



FIND JOY, FREEDOM & PEACE

OUR TEAM



YOU'VE COME TO THE RIGHT PLACE

Since 1983, we've been a Christian counseling office serving people by offering counseling for individual growth, marriage and family conflict, crisis intervention, and processing grief. Our goal is to be the place local churches feel confident in referring their church family to.

LET'S CONNECT



Phone Number
203-255-5078



Email Address
info@renewcounselingct.com



Main Location
8 Wakeman Road, Fairfield, CT

Other Locations

Shelton - Southbury - Easton - Milford

**DO NOT CONFORM TO THE
PATTERN OF THIS WORLD, BUT
BE TRANSFORMED BY THE
RENEWING OF YOUR MIND.
ROMANS 12:2**

If interested,
please scan QR
code to fill out
interest form.



Renew COUNSELING GROUPS

All groups are \$25 per person/per week attended

LOVE & RESPECT TO A BETTER MARRIAGE



Dates: Mondays, September 9 - November 4
Time: 7:00 - 8:00 PM
Location: Easton

This 8-week group will help you, end the pain of conflict cycles, discover tools that increase the joy of marriage, and restore a deep level of intimacy.

GET OUT OF YOUR HEAD



Dates: Tuesdays, October 22 - December 6
Time: 6:00 - 7:00 PM
Location: Shelton

This 6-week group centers around 'Get Out of Your Head,' a Biblical guide to discovering how to submit your mind to Christ because how you think shapes how you live. As you surrender every thought to Jesus, the promises of God flood your life in profound ways.

EMPOWERED WOMEN



Dates: Wednesdays, September 18 - November 13
Time: 6:30 - 8:00 PM
Location: Easton

This 8-week mental, emotional, physical, and spiritual workshop on the mind-body connection will help equip you with the knowledge, tools, and strategies to effectively manage and reduce stress in your life by setting and implementing goals for yourself.

CODEPENDENCY RECOVERY



Dates: Thursdays, September 12 - December 5
Time: 12:30 - 1:30 PM
Location: Virtual

This 12-week group will help you recognize and change patterns of behavior, teach how to set and maintain healthy boundaries within relationships, help you learn to express needs effectively and develop a stronger sense of self and freedom from self-defeating thoughts.

BOUNDARIES FOR YOUR SOUL



Dates: Thursdays, September 5 - November 7
Time: 6:00 - 7:30 PM
Location: Virtual

This 9-week group will help you know what to do when overwhelmed, move from chaos to confidence, and transform your anxiety, anger, sadness, and shame. Discover the peace you've always wanted to have!

STRESS PROOF YOUR LIFE



Dates: Fridays, September 20 - November 15
Time: 7:00 - 8:30 PM
Location: Easton

This 8-week series will help you find a place of comfort and understanding as well as learn skills that can help you manage life's challenges while making space for what matters most.