

"It's All About Me"

New *Codependency Recovery Series* *Energize your Spring with RADICAL self care!*



Codependency 101
Family of Origin
Releasing Grief & Shame
Emotional Clarity & Safety
Process of Recovery



Gina Vanderham, MA
Facilitator

8 Thursday Evening Sessions
May 4, 11, 18, 25 June 8, 15, 22, 29
6:30 - 8:30 p.m.

Arbutus Club Vancouver
2001 Nanton Ave, Vancouver
Call or Text to Register:
Gina Vanderham 604.839.3413



Sharon Jackson, ICADC
Co-Facilitator

\$880 (inc GST)

Limited Space