



**Life** CHRISTIAN  
COUNSELING  
NETWORK

*Christian Mental Health*

## **The Emotionally Destructive Relationship**

### **Six Week Group Counseling Series**

#### **Group Facilitators**

Monica Woropaj, MA - Intern  
Eugene Harris, II, MA - Intern  
Sandra Jackson, MSW, LCSW-C, LICSW (DC), Intern Supervisor

#### **Dates**

To be Determined— from 6:45 p.m. to 8:15 p.m.

#### **Location**

FA Alex  
700 West Braddock Rd.  
Alexandria, VA

#### **Cost**

\$25 registration fee + \$15 session

#### **Required Book (included in registration fee): *T***

*he Emotionally Destructive Relationship* by Leslie Vernick

A six week journey with a small group of current clients. Following the book written by Leslie Vernick, international speaker and author of 10 books, who has witnessed the devastating effects of emotional abuse in relationships and families. With Godly guidance and practical experience, Vernick offers an empathetic approach to recognizing an emotionally destructive relationship and addresses the symptoms and the damage. Participants will learn how to do the following:

- Reveal behaviors that are meant to control, punish, and hurt
- Confront and speak truth when the timing is right
- Determine when to keep trying, when to get out
- Get safe and stay safe

**Space is limited! For more information and to register, contact 301.292.2778**