

Signs of Codependency

- Worrying or carrying the burden of others' problems
- Doing more than is required at your job or at home
- Neglecting your own needs in the process of caring for someone else
- Trying to change someone else or offering unsolicited advice

**CODEPENDENCY
IS DRIVEN BY
THE AGREEMENT
THAT I WILL
WORK HARDER
ON YOUR
PROBLEM AND
YOUR LIFE THAN
YOU DO. THIS IS
NOT LOVE.**

#KYLO

MADE WITH SPONSORLY

Queen's House

A sacred place to nourish your mind
and nurture your spirit through:

- ◆ Ecumenical Encounter & Prayer
- ◆ Silent Retreats & Spiritual Direction
- ◆ Contemplation & Meditation
- ◆ Healing Retreats & Workshops
- ◆ Spiritual Exploration & Engagement
- ◆ Reflections on the Seasons of the Church Year
- ◆ 12-Steps Retreats & Gatherings
- ◆ Solitude and Private Retreats
- ◆ Yoga, Reiki & Holistic Practices
- ◆ Art & Iconography
- ◆ First Nations Spirituality & Encounter
- ◆ Community, Celebration, Worship

NOURISH | **NURTURE**
YOUR MIND | YOUR SPIRIT

Explore your expanding home
at Queen's House

Understanding Codependency and 12-Step Spirituality

**LIVING INTO HEALTHY AND
LOVING RELATIONSHIPS**

**Saturday February 8
9:00 a.m. - 4:00 p.m.**



Kim Morrison, PhD



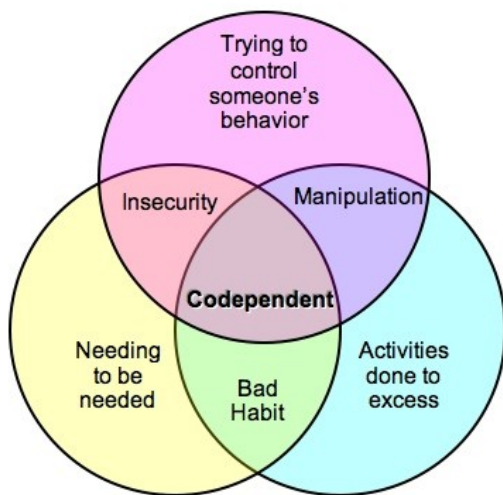
QUEEN'S HOUSE
RETREAT AND RENEWAL CENTRE
NOURISH YOUR MIND - NURTURE YOUR SPIRIT

Understanding Codependency and 12-Step Spirituality

LIVING INTO HEALTHY AND LOVING RELATIONSHIPS

Codependence is a deeply rooted spiritual issue. This workshop explores the ways codependence affects our lives and relationships and includes strategies to develop healthy, loving relationships with God, ourselves and others.

By the end of the workshop, you will be able to define codependence, identify patterns of codependence that impact your life and relationships, and develop strategies for healthy, loving relationships.



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UNDERSTANDING CODEPENDENCY AND 12-STEP SPIRITUALITY

LIVING INTO HEALTHY AND LOVING RELATIONSHIPS

Saturday February 8

9:00 a.m. - 4:00 p.m.

Cost \$50 - includes lunch

\$40 - bring your own lunch

This program is subsidized by the generous support of one of our donors - limited bursaries available

To register please call

306-242-1916

or email:

receptionist@queenshouse.org

GOD GRANT ME THE
SERENITY TO ACCEPT THE
THINGS I CANNOT CHANGE,
THE COURAGE TO CHANGE
THE THINGS I CAN,
AND THE WISDOM TO
KNOW THE DIFFERENCE.



Kim Morrison, PhD

Kim is a spiritual director with a passion for helping women deepen their relationship with God, themselves and others.

She is currently the Executive Director at Catholic Family Services of the Battlefords.

Kim has a doctorate in Interdisciplinary Studies with a speciality in Women's and Gender Studies. Starting her career as a Chartered Accountant has taught her much about following your passion and life transitions. Kim has overcome many obstacles in her own life, bringing compassion and understanding to her work. Her work on codependency is rooted in the Twelve Step principles of Al-Anon and Codependents Anonymous.

SPIRITUAL FORMATION DAYS

March - June 2020

9:00 a.m. - 4:00 p.m.

Come to one or several sessions!

MAR 14 First Nations Spirituality

Bishop Sylvain Lavoie OMI and Harry Lafond

APR 18 Ecumenism: Opening Spiritual Doors

Archbishop Don Bolen

MAY 23 Ignatian Spirituality

Dianne Mantyka

JUNE 13 Social Justice and Spirituality

Rev. Claire Ewert Fisher