



## **SOBER SOLDIERS** **on the front lines of addiction**

*What have you survived? What are you recovering from? Find Your Cause?*

## **Codependency: Start Caring For Yourself and Stop Controlling Others**

**Codependency is the nation's silent epidemic.....**If you're struggling with boundaries in a relationship, having problems saying "no" to someone, or looking to get mental and emotional clarity, this free workshop is for you. It contains what you need to start taking steps to transform your life for the better!

### **Wednesday, September 14, 2016**

- What Is It? Who's Got It?
- How Do I know If I have It?
- Take the Quiz

### **Wednesday, September 21, 2016**

- Patterns and Characteristics
- Effects of Un-treated Codependency

### **Wednesday, September 28, 2016**

The Basics of Self-Care

- Detachment
- Self-Love
- Boundaries

Recovery: Getting Your Life Back

- Spiritual Fitness
- 12-Step Programs
- Giving It Away.....How To Keep It

Each workshop begins 1:30p.m.-- 3:00 p.m.

**Presented by Marla Looper** Family Interventionist, Addiction's Counselor & Recovery Coach

**Keeler Women's Center** 2220 Central Ave. Kansas City, KS 66102 [MAP](#)

To reserve a space, call 913-906-8990 **Free Event Space is limited**



A Ministry of the Benedictine Sisters