



## **BREAKING FREE FROM CODEPENDENCY**

FINDING HEALING THROUGH A CHRIST-CENTERED 12-STEP CLASS

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**TUESDAYS STARTING JUNE 3, 2025**

**5:30-7:30**

**GOOD SAMARITAN MINISTRIES**

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A faith-based class designed to help you recognize and overcome the unhealthy patterns of codependency. Through Biblical principles and practical steps, you will learn to:

- Understand the roots of codependency
- Acknowledge, define and release unhealthy compulsions
- Heal from painful guilt, past influences and emotional wounds
- Rely on Christ for emotional and spiritual restoration

This 13-week course will guide you toward freedom and healing.

Ready to begin your journey to freedom? Here's how to get started:

- Sign-up at the office
- Order the book "Conquering Codependency A Christ-Centered 12-Step Process" by Pat Springer (If assistance is needed to purchase a book, let us know)
- Trust Christ to lead you into wholeness!