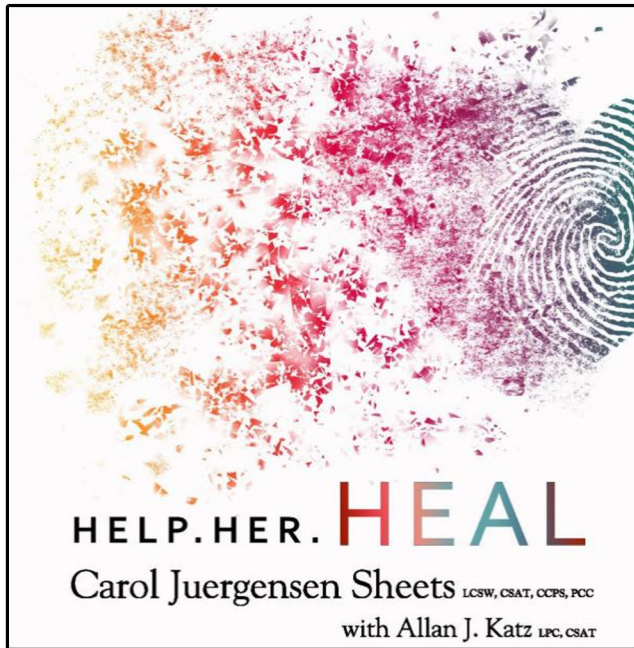


HELP HER HEAL 10 WEEK MEN'S GROUP



Help Her Heal 10 Week Men's Group

led by
Judy Kelly
LCSW, CSAT, CDWF

2/7/2023 - 4/18/2023
Tuesdays 5:30pm - 7:30pm

Zoom
(California residents only / Webcam required)

Cost: \$65 weekly
(Deposit required to hold your space with a 10 week commitment)

Limited exclusively to 8 participants maximum so call today!

- **UNDERSTAND** betrayal trauma and how it has affected your partner
- **GAIN** understanding of what triggers your partner and how support them
- **EXPLORE** tools to help when a betrayer feels stuck in anger, fear, pain, and shame
- **IDENTIFY** walls that prevent transparency, emotional risk taking, and honesty
- **LEARN** empathy tools and skills to use with your partner
- **DISCOVER** what your partner needs to help them emotionally, physically, & sexually heal
- **PRACTICE** self-compassion to increase empathy for your partner

Based on the HELP.HER.HEAL Empathy Workbook for Sex Addicts to Help Their Partners Heal by Carol Juergensen Sheets, LCSW, CSAT and Allan J. Katz, LPC, CSAT. This Group is open to any man involved in sexual addiction or infidelity recovery who wants to learn how to help their partners heal. The work of Brene Brown & Kristen Neff will also be utilized. I hope you will join me on your journey to healing.

For more information:

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