[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRxqFQoTCP78zcz7xMcCFdUwiAodsLgHmQ&url=http://www.artofliving.org/yoga/off-yoga-mat/yoga-relationships&ei=ocHcVb6oItXhoASw8Z7ICQ&psig=AFQjCNFKgfPMOI1NjrZCjPZ03bR3oLq4MA&ust=1440616876341495)

**Healing Connections** **Therapy Group**

**For women struggling with unhealthy relationships or codependency**

Facilitated by:

**Sue Parkins**, LMFT

Licensed Marriage and Family Therapist

People can become dependent with or on a substance, behavior or other people in an unhealthy attempt to get their own needs met. When this happens, they are often left feeling hurt, empty and less trusting of themselves and others. If you are struggling with a basic need for connection or with the quality of your relationships, there is hope.

**Healing Connections** is designed to help women explore, in a small confidential setting, the ways they engage in relationship, what works and what doesn’t. In the group, we will explore unhealthy relationship patterns and equip women to break free from the cycles that disrupt healthy connection in their own lives. Group therapy not only offers counseling at a lesser fee than individual therapy, but provides valuable support of other group members who may share similar difficulties and can empathize and encourage during the healing process.

A new **Healing Connections** Therapy Group will begin **September 5, 2017** and will meet weekly on Tuesday evenings from 7:00-8:30:30 p.m. for 14 weeks. The group will be limited in number to five women. **Preregistration and an initial individual session are required before September 5th**. After the first group session, no new members will be added in order to facilitate emotional safety and confidentiality. The fee is $50 per session.

**WHEN**

**Tuesday Evenings, September 5 – December 5, 2017, from 7:00-8:30 p.m.**

**WHERE**

**1899 E. Roseville Pkwy. Ste. 100**

**Roseville, CA 95661**

C:\Program Files (x86)\Microsoft Office\MEDIA\OFFICE14\Lines\BD21315_.gif

For questions or to register for the Healing Connections Therapy Group, please contact

**Sue Parkins** at **(916) 806-4437** or [sue@sueparkins.com](mailto:sue@sueparkins.com)