

Support therapy group for Adult Children of Alcoholics Co-Dependency

Interact with a group of 6-8 women who have experienced the effects of living in an alcoholic or dysfunctional family.

Through this common bond learn how to:

- Access and express feelings in a safe and supportive environment.
- Trust yourself through difficult situations
- Build your self esteem through effective interactions with others
- Deal with guilt and shame from your past that does not belong to you
- Have a relationship that doesn't neglect you own needs
- Experience intimacy without the lingering fear of abandonment.

Date: Ongoing Group

Time: Thursdays, 6:00 – 7:30 p.m.

Location: SEQUOIA COUNSELING SERVICES
165 Arch Street, Redwood City 94062

Fee: \$45.00 per session with a 12-week commitment

Facilitated by: Pat Grabianowski, MFT

*Call Pat at (650) 363-0249 X 114 for more information,
or to schedule complimentary interview*

