



## ***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*

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[www.nwcounseling.org](http://www.nwcounseling.org)

### ***When:***

Saturday, August 28th, 2021

10:00 AM - 12:00 PM PT

### **Zoom Virtual Workshop:**

Email with links for access will be sent the day of the workshop.

### **Cost:**

\$30 per household *\*Hardship scholarships available upon request.*

### **Register:**

**Online:** [nwcounseling.org/services/workshops/](http://nwcounseling.org/services/workshops/)

**Or Call:** (503) 253-0964

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

*\*Workshop fee is non-refundable: fee will remain a workshop credit for 6 months.*