

Anna-Stina is a co-dependent who has worked actively to recover from this disease for the last 25 years. After years of being in a harmful relationship she broke free and learnt that loving herself and caring for her own needs has led to growing peace and happiness for herself and in her relationships with her family and friends.

In recent years she has discovered the resources needed to develop her creative side, she weaves, plays a number of instruments and has an unruly allotment, She trained as a Spiritual Director at the London Centre for Spiritual Direction.

Marie-Christine is a sister of St Andrew. In meeting people for spiritual accompaniment, she become aware of difficulties experienced by people in ministry or care. She found that co-dependency gives helpful tools to understand patterns of thinking and behaving and may help initiate changes for the better. She acknowledges co-dependent's traits in herself.

Textile Art and picture: Rosmarie Hammer

Information and booking

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