| **Codependency group**What is Codependency? *“Codependency is an emotional, psychological, and behavioral condition that develops as a result of an individual’s prolonged exposure to, and practice of, a set of oppressive rules – rules which prevent the open expression of feelings as well as the direct discussion of personal and interpersonal problems.”* – Robert SubbyWho should be referred?* Anyone that has had an unhealthy relationship with another person, that has unhealthy boundaries in relationships, or struggles to try to fix, control, or change another person’s life or behavior while neglecting their own needs and wants.
* Any person that has been in a relationship or been a part of a family that has had active substance use, major mental health disorders, or abuse of any kind may benefit from participating in this group.

 Who leads the group?  Liz Sizer, LIMHP, from JendaFamily Services Outpatient Clinic |
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| Groups will be held at Jenda Family Services Outpatient ClinicOur address is **324 South 9th St, Lincoln, Ne 68508**.Our phone number is 402-474-0011, option #3.Women’s Group: Tuesdays, 6:00pm – 7:00pm, 8 weeksStart Date: February 13th, 2018 2018 (men) |

Jenda Family Services Outpatient Clinic accepts:

United Healthcare, Blue Cross/Blue Shield, Medicaid, Self Pay (cash), Voucher or LOA.