



WITS' END RESOURCES

When something's gotta change!

**Presents The 2026
"Breaking the Ties That Bind" Series
Classes from 9-11:30
Coffee Provided**

Love Offering requested.

Instructor: Pam Herman LCSW/CAP

Class Topics

"Codependency" – Why we look for love in all the wrong places.

"Boundaries" – Is this me or is this you?

"Family Matters" – Ever wonder why you or others act the way you do?

"Emotional Freedom!" – Setting the captives free!

Locations and Schedule

**St. Mary's Episcopal Church
623 SE Ocean Blvd.
Stuart, Fl**

**Sept. 12 Codependency
Oct. 10 Boundaries
Nov. 7 Family Matters
Dec. 5 Emotional Freedom**

Zoom available for St. Mary's classes only.

**Freedom Ranch
SE 11655 US Hwy 441
Okeechobee, FL 34974**

**Sept. 19 Codependency
Oct. 24 Boundaries
Nov. 21 Family Matters
Dec. 12 Emotional Freedom**

For those who have completed the full series, an opportunity for a deeper personal application of all the material will be offered. The next "Freedom Process Retreat" is planned for February of 2027. Registration limited

For more information message/text 772-521-4634, or message us on Facebook.

Please visit our website at witsendresources.com