



The

BRIDAL EXPERIENCE

a Support Group for Brides-to-be

An online safe space to sail through your pre-wedding stress & emotional experiences.

→
@BECOMING_CONSCIOUS_BEINGS | @THEFLASHLIGHTPSYCHOTHERAPY



What is this group about?

- *A confidential space* focusing on the stress and emotional experiences of brides-to-be.
- A group to find resonance of your experience with fellow brides-to-be.
- A space to feel seen, heard, supported and gain perspective.



Who is this for?

This group is open to anyone who is a **bride-to-be** and is **above 21 years of age**.

If getting married is making you feel stressed and/or overwhelmed, this group is for you!



When does it happen?

- 2nd and 4th Sundays
- From 11:00am to 12:00pm IST
- Dates: 9th June, 23rd June, 14th July and 28th July, 2024

Where does it happen?

Zoom App



What to expect?

- An exclusive group of 4 members.
- The total fee is INR 2800/-.
- Through the 4 weeks, we will
 1. explore pre-wedding stress and emotions,
 2. express it and learn to manage it with the support of the group.



Who are the facilitators?



Purvi Balasaria,
Trauma-informed
Psychotherapist
with
5+ years of experience



Meera Jayaprakash
Trauma-informed
Psychotherapist, Trainer &
Supervisor with
5+ years of experience



What are our previous members saying?

AXXX, 26, UK

“I feel more self-assured and confident. Less reactive and agitated with a calmer state of mind to viewing it as a positive experience” about the wedding now.”

AXXXX, 29, India

“the group bought a kind of balance of perspective. It helped to be more realistic and manage expectations “

**the name of the participants have been changed and their feedback is shared after receiving their consent.*



What are our previous members saying?

TXXXX, 28, Netherlands

“I was able to learn from and get support from other brides on the same journey helped me understand that a lot of my thoughts are natural.”

AXXX, 26, UK

“Both Purvi and Meera were extremely helpful and accommodating. They explained and fulfilled their roles as guides well, with resources/solutions to tackle stressors of different types.”

**the name of the participants have been changed and their feedback is shared after receiving their consent.*



**We invite you to take a pause in
your wedding journey as a
bride-to-be**

**& share your emotional
experiences in the safety and
support of a group.**

[Click here to Register!](#)