



Co-Dependency

GROUP

Facilitated by John Eklund, LCSW

Co-Dependents often neglect their own needs to care for others.

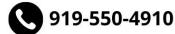
Untreated co-dependency can lead to feelings of anxiousness, hopelessness/helplessness, resentment, guilt, and shame. Additional co-dependency behaviors include abandoning selfcare, enabling behaviors, people-pleasing, and approval-addiction.

If you would like to explore a new approach to your relationships in a safe and supportive group setting of people on the same journey to wholeness and healing, our Co-Dependency Group may be a great fit for you!

- In-person
- 8 weeks
- Weekly on Wednesdays; 7p-8:30p at One80 Counseling in Clayton
- Adults 18+
- Insurance accepted
- · Begins Wednesday, October 4th

SIGN UP CONTACT & ADDRESS:





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