

**CONTINUING RECOVERY  
(CO-DEPENDENCY AND BEYOND)  
THERAPY/SUPPORT GROUP**

This Group is for people recovering from the ways in which they have allowed themselves to be affected by other people and their problems. For individuals who want master the art of self-care.

This interactive group will practice:

- Letting go of the past
- Trusting our inner voice
- Feeling our feelings, whatever they are
- Telling our truths
- Taking risks
- Loving and receiving love unconditionally
- Giving without fear of losing ourselves
- Taking responsibility for our own choices
- Asserting our needs in a appropriate way

Ongoing Group  
Wednesdays from 6:00 to 7:30 p.m.

At Sequoia Counseling Services  
165 Arch Street, Redwood City, CA 94062

**\$45 PER SESSION**  
12 WEEK COMMITMENT

Facilitator: Pat Grabianowski

Pat has over 28 years experience facilitating groups for women dealing with various problems stemming from co-dependency.

For more information call pat at (650) 363-0383 X 114



## **MEN AND CONNECTION**

**We all need a place and someone to be able to talk with about the stuff that really matters to us in this hectic world. Many of us men have one or two other guys that we can hang out with...people that we feel comfortable talking about sports, work, or something else that is fairly safe. But where do we turn when we realize we have more to talk about...stuff that is hard to share with other people...other men?**

**Men and Connection is a place for men who want a safe place to meet these deeper needs. It is a place and a time to learn and to trust. Give yourself this gift of connection you so rightly deserve.**

**WHEN: Wednesday Nights**

**WHERE: Sequoia Counseling Services**

**COST: \$180 per month**

**WITH: Terry Wilcox-Rittgers, M.S., M.F.T.**

**Terry has been with Sequoia Counseling Services since 1991, and has facilitated men's groups for over 15 years.**

**Please Call Terry for more information or to set up a complementary interview. (650) 363 0383 X123**

