

TESTIMONIALS

I was ready to give up on our 40-year marriage. I was angry and depressed, wanting a divorce. **Through Breaking Free Marriage Counseling, I learned patience and to communicate with love instead of anger...** Today, our marriage is restored and the best is yet to come! ~Richard

For years I struggled to express myself both personally and professionally. I had a reputation for being difficult to work with. **Recently, with the help of my Life Coach, I was called by a co-worker "supportive and understanding"!** Breaking Free has truly changed my life, my perspective and given me peace. Thank you, Pastor Michele. ~Brandalynn

For decades, I was filled with anger and shame. My heart grew colder and I spiraled into darkness. Breaking Free Inner Healing helped me surrender the pain that had defined my life and place my trust in God. **Today, I am free!** ~Katrina

**All programs offered
in person or via Zoom.**

**Call for an appointment!
239.244.3912**

ABOUT THE FOUNDERS



PASTORS & DR. GASPAR & MICHELE ANASTASI

Pastors & Dr. 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!**

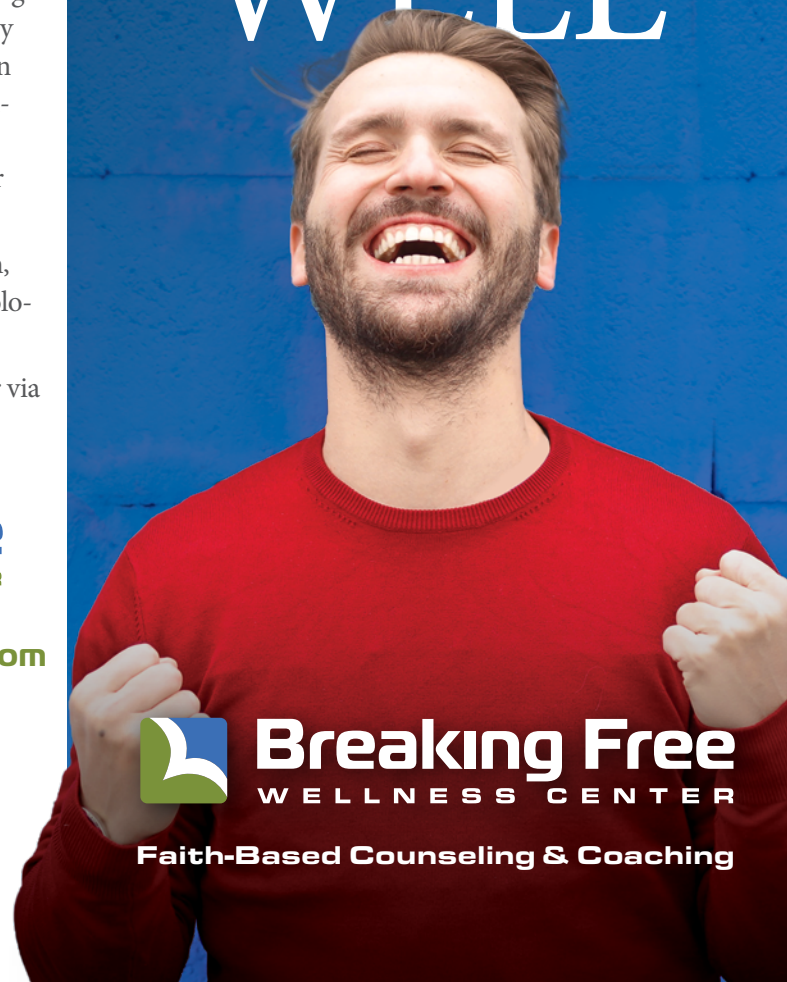


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YOU CAN
**BREAK
FREE**
AND
**LIVE
WELL**



Breaking Free
WELLNESS CENTER

Faith-Based Counseling & Coaching



Breaking Free Wellness Center is founded on the belief that God can set you free from all issues that affect your life.

We offer:

INNER HEALING

Our inner healing program, Stop Hurting Start Healing, will help you break free from past trauma, difficult emotional issues and equip you to lead a healthy life. We highly recommend inner healing if you're dealing with issues like:

- **Depression and emotional hurts**
- **Divorce**
- **Grief, loss and disappointment**
- **Destructive lifestyle patterns and addictions**
- **Faith and spiritual crises**

COACHING

Helping you achieve your destiny

MARRIAGE COACHING

If you're married, Breaking Free marriage coaching will help you and your spouse to reach your highest potential and leave a great legacy.

LIFE COACHING

With the help of one of our certified life coaches, you can overcome cycles of failure and achieve success, peace and healthy relationships.



Do you have trouble achieving or maintaining a healthy weight and lifestyle? Engage our Fit & Free Christian Weight Loss Program in your battle! We'll help you break free from unhealthy habits and equip you with the tools you need for a "Fit & Free" future!

BIBLICALLY BASED COUNSELING

ONE-ON-ONE COUNSELING

Give Breaking Free a call today, and our credentialed Christian counselors will help you build your life on a strong spiritual and emotional foundation.

PREMARITAL COUNSELING

Prepare for a happy life together by learning the sound, godly principles necessary for a successful marriage.

CRISIS MARRIAGE COUNSELING

Are you and your spouse ready to call it "quits"? Please see us before you give up on your marriage.

