

[Your Name]
[Your Address]
[City, State, ZIP Code]
[Email Address]
[Phone Number]
[Date]
[Family Member's Name]
[Family Member's Address]
[City, State, ZIP Code]

Dear [Family Member's Name],

I hope this letter finds you well. I've been reflecting on our family's recent challenges, and I believe it's important for us to talk about how we are all feeling and how we can support one another.

I've been considering the idea of family therapy as a way to improve our communication and strengthen our connections. I truly believe that having an impartial person to guide us could help us work through our issues together.

I would love to discuss this idea with you and hear your thoughts. I believe that taking this step could create a more positive environment for all of us.

Please let me know when you might be available to talk.

Warm regards,

[Your Name]