

# RELATIONSHIP / CODEPENDENCY GROUP



## *New Group Forming!!*

- What is codependency?
- How do you set up healthy boundaries in a relationship?
- How can you break old habits in your relationships?
- How can you communicate your thoughts and feelings in a way that resolves, not increases, conflict?

Through education, experiential exercises, and the group process, you will become aware of unhealthy thought patterns and behaviors that sabotage your relationships and learn new tools to allow meaningful and lasting, successful change in your life.

Facilitator: *Barbara Farnan, M.S., L.M.H.C.*  
Thursdays, 7:00—9:00 p.m.  
Cost: \$45 per session

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***Call 561-744-9123 for information  
and to reserve your space.***