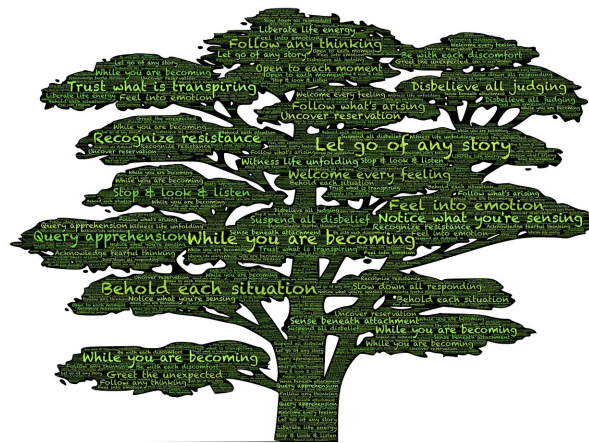


Healthy Boundaries: Finding Balance for Positive Relationships



Are you caught in the cycle of painful behaviors that often lead to unhealthy relationships, dependence on others for approval of self, or lack of identity? Do you take on too much? Feel guilty or responsible for others' feelings? Have a fear of being rejected or of being alone? These patterns, behaviors, and feelings, among others, can be symptoms of unhealthy boundaries and codependency.

Beginning your journey of recovery starts with reaching out for help, and participating in this therapy group at the Samaritan Center can be a first step toward that meaningful growth! Group therapy is a powerful process and one that bonds its members together while forming individual awareness in oneself. It offers you the opportunity to gain new perspectives, develop greater compassion for yourself and others, and create a life-altering shared experience.

This is a weekly process group where individual members bring the emotionally meaningful stories of their lives and discuss with the group how their experiences affect themselves and others in the present moment. Group therapy provides a place where members can experience the relational patterns they find themselves in and gain a wider perspective, allowing them to practice new behaviors for healthier relationships.

Time: Wednesdays, 5:30-7:00 p.m.

Cost: \$70 for group screening, \$55 per group session (either can be less depending on financial need assessment or insurance coverage)

Open to: Males and Females age 18 and older

8-10 Member limit

Facilitators: Kelly Bain-Conkin, LMHC (ext.107) and Angie Law, LMHC-A (ext.106)

Place: Samaritan Health and Living Center

311 West High St., Elkhart, IN 46516

Call 574-262-3597 to set up a screening appointment