

Rooted Together

A Relationship Growth Journey

Rooted Together is your space to grow closer, deepen your awareness as a couple, and create the relationship story you want to tell, together.



This 6-session relationship growth journey is designed for couples at any stage; whether you're moving in together, preparing for marriage, or simply looking to invest more deeply in your relationship. Instead of focusing only on topics like money or parenting, we explore the foundations beneath those topics – the worldview each person brings, your attachment style, how past grief and loss might shape your connection, how you communicate, and how you experience intimacy.

Ready to rewrite your love story?

Cost: \$300 for the 6-session program
There are 4 spots available pro bono

Referrals and inquiries welcome!

-  416-912-7087
-  tloveman.redbird@gmail.com
-  redbirdtherapy.ca/our-team/tyler-loveman/
-  Telehealth Available Across Canada



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