Co-dependent Discussion Group

Wanda McGuire, MA

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Wanda McGuire lived as a co-dependent well into mid-life. After her second divorce she realized that she didn’t have to live that way and joined Al-Anon. This led her to take classes at University of California where she earned her Certified Alcohol and Drug Addiction Consultant II**. (**CADACII) degree. She worked a s private and group counselor and chemical dependent educator for the Safety Center DUI school and the Mexican American Alcoholism Program. After earning her master’s degree in counseling psychology Wanda became Senior Mental Health Counselor, Alcohol, and Drug Specialist for the Cal Works Family Program until her retirement. While no longer licensed as a counselor, Wanda lends her expertise to her Co-dependent Recovery Discussion Group at Spiritual Life Center.

Co-Dependent Recovery Discussion Group

Day: Tuesdays. (Beginning June 28, 2022)

Time: 1:00- 2:30 p.m.

“Co-dependency is a learned behavior that can be passed down from one generation to another. It is an emotional and behavioral condition that affects an individual’s ability to have a healthy, mutually satisfying relationship.”

While many people benefit from professional counseling, sometimes simply being able to discuss issues with other people about being co-dependent is beneficial. Join Wanda McGuire weekly for in-depth discussions on how co-dependency affects our lives as people share their challenges and their victories. These conversations can help change your perspective and get you moving forward again.