Do you or someone you know struggle with enabling or codependency?

JOIN US TO BEGIN THE JOURNEY IN RECLAIMING YOURSELF!

"RECOVERING FROM CODEPENDENCY"
Support Group

Learn to Set Boundaries, Identify and Cope with Negative Feelings & Establish Control in Relationships.

Facilitated by
Kimberly Keller, LMHC

This group will meet every other Saturday at 12pm beginning January 16th

SPACE IS LIMITED
RESERVE YOUR SPOT TODAY

For additional information contact our office or visit us online!

317.843.9922
indianahealthgroup.com

CODEPENDENT RELATIONSHIPS
Wikipedia definition: a type of dysfunctional helping relationship where one person supports or enables another person’s addiction, poor mental health, immaturity, irresponsibility, or under-achievement.

Among the core characteristics of codependency, the most common theme is an excessive reliance on other people for approval and identity.