

Welcome to the First Issue of Sage Advice

Hello, and welcome!

At Sage Family Counseling, we believe healing happens in connection: with others, with ourselves, and with the people we love most. This newsletter is one more way to stay connected with you. A few times a year, we'll share practice updates, new opportunities for support, and practical tools you can use in your own life and relationships.

In this first issue, we're excited to introduce four new therapy groups starting this fall. You'll also find a relationship tool you can try this week and meet one of our therapists.

If you know someone who could benefit from one of our groups, please pass this along.

Warmly,

Branden Henline, PhD, LMFT

Owner, Sage Family Counseling

Now Serving You in Four Locations, Plus Online

This year, Sage Family Counseling opened its newest office in American Fork, at 71 N 490 West (conveniently located near I-15 and the AF Main Street exit). We're grateful to the community for such a warm welcome. Learn more about [our new location in American Fork](#) and [our team of therapists](#) on our website.

With American Fork joining our Draper, Heber, and Tooele offices, we now have four locations across northern Utah, along with online sessions for anyone who prefers to meet from home. Our team offers individual, couples, and family therapy, and now group therapy too.

📍 Draper

📍 American Fork **NEW**

📍 Heber

📍 Tooele

📍 Online

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Four New Therapy Groups This Fall

Group therapy offers something individual sessions can't: being understood by others walking a similar road. All groups are for adults 18+ and cost \$20 per session, with a discount when you pay for the full series in advance. Groups are offered as self-pay. If you'd like to use insurance, [contact us](#) to explore the option of billing insurance for group sessions (co-pays or co-insurance may apply).



8 WEEKS • STARTS OCTOBER 27

Stop Reacting, Start Living: A DBT Skills Group

with Connor Hellberg and Sarah Brown, MHC Interns

Ever feel like your emotions are driving and you're just along for the ride? Dialectical Behavior Therapy (DBT) gives you practical, research-backed skills for handling intense emotions, stressful moments, and hard conversations without getting swept away by them.

Over 8 weeks, this group covers the four core DBT skill areas. Mindfulness helps you stay present. Distress tolerance gets you through crises without making things worse. Emotion regulation helps you understand and shift your emotions. Interpersonal effectiveness helps you ask for what you need and protect your relationships. Each session is hands-on, with skills you can start using right away.

[Reserve your spot →](#)

or email draper@sagefc.com or text or call 801-432-0883

WHEN

Tuesdays, 6:30–7:45 PM, October 27 through December 15

WHERE

Sage Draper, 13552 S 110 West, Suite 204, Draper, UT 84020

WHO

Adults 18+

COST

\$20 per session (\$160 total), or \$120 when you pay for the full series in advance

QUESTIONS?

Email Connor at connor@sagefc.com



5 WEEKS • STARTS OCTOBER 27

Holiday Blues: A Support Group for the Season

with Michelle Lukens, MSW Intern

For a lot of people, the holidays bring more pressure than cheer: packed schedules, family tension, financial strain, missing someone, or a heaviness that's hard to explain. If the season tends to leave you anxious or worn down, you're not alone, and you don't have to get through it by yourself.

This 5-week group gives adults a supportive space to name what makes the holidays hard, connect with others who understand, and practice tools for protecting their peace through the season.

[Reserve your spot →](#)

or email draper@sagefc.com or text or call 801-432-0883

WHEN

Tuesdays at 5:30 PM, October 27 through November 24

WHERE

Sage American Fork, 71 N 490 West, American Fork, UT 84003

WHO

Adults 18+

COST

\$20 per session (\$100 total), or \$75 when you pay for the full series in advance

QUESTIONS?

Email Michelle at michelle@sagefc.com



5 WEEKS • STARTS OCTOBER 27

Spiritual Shifts: A Couples Group for Navigating Faith Changes Together

with Michelle Lukens, MSW Intern

When one or both partners go through a change in belief, whether that's questioning, stepping away, recommitting, or landing somewhere new, it can shake the foundation of a relationship. Couples often find themselves wondering how to stay close when something so central has shifted.

Your relationship can survive this. In this 5-week group, couples work through religious expectations, mixed-faith dynamics, co-parenting, autonomy, and communication, while learning to keep showing up with love and support for each other. All faiths, and those questioning faith, are welcome.

[Reserve your spot →](#)

or email draper@sagefc.com or text or call 801-432-0883

WHEN

Tuesdays at 7:00 PM, October 27 through November 24

WHERE

Sage American Fork, 71 N 490 West, American Fork, UT 84003

WHO

Couples, adults 18+ (both partners attend together)

COST

\$30 per couple per session (\$150 total), or \$125 when you pay for the full series in advance

QUESTIONS?

Email Michelle at michelle@sagefc.com



6 WEEKS • STARTS NOVEMBER 25

Holding What We've Lost: An LGBTQIA+ Loss & Support Group

with Hayden Powell, MSW Intern

Not every loss involves a funeral. For many LGBTQIA+ people, grief can come from strained or lost family relationships, a faith community that no longer feels like home, cultural ties, opportunities, or the life you once imagined for yourself. These losses are real, but they often go unrecognized, which can make them even harder to carry.

This 6-week group offers a safe, affirming space to name those losses, be understood by others who get it, and find support and meaning as you move forward, meeting through the holiday season, when these losses are often felt most.

Scholarships are available to reduce or cover the fee for individuals to participate.

[Reserve your spot →](#)

or email draper@sagefc.com or text or call 801-432-0883

WHEN

Wednesdays, 6:00–7:30 PM, November 25 through December 30

WHERE

Sage Draper, 13552 S 110 West, Suite 204, Draper, UT 84020

WHO

LGBTQIA+ adults 18+

COST

\$20 per session (\$120 total), or \$90 when you pay for the full series in advance

QUESTIONS?

Email Hayden at hayden@sagefc.com. Questions and inquiries are kept confidential.

THERAPIST SPOTLIGHT

Meet Liz Consolati, LCMHC



“I think we all like to feel like there is someone in our corner; someone who will really listen to you with no judgment and give you space to just be where we are. I wanted to be a part of offering that space for other people.”

Liz is a Licensed Clinical Mental Health Counselor who works with teens, young adults, adults, and women navigating anxiety, depression, trauma, perfectionism, identity, and big life transitions. She especially loves helping people figure out who they are and how they want to move forward.

Her style is energetic and approachable, and she stays calm and steady when things get hard. Drawing on CBT, DBT, and ACT, Liz helps clients make room for difficult thoughts and feelings without letting them run the show. True to her words above, she starts by making sure clients feel understood, then works alongside them toward confidence and practical change. She's trained in Trauma-Focused CBT and Gottman Level 1.

When she's not in session, you'll find Liz cooking, exercising, spending time with her husband and kids, or cheering on the Utes.

[Schedule with Liz →](#)

What Would Help You Most?

We want future issues to bring you tools you'll actually use. Feel free to send us a specific question to “Ask Sage” and we will seek to answer key questions in a future issue. Email us at services@sagefc.com to tell us what you'd like us to cover from the topics below.

Managing anxiety and stress

Communication in relationships

Parenting kids and teens

Grief and loss

Faith, meaning, and mental health

Self-esteem and self-compassion

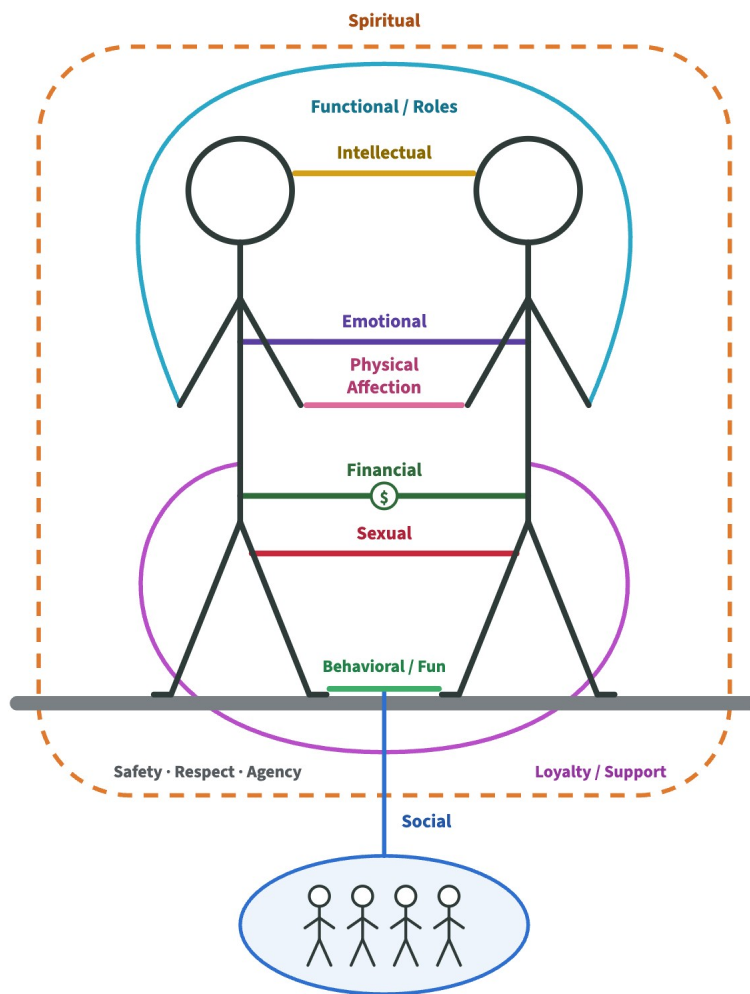
Something else

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This newsletter shares general information and is not a substitute for therapy or professional advice. If you are in crisis, call or text 988 to reach the Suicide & Crisis Lifeline, or call 911.

A TOOL TO TRY THIS WEEK

Lines of Connection



Strong relationships aren't held together by one big thread. They're held together by many smaller lines of connection, running between two people in different ways.

Most couples are already strong in a few of these areas and have room to grow in others. Notice which lines feel strong in your relationship right now, and which could use some attention.

Map your own lines of connection. Use the worksheet on the next two pages to talk through each line together and plan one thing to try this week.

- Spiritual**
Shared meaning, purpose, and connection with something larger than self (religion, nature, community service)
- Functional / Roles**
Giving each other a hand: supportive, complementary roles in life together
- Intellectual**
Sharing ideas, curiosity, and good conversation
- Emotional**
Sharing ups and downs, feeling known, understood, cared for
- Physical Affection**
Hugs, hand-holding, and everyday touch
- Loyalty / Support (Agape)**
Having each other's back, offering support in difficulties, being on the "same team"
- Financial**
Shared goals, openness, and teamwork with money
- Sexual**
A mutually fulfilling sexual relationship
- Behavioral / Fun**
Doing things together and enjoying each other
- Social**
Friendships, family, and community you share
- Safety / Respect / Agency**
"Free to be myself." Every other connection stands on this.

Mapping Our Lines of Connection

For each line, talk through together: What are you already doing to connect in this way? What have you done in the past that worked? What would you like to try together?

Check any ideas that appeal to you, then write your own. Pick one or two to try this week.

— Intellectual

IDEAS TO TRY

- ☐ Read the same article and talk it over
- ☐ Ask a curious question over dinner
- ☐ Take a class or try a podcast together

OUR IDEAS

— Physical Affection

IDEAS TO TRY

- ☐ Hug for 20 seconds when you reunite
- ☐ Hold hands on a walk or in the car
- ☐ Share a six-second kiss goodbye

OUR IDEAS

— Emotional

IDEAS TO TRY

- ☐ Ask: best and hardest part of your day?
- ☐ Hold a weekly State of Our Union talk
- ☐ Share one worry and one hope

OUR IDEAS

— Financial

IDEAS TO TRY

- ☐ Set one shared savings goal
- ☐ Plan a monthly budget date
- ☐ Talk about money lessons you grew up with

OUR IDEAS

— Sexual

IDEAS TO TRY

- ☐ Talk openly about what you each enjoy
- ☐ Plan time for intimacy, don't just wait
- ☐ Share what helps you feel desired

OUR IDEAS

— Behavioral / Fun

IDEAS TO TRY

- ☐ Plan a weekly date, in or out
- ☐ Try something new to both of you
- ☐ Revisit a favorite from when you met

OUR IDEAS

Mapping Our Lines of Connection, continued

Functional / Roles

IDEAS TO TRY

- ☐ Review the week's schedule together
- ☐ Take on a chore your partner dislikes
- ☐ Say thank you for the everyday things

OUR IDEAS

Loyalty / Support (Agape)

IDEAS TO TRY

- ☐ Speak well of each other to others
- ☐ Show up for what matters to your partner
- ☐ Ask: How can I support you this week?

OUR IDEAS

Spiritual

IDEAS TO TRY

- ☐ Share what gives you meaning and hope
- ☐ Serve or spend time in nature together
- ☐ Practice gratitude, prayer, or meditation

OUR IDEAS

Social

IDEAS TO TRY

- ☐ Plan a double date or game night
- ☐ Spend time with each other's people
- ☐ Join a group or class together

OUR IDEAS

Safety / Respect / Agency

IDEAS TO TRY

- ☐ Listen to understand before responding
- ☐ Honor each other's no and need for space
- ☐ Encourage each other's personal goals

OUR IDEAS

Our Plan This Week

Line(s) we'll focus on:

What we'll do:

When we'll do it:

How did it go?

Note: This worksheet is oriented toward building lines of connection in a committed couple relationship. However, many of the lines of connection are useful in other relationships as well. Consider how you could build Intellectual, Emotional, Behavioral, or other types of connection with friends, family, or others in your life.