

GROWING EMOTIONAL MATURITY IN RELATIONSHIPS
-11-WEEK PSYCHO-EDUCATIONAL GROUP-
Tuesday's, 4:00 – 5:30 PM, 311 West High Street, Elkhart, IN 46516



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 emotionally immature relationships and unhealthy boundaries. Group therapy offers a space to practice new behaviors and patterns that can lead to healthier, emotionally mature relationships.

This is an 11-week psycho-educational group that provides a place where members can gain knowledge about the relational patterns they find themselves in and develop a wider perspective on how to create emotionally healthy relationships. Beginning your journey of growth can start by reaching out to the Samaritan Center and taking your first steps toward that meaningful development!

Time: Tuesday's, 4:00 - 5:30 p.m.

Duration: 11-weeks

Dates- Next group TBA 2021

Cost: \$70-\$110 for group screening, \$55 per group session (**either can be less depending on financial need assessment or insurance coverage-see below**)

Open to: Males and Females age 18 and older

4-6 Member limit

Facilitator: Angie Law, LMHC, EMDR

Place: Samaritan Health and Living Center

311 West High St., Elkhart, IN 46516

Call 574-262-3597 x101 to set up a screening appointment

**** If someone has insurance or would like to apply for fee assistance (FA), it is requested that you call our secretary, Jodi Bouma, at (574) 262-3597 ext. 101 and leave a message with your contact information as well as permission for us to leave you a message if you wish to authorize us to do so. Our administrative office will assist with checking insurance or going through the process of how to apply for fee assistance in order to help understand what your copay will be if you qualify. ****