



THE OHIO STATE UNIVERSITY

College of Education and Human Ecology

Department of Human Sciences

Couple and Family Therapy Clinic

In an effort to care for Ohio residents during these difficult times, The Ohio State University Couple and Family Therapy Clinic is providing the following 4 resources to Ohio in June and July **free of charge**.

1. Brief solution-focused therapy sessions
2. An LGBTIP2SQAPK support group
3. Premarital groups
4. A workshop for women contemplating or in the process of ending their marriage.

Please share these resources with anyone that may be interested in these opportunities. These services are available to anyone over the age of 18 currently located in Ohio. All of these services will be offered via telehealth. These services are being offered free of charge for a limited time, so we encourage those interested to take advantage of this opportunity.

Information on each service is offered below.

Free Therapy Sessions in June and July

Research shows that often clients can make progress having just one quality session with a trained provider. This summer, The Ohio State University Couple and Family Therapy Clinic is offering one-time **complementary** therapy sessions. These brief solution focused sessions allow clients to get a professional perspective on their current situation and to collaborate on next steps toward the desired outcome. The sessions last 45-90 minutes depending on the situation presented. Participants are welcome to sign up for additional sessions as long as space permits. This service is available for individual adults, couples, or parents wanting to discuss their minor children. These sessions are offered on a first come, first serve basis. We will be offering 30-50 of these appointments a week starting the week of June 1.

Those interested in this service should send an email to CFTclinic@osu.edu or call 614-292-3671 and a member of our clinical team will reach out to schedule the session.

Summer LGBTIP2SQAPK Support Group

The Ohio State University Couple and Family Therapy Clinic is starting a new LGBTIP2SQAPK Support Group welcoming both individuals and partners. The purpose of this group is to help members of the community come together in a supportive and affirming environment, to share

common experiences, and to increase our understanding of gender identity, sexual identity, and relationships with others. We are creating this space to foster a deeper sense of empowerment for those who attend. All diverse identities and expressions within the LGBTQ+ spectrum, including those questioning, are welcome! This group is being led by a queer identifying therapist.

If you are interested in enrolling in this group, please send an email to CFTclinic@osu.edu or call 614-292-3671 to schedule a 1 hour intake session. This time will allow you to meet the group facilitator and learn more about this opportunity.

Summer Premarital Counseling Groups

The Ohio State University's Couple and Family Therapy Clinic is offering pre-marital groups beginning the week of June 1st. As couples prepare to step into this commitment together, premarital groups can be a fun and engaging way to prepare for a journey that will lead to individual growth as well as growth together as a couple. Our groups will meet weekly for five weeks, for two hours in the evening. Each couple will be encouraged to explore their strengths and discuss common pre-marital topics in a light-hearted environment. Couples will have the option of taking a complementary research based premarital assessment and having a personalized session with a CFT clinic therapist to review their results and to discuss their overall relationship wellness. This assessment usually cost \$40, *but is offered to members of our groups for free.*

If you and your partner are interested, please send an email to CFTclinic@osu.edu or call 614-292-3671 to schedule a 1 hour intake session. This session will allow you to meet the group facilitator and learn more about this opportunity.

Women's Workshop on Ending Their Marriage -- May 16, 9-11am

The Ohio State University Couple and Family Therapy Clinic is partnering with Hamilton Capital and a group of central Ohio family attorneys to present this workshop for women who are contemplating or in the process of ending their marriage.

Attendees will:

- Explore the legal, financial and emotional aspects of ending a marriage
- Learn from experts who have guided others through the process of ending a marriage
- Discover resources available to help in this process

Those interested in enrolling in this workshop should send an email to CFTclinic@osu.edu or call 614-292-3671 to learn more about this opportunity.

This workshop will be repeated again on June 13.



THE OHIO STATE UNIVERSITY

College of Education and Human Ecology
Department of Human Sciences
Couple and Family Therapy Clinic

Phone: 614-292-3671
Email: CFTClinic@osu.edu
www.cftc.ehe.osu.edu