

Codependency Group
Offered by Laura's House Counseling and Resource
Center

Mondays from 5:45pm-7:30pm
6 weeks

*Call for information on the next group start date

Facilitator: Adriane Beck, MS, MFT

Join other women in learning to identify unhealthy behaviors, improve self esteem, and gain the skills to discover your true "self".

Codependency is a pattern of learned behaviors, feelings, and beliefs that can make life and relationships painful. Codependent patterns develop as a result of the exposure to experiences that limit the open expression of the self and inhibit the direct discussion of problems. **Environments that promote codependency include:** involvement in a relationship with someone who is or has been abusive towards you, a behavior, or a substance; grew up with a family member who was (is) abusive towards you, a behavior, or a substance; or grew up in an emotional repressive/controlling family.

Discussion will include the following topics:

- Healthy vs. unhealthy ways of relating to others
- Self defeating thoughts that prevent a positive self image
- Physical/emotional boundaries and how to establish them
- Family patterns that promote abusive behavior
- Healthy communication

*Please note that registration is required prior to enrollment if not already registered with Laura's House.

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*Fee based on sliding scale