Indiana Health GROUP

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 Boundries, 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

Indiana Health GROUP

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**.