



Free Support Group for People in Challenging Relationships

****ACCEPTING NEW MEMBERS****

***Does your partner have a very challenging relationship style?
Do you find he or she can be overly clingy, avoidant,
dependent, obsessive, protective or distant?
Or even all the above at various times?***

The intention of this group is to provide a safe and confidential space for people in challenging relationships to receive and provide support, brainstorm ideas of ways to better communicate with partners, and cope with the everyday stresses of loving someone that can be so difficult.

This group is designed to:

- Help you cope with everyday stressors related to your relationship.
- Give you an open forum to gain insight, information, and support.
- Help you develop improved communication and other relationship skills.
- Help you understand the issues your partner may be struggling with.
- Help you develop improved self-care in your life.
- Provide a safe, neutral, non-judging space to share your feelings, thoughts, and concerns.

Come together for support, growth, and learning!

When: Fridays from 1:00-2:00pm
Where: Lepage Associates Psychological & Psychiatric Services
5842 Fayetteville Road, Suite 106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)
Cost: There is no cost for this group.

This is a drop-in group open to the public, so feel free to show up for any meetings.

**To speak with someone about this group, please call 919-572-0000
and ask for **Dr. Colette Segalla**, or email csegalla@lepageassociates.com.**