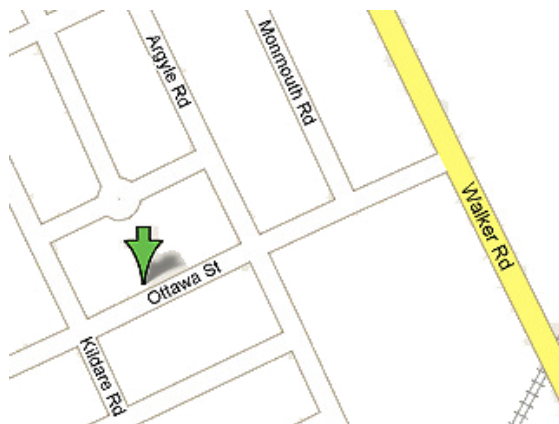


## ABOUT US

**Crossroads** is a not for profit organization dedicated to helping those who have been impacted directly or indirectly by substance abuse or anger management difficulties. Our doors opened in April of 2007 to serve Windsor and Essex County. We offer a wide variety of services to fit your needs.

**Crossroads** is an approved Green Shield service provider for family benefits. We have also been approved by various employers and other benefit providers to bill directly. Please consult with either your union representative or benefits provider to determine whether you have coverage.

**Crossroads thanks Green Shield Canada for the start-up funding of four of our group programs through Green Shield Canada's Community Giving**



## What's in A Name

**Crossroads: Centre for Personal Empowerment** is not only the agency's name, but more specifically the agency's philosophy. Making change in one's life is not easy and will take dedication and perseverance.

At **Crossroads**, we believe very strongly that anyone undergoing changes in their personal lives must be convinced that the end result will be worth the effort required to do so. Clients are supported, encouraged and guided through their personal changes with a positive oriented focus. Please feel free to call if you have any further unanswered questions or concerns and we'll do our best to provide you with the answers you seek. Call us today to schedule a program intake. Arrangements will be made to initiate your enrollment in the most appropriate program to assist with your current circumstances.

### Contact Information

1980 Ottawa St. Lower Unit

Windsor, ON N8Y 1R7

Phone 519-252-5456

Fax 519-252-8230

crsroads@mnsi.net

Updated: August 2017



I CHOOSE ME!

A structured codependency program  
for women

# ABOUT I CHOOSE ME!

*Codependency is a set of learned behaviours expressed by dependencies on people and things outside of the self, which disregard and weaken one's own identify.*

I Choose ME! is a structured group program designed for women who want to focus on gaining and maintaining control over their own lives.

## Program topics include:

- Understanding Emotions
- Family of Origin
- Positive Thinking
- Self-Care
- Boundary Setting
- Assertiveness Training
- Decision Making and Problem Solving

Participants are guided, supported and encouraged throughout the group process with reflective homework, group activities, and group discussions.

Each participant who meets all the program requirements will be provided with a signed certificate of completion.

## Program Outline

All individuals interested in enrolling into the ICM! program must schedule and complete an intake.

Intakes take between 45min – 1 hour.  
The fee for an intake is \$25.00.

### I CHOOSE ME! GROUP DETAILS:

11-week program (plus intake)  
Weekly 2-hour program sessions  
*First hour:* Topic, Activity, Discussion  
*Second hour:* Group Support

### INDIVIDUAL I CHOOSE ME! DETAILS:

10-week program  
Weekly 30 minute sessions

The deepest pain I ever felt was denying my own feelings to make everyone else comfortable

- Nicole Lyons

## Is this Program for You?

This program may be for you if you answered yes to three or more of the following questions:

- Are you 18 years of age or older?
- Would you like to build healthy relationships with others?
- Would you like to spend more quality time with yourself?
- Do you have difficulty making decisions and feeling confident about the choices you make?
- Do you have difficulty setting boundaries with family members and close friends?

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WANT TO GET INVOLVED IN A PROGRAM OR RECEIVE MORE INFORMATION ON PROGRAMS AVAILABLE?

CONTACT US OR SCHEDULE AN INTAKE TODAY!