



Breaking Up with Codependence and Getting Together with Interdependence

Have you noticed an unbalance of give and take in your relationships? Do you struggle with feeling dependent on others or feeling responsible for the feelings and actions of others?

Join us for an interactive workshop to learn about healthy and unhealthy forms of dependency in your relationships. We will review unhealthy forms of Codependency and look at how to nurture the healthier form of Interdependence.

Presented by Michelle Sideroff, LPC



The Northwest Catholic Counseling Center

Serving all regardless of faith or finances

A State Certified Counseling Agency

Donations are tax-deductible. Tax ID 93-1088962

8383 N.E. Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503.253.0964

www.nwcounseling.org

When:

Saturday, February 22nd, 2020

10 am – 12 pm

Where:

**The Northwest Catholic
Counseling Center**

8383 NE Sandy Blvd. Ste 205

Portland, OR 97220

Cost: \$30*

Register Online:

nwcounseling.org/services/workshops/

Or Call: (503) 253-0964

Pre-registration required. Workshop fee must be paid at time of registration.

**Hardship scholarships available upon request*