

When obstacles get in the way of your marriage, the coaches and counselors here at Breaking Free Wellness Center challenge you and encourage accountability to get you past problems to build a better marriage. We can offer a different perspective and support you as you move forward.

A Christian coach or counselor is here for you, prayerfully listening to your concerns and asking questions to give you clarity in your situation and help you on the path to a stronger, healthier relationship. **Together, let's break the chains keeping you from the loving marriage you deserve!**

**Call us at Breaking Free today!
239.244.3912**



ABOUT THE FOUNDERS



PASTORS GASPAR & MICHELE ANASTASI

Pastors Gaspar and Michele Anastasi founded Breaking Free Wellness Center in September 2020. With more than 40 years experience counseling couples as well as individuals with great success, they decided to extend their God-given gift to you. When you choose Breaking Free Wellness Center for counseling or life coaching, you place your heart in their capable and compassionate hands and those of their trusted and certified staff.

Michele Anastasi is a Certified Christian Life Coach, and Gaspar Anastasi holds Doctorates in both Theology and Christian Counseling.

Counseling and Coaching are available in person or via Zoom. **Call to schedule an appointment!**



239.244.3912 | BreakingFreeCC.com

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FINDING THE KEY TO A SUCCESSFUL MARRIAGE



Faith-Based Counseling & Coaching

WHAT IS MARRIAGE COACHING?

Marriage Coaching is the art and practice of assisting individuals and couples to move forward from where they are to where they want to be.



WHY DO YOU NEED A MARRIAGE COACH/COUNSELOR?

To help you set and reach specific goals for your marriage



To help you develop a closer relationship with God and each other



To walk you through marriage transitions and other changes



To stimulate a vision for your marriage



To avoid calling it quits



To reach your highest potential and leave a great legacy

COACHING & COUNSELING PACKAGES WE OFFER

PREMARITAL COUNSELING

This is a six-part series to prepare you for a happy life together by learning the sound, godly principles necessary for a successful marriage.

MARRIAGE COACHING

Marriage coaching is not about looking back. It's about looking ahead. Coaching is not about healing, it's about growing. In this three- (or more) part series, you will learn to reach your highest potential together and continue growing as a strong couple.

CRISIS MARRIAGE COUNSELING

Are you and your spouse ready to call it quits or struggling with unresolved issues? We offer this package to get you back on track. Don't give up on your marriage. Instead, give us a call.

