

# CODEPENDENCY SEMINAR

## *I WANT YOU TO NEED ME*

Providing direction for men & women in understanding their roles in relationships and how to manage and maintain them without losing self respect and self acceptance

### **Designed for men & women who are:**

- ⇒ Ages 18 and above
- ⇒ Challenged with patterns of unhealthy relationships
- ⇒ Facing issues in setting appropriate limits
- ⇒ Making excuses for others' behaviors
- ⇒ Desiring to discover their own self identity

### **Focus:**

- ⇒ Wanting a healthier relationship that works
- ⇒ Searching for self respect & getting it
- ⇒ Accepting yourself just where you are
- ⇒ Learning to be free to be you



### **Workshop:**

**Saturday, October 27, 2018, 10:00 am - 2:00 pm**

**Cost: \$99 per person (current clients)**

**Add: \$20 for non-clients**

**Location: Perspectives Counseling Centers  
888 W. Big Beaver, Suite 1450, Troy, MI 48084**

**Facilitator: Karolyn Thompson, PhD, LPC**

**Contact Perspectives of Troy to Register: 248-244-8644**