



## Topics Include

Codependency Defined -  
Heroic Emotional Care Taking  
- What does it look like?

What does  
codependency/caretaking  
look like? Who benefits?

How codependency shows  
up in our daily lives.

Contrasting codependency  
relationships with healthy  
relationships

Codependency in the family,  
workplace, and community

Healing the deep call inside  
the symptoms. Getting to  
know our true selves

# Ask Yourself

Do you feel overly concerned about what another person is doing, thinking or feeling?

Do you desire to fix or rescue them from their problems?

Do you worry that if you don't take care of them something bad will happen?

Is your relationship consistently one-sided?

Do you sacrifice your own well-being and sense of self to make others happy?

**If you've answered yes to any of these questions, you may be codependent.**

The Center for Prevention & Counseling offers a weekly group to explore codependency and how it may affect your life. More importantly it will provide a forum to share your thoughts and feelings in a safe welcoming environment facilitated by a trained professional.

*This group is open-ended. Join anytime.*



**BREAKING  
Free**

*"When you are saying YES to others make sure you are not saying NO to yourself."*

*~Paulo Coelho*

**Codependency Support Group**  
VIRTUAL MEETING

**Tuesdays 6:00 - 7:15PM**

ZOOM MEETING ID 851 5916 8810:

Contact: Ava LaMorte 908-747-1174 | [ava@centerforprevention.org](mailto:ava@centerforprevention.org)