

Broken Bow Area Couples Group

An educationally focused networking group for veterans, spouses and significant others, oriented toward the enhancement of both personal and family strengths while dealing with issues arising from the impact of a spouses past military service.

The goal of the group is to help spouses and significant others address more effectively a wide range of issues including: family and relationship discord, depression, anxiety, anger, guilt, impulse control, decision making, styles of communications, parenting and other life skills. We endeavor to provide the opportunity for members to interact with, support, and learn from one another.

Facilitator: Dan Northam MS, LMHP, NCC,
Readjustment Counselor
Omaha Vet Center
402-346-6735

CONFIDENTIALITY: The discussion of issues, situations, and experiences will be held in strict confidence, by all members.

The **Couples Group** is open-ended and **will meet on the First & Third Monday, of each month, from 6:00 PM –8:00 PM.**

**Location: Veterans Memorial Building (directly behind McDonalds)
416 S 1st Ave.
Broken Bow, NE 68822**