



Codependency Recovery & Support Group

Getting Back or Staying On Track Takes Support

This group is designed as a support and therapy group specific to the needs of people who have a problem with codependency – often times, adults who grew up in alcoholic homes. (While will not specifically focus on 12-Step Process programs, we encourage people to use all the resources that are helpful in their recovery process.)

This group is designed to help its members:

- Learn how to identify feelings, interests, needs, and desires.
- Develop self-esteem.
- Detach from others (with love and compassion).
- Learn tools for coping with fear, anxiety, and anger.
- Re-learn communication and other relationship skills to reconnect to people in your life and develop new, healthy relationships.
- Develop a network of support within and outside of the group to help when times get tough.

**Using skill building strategies,
in a supportive and therapeutic environment,
we will help you develop a personal plan for success.**

When: Please contact us for dates and time; open enrollment
Where: Lepage Associates, 5842 Fayetteville Road, Suite106, Durham
(Convenient for the entire Triangle just ½ mile off I-40 near Southpoint Mall.)
Cost: \$80 per session (most insurance providers will reimburse some % of the fee; we can help you file your insurance for reimbursement)

**To Register: Download a registration form from our website; Call 572-0000
or email officemanager@lepageassociates.com**

Space is limited so register now to reserve a spot!

www.lepageassociates.com