

# Creative Codependence

## *Getting More Out of Life*



Codependence. It's a label that many of us shy away from. The word conjures up images of helpless, needy souls pleading, begging to be liked.

### ***But what if that wasn't the whole picture?***

What if being independent, strong and in control were also symptoms of codependence? What if codependence was simply a creative way we learned as children to get our needs met? And what if that same creativity could be used to meet those needs more effectively today?



**Saturday, March 20**  
**10:00 – 6:00 pm \$95**

Unbridled Potential Abbotsford, BC

Join **Jo-Ann Svensson** of **The ARC Institute** as she compassionately explores codependence as a unique and healing journey towards reclaiming our wholeness.

To pre-register or more information contact **Jo-Ann** at  
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[www.creativecodependence.com](http://www.creativecodependence.com)

**Jo-Ann Svensson** is an ARC Bodywork Practitioner (CAHP), ARC Instructor and Director with The ARC Institute. She initiated and completed a government contract for energy practitioners and conducted research studying the efficacy of ARC Bodywork with people in early recovery from substance abuse. She teaches Creative Codependence™, is a published writer and has a private practice in West Vancouver.



Discover, connect, and integrate what limits you so that your natural abundance and vitality emerges.

[www.thearcinstitute.com](http://www.thearcinstitute.com)