



YOUR  
*RELATIONSHIP*  
OUTLASTS THE  
WEDDING

[WWW.BRIANNAHAMMERMANCOUNSELING.COM](http://WWW.BRIANNAHAMMERMANCOUNSELING.COM)

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# WEDDING PREPARATION For Relationships That Last

BRIANNA HAMMERMAN, MA, LPC

You are not the first person to feel like wedding planning is railroading your life. There is so much to think about that you lose sight of why you are doing this in the first place.

It doesn't mean anything is wrong. It means, you're getting married.

**Congratulations!**

*Everybody keeps saying, "Oh, you must be so excited!" In reality, you're feeling overwhelmed.*

Yes, getting married *is* exciting. It is *also* really hard. Give yourself permission to take the time now to invest in yourself and your relationship.

Let's get you back to basics so you can walk down the aisle feeling like the best version of yourself:

Confident, happy, and truly connected to your Love who is ready to say, "I do."

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THE SILVER | \$239

*2 Hour Intensive  
Unload stress related to friends,  
family or the "big" day  
Identify manageable solutions &  
Create a custom plan to meet your  
needs*

THE GOLD | \$479

*4- 60 minute sessions  
Discuss Relationship Roles &  
Expectations  
Explore family dynamics  
Practice stress management  
skills*

THE PLATINUM | \$957  
The Ultimate Investment

*8- 60 minute sessions  
We will be able to go deeper into  
relationship dynamics including your  
values, vision and strengths to make  
this next life transition smoother  
\*\*BONUS- 1 post wedding check-in\*\**

*www.briannahammermancounseling.com*