



# 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 self-care, 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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