

# Understanding Codependency and 12-Step Spirituality

## LIVING INTO HEALTHY AND LOVING RELATIONSHIPS

with Kim Morrison, PhD

**Date and Time:** Saturday February 8  
9:00 a.m. – 4:00 p.m.

**Cost:** \$50.00 – includes lunch  
\$40.00 - bring your own lunch

**Detail:** 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.

### *Is this workshop for me?*

This workshop is designed for people interested in learning more about codependence and 12-Step Spirituality, people currently in 12 Step programs, and professionals who work with codependents.

### 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

**Presenter:** Kim Morrison 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.

**To register:** Please call Queen's House, 306-242-1916 or email  
[receptionist@queenshouse.org](mailto:receptionist@queenshouse.org)

**Registration deadline: February 6, 2020**