

# If your spouse struggled with pornography or had a sexual addiction, who would you talk to?

## INTO THE LIGHT...no longer alone in the darkness

*An 8-week recovery group for women affected by another's compulsive sexual behavior*

Women often hide in darkness and isolation when faced with their spouse's sexual addiction - even if their spouse seeks treatment and recovery.

*Are you too ashamed of your partner's addiction to tell friends and family - people who might otherwise offer you support?*

*Are you wondering if you will ever trust him again, and find yourself consumed with the need to monitor his activities?*

*Has your preoccupation with your partner's actions led to a sense of being lost which is compounded by an erosion of your own confidence?*



**dates:** Mondays  
Sept. 13 thru Nov. 1, 2010

**time:** 7:00 – 8:30 p.m.

**place:** Central DuPage Pastoral  
Counseling Center Offices  
507A Thornhill Drive  
Carol Stream IL 60188

**cost:** \$35 per session\*

\*Participants are strongly encouraged to attend all 8 sessions. Individual counseling is also encouraged, but not required.

**led by:** Sandi Kahn, M.A., L.P.C.  
C.S.A.T. Candidate  
And  
Tracy McKay, M.A., L.P.C.

Pre-registration is required.

**Call 630-752-9750**

Ask for Susan or Beverly and request registration for "Into the Light"

Sandi Kahn is a Certified Sexual Addiction Therapist Candidate on staff at CDPCC. Tracy McKay is also a staff therapist at CDPCC. Together, they offer women a safe place to learn about sexual addiction and work through difficult questions and deep emotions. The group will provide women with an opportunity to develop their own recovery plan while connecting with others who are traveling down similar paths. To help facilitate discussion, Sandi and Tracy will be using the book, "Mending a Shattered Heart," by Stephanie Carnes.



507A Thornhill Drive • Carol Stream, Illinois 60188 • (630)752.9750