

# Codependency Creativity and the Spiritual Journey

Codependency (the addiction to people, places, and things) distorts our relationships and stymies our creativity—the “Artist” within. In this 10-week group, limited to 7 people, we will learn about:

\*Breaking patterns of addiction

\*Power Games

\*Toxic Relationship Patterns

\*Characteristics of Codependency

\*Core Beliefs

\*Boundary Setting

\*Caretaking or Caregiving?

\*False Self

\*Unleashing your Creative Energy

When: Thursdays 7:00-8:30pm

Group begins Thursday, September 1<sup>st</sup>

Cost: \$50 per session

Leader: Char Sandberg, MA, LCPC

Questions: Contact Char at 630-653-1717 x 215  
Or sign up with one of our receptionists at Meier Clinics.



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