

**Prostate Cancer** is not only a scary medical experience; it can tear at the emotional bonds in your relationship. I know, because I was diagnosed and treated for prostate cancer in 2006. I understand from both personal and professional experience how challenging the diagnosis, treatment, and what comes afterwards can be for both individuals and couples.

As an experienced **couples counselor** and **prostate cancer** survivor, I have special qualifications to help you address the intimacy issues in yourself and in your relationship.

I can help you laugh again, love again, and feel that warmth and exhilaration that intimacy with the one you love can provide, even if some aspects of your body's function are changed.

I can also help you deal with the grief at what you may have lost.

**There is no need to go through prostate cancer alone.**



**I've been there. I can help.**  
*Douglas Jardine, Ph.D., LMFT*

## A Woman's Perspective on Prostate Cancer

I know the fear and helplessness that comes from my husband being diagnosed and treated for prostate cancer. As a **couples counselor** and wife of a **prostate cancer** survivor, I can help you navigate the challenges that this disease brings to you, your relationship, and the man you love.



**It is possible to feel close and intimate again.**  
*Sandy Jardine, MS, LPC*

### Together or individually, we can help you:

- ♥ Resume your loving communication with each other, as you go through the long process of diagnosis, treatment, and coping with the results.
- ♥ Reconnect emotionally and sexually.
- ♥ Grieve your losses.
- ♥ Rebuild your relationship to create more joy and love.

To make your experience of prostate cancer a little easier, call **602-538-9094 (Douglas)** or **480-990-9128 (Sandy)**. Or email us at [info@couples-counseling-phoenix.com](mailto:info@couples-counseling-phoenix.com). We can answer your questions, provide a brief, free, phone consultation and set up an appointment.

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