



# Healing Connections Therapy Group

For Women Struggling with Unhealthy  
Relationships and Codependency

Facilitated by

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Do you find yourself sometimes saying yes when you really want to say no? Do you often “walk on eggshells,” avoiding conflict or loss? Do you put more time, energy and heart into other people’s problems than your own? If so, you may be codependent and struggling with a basic need for connection. People can become dependent with or on a substance, behavior or other people in an unhealthy attempt to get their own needs met. As a result, they are often left feeling hurt, empty and less trusting of themselves and others.

**Healing Connections** is a window of opportunity to explore patterns that maintain codependency, family of origin and attachment issues, boundaries, healthy and unhealthy coping mechanisms, reading red flags, assertive communication and active listening skills, self-care and mindfulness, discerning unsafe/unhealthy relationships, the different types of abuse, the cycle of violence/abuse/dysfunction, building healthy trust, and much more!

This therapy group is designed to help women examine these issues in a small confidential setting, with no more than eight women per group. The intensive curriculum will help women explore unhealthy relationship patterns and equip them to break free from the cycles that disrupt healthy connection in their own lives. Group therapy not only offers counseling at a lesser fee than individual therapy, but provides the valuable support of other group members who may share similar difficulties and can empathize, validate and encourage during the healing process.

The **Healing Connections** Therapy Group is \$50 per session and is offered twice a year, one beginning in February and again in August, meeting weekly on Wednesday evenings from 6:30-8:00pm for 14 weeks. **Preregistration (an initial intake appointment) is required**, and after the first group session, will be closed to new members in order to facilitate emotional safety, cohesion and confidentiality.

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For more information or to register for the Healing Connections Therapy Group, please contact  
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***ACCEPTING NEW MEMBERS UNTIL THE GROUP IS FULL!***