

MARRIAGE ON OUR MINDS

If you're seeking clarity support and confidence about getting married, then this online safe space is for you!



@BECOMING_CONSCIOUS_BEINGS | @THEFLASHLIGHTPSYCHOTHERAPY



What is this group about?

- A safe, confidential space if you're considering getting married and would like to navigate your thoughts, fears, and hopes for your future.
- A group to find resonance of your experience with fellow peers.
- A space to feel seen, heard, supported and gain perspective.





Who is this for?

This group is open to men and women **above 21 years of age** and are considering getting married.

You may be single, may have a partner or be anywhere in between, **we're inclusive.**

If you're looking for clarity, support and confidence about getting married, this group is for you!





When and where does it happen?

- Alternate Saturdays starting from 18th January, 2025.
- From 11:00am to 12:00pm IST
- Dates: 18th January, 1st February, 15th February and 1st March, 2025
- Zoom App

All you need is a good internet connection and some time and space for yourself!





What to expect?

- An exclusive group of **4 members only**.
- The fee for 4 sessions is INR 3200/-.
- Through the 4 sessions, we will
 1. explore the fears and worries around commitment, expectations, and life changes associated with marriage,
 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
with
5+ years of experience

Let the experts guide you!





What are people 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.*





**We invite you to pause and
reflect on your journey towards
marriage**

**& find clarity and confidence in
the safety and support of a
group.**

DM to Register!



*Please share this with anyone
who might find it useful to join :)*