

# **Do You Find Yourself...**

Taking care of others and neglecting yourself?  
Isolating yourself when you're not doing well?  
Being super responsible and super irresponsible?  
Constantly seeking the approval of others?  
Having difficulty having fun?  
Staying in unhealthy relationships?  
Having difficulty telling others your feelings?  
Being frightened by angry people?

## **Do You...**

Come from an alcoholic, substance abusing, or  
dysfunctional family?

If the above features describe you, there's a group forming that  
can offer help:

# **"NOT THE PERFECT FAMILY"**

EICKHOFF 107

Wednesdays 3:30-4:50 pm  
(starting October 7th)

Facilitated by Larry Gage, Ph.D. and Kathy Ertel, M.A.  
Contact the Counseling and Psychological Services for more information.  
609.771.2247 or [www.tcnj.edu/~sa/counseling](http://www.tcnj.edu/~sa/counseling)