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HEALTH & WELLNESS



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January 18th 2018: Co-Dependency - the Ugly Truth

Are you giving support to your partner at the cost of your own mental, emotional, and physical health? Do you keep quiet to avoid arguments? Do you think people in your life would go downhill without your constant efforts? Are you always giving to those around you without receiving much in return? These might be signs of co-dependent relationships. Codependency is an emotional and behavioral condition that affects an individual's ability to have a healthy, mutually satisfying relationship. Some call it "relationship addiction" because people with codependency often maintain relationships that

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Featured Guest



Anna-Maria Tosco

Anna-Maria Tosco, MA, is a licensed psychologist and member of the Order of Psychologists of Quebec (OPQ). She holds a Master's degree in Applied Social Psychology and a second Master's degree in Counseling Psychology from McGill University. Anna-Maria completed graduate work at the Addictions Foundation of Manitoba (AFM) in Winnipeg, Manitoba, and at the National Research Council of Canada (NRC) in Ottawa, Ontario.

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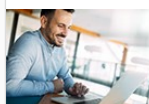
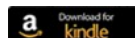
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