services
- Support groups

Our services are provided regardless of length of service, discharge status or ability to pay.

Road Home is located at 1645 W. Jackson Blvd, Suite 602. Chicago, IL 60612. We are easily accessible by public transportation.

If you, or someone you know needs help, please call us at (312) 942-VETS (8387) or visit www.RoadHomeProgram.org to schedule an appointment.