



Family Counseling of Springfield

If you are an **adult woman** who grew up in an alcoholic or dysfunctional family and can answer yes to several of the following questions, you might benefit from our newly forming group...

Adult Children of Alcoholics/ Dysfunctional Families Support Group

- + Do you feel isolated and afraid of people and authority figures?
- + Are you an approval seeker who is not clear about your own needs?
- + Do angry people and personal criticism frighten you?
- + Do you often feel like a victim in love and friendship relationships?
- + Do you have an overdeveloped sense of responsibility?
- + Do you worry more about others than yourself?
- + Do you feel guilty if you stand up for yourself instead of giving in to others?
- + Do you judge yourself harshly and suffer from low sense of self-esteem?



This psycho educational group will:

- Provide women with the opportunity to talk with others who have had similar experiences and who struggle with the same issues.
- Help members understand the personality characteristics of members of an alcoholic or dysfunctional family.
- Learn how to replace unsatisfactory behaviors with new and healthy behaviors.
- Help you learn how to challenge false beliefs about yourself.
- Provide you with the tools to heal old emotional wounds.
- Help you identify available resources and support.

Wednesday Evenings

6:30 - 8:00pm

Beginning April 29th for 6 consecutive weeks

Cost: \$40 per session (*some insurances may cover part of cost*)

**Space is limited...Call Mary Ann Sprouse at 703-569-1971
to schedule a pre-group intake session.**

8440 Old Keene Mill Road, Springfield VA 22152 703-569-1300