CODEPENDENCY SUPPORT GROUP

This is an open group to all Millersville students. The focus of this group will be around the book, “Codependent No More.” The Chapters in this book will be used as a guide for the discussion. The group members will learn about codependency in relationships and how to become healthier through the use of boundaries, detachments, challenging the victim attitude, improved self-esteem and acceptance. This group is a great opportunity to learn how to work through different relationships in your life.

You are not required to set yourself on fire to keep other people warm.

Dr. Anne Brown

WHEN: Wednesdays from 1pm to 2pm, starting October 7th
WHERE: Zoom

Please contact Abby Peters at abby.peters@millersville.edu if you are interested in participating in this group.