

16 WEEKS

Mondays

7-.30pm

July - Nov

includes

3 nights at Women's
Healing Sanctuary

ARISE COUNSELLING
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BREAKING FREE

A RECOVERY HANDBOOK for
FACING CODEPENDENCE

Pia Mellody

With Andrea Wells Miller | Coauthors of *Facing Codependence*

BREAKING FREE from the things that hold you back...

Pia Mellody's life-changing workbook helps break the bonds of codependency and is for people who want to learn how to have better relationships, starting with the one we have with ourselves.

This workbook traces the origins of codependence and presents a step-by-step method for moving toward a better life. Based on such concepts as the "precious child" and the five core symptoms of codependence, along with the Twelve-Step process of recovery used by Codependents Anonymous, *Breaking Free* provides strategies and insights for addressing those things that may have once helped us but which now hold us back. During this 15-week program we will look at how it all started and work through the 12 Steps, growing awareness and understanding about how we got here and how we can change.