

The
BRIDAL EXPERIENCE

a Support Group for brides-to-be

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



What is a Support Group?

A confidential space with a specific focus (in this case, stress and emotions of brides-to-be) to help you understand your personal experience with that of others in the group, to feel seen, heard and supported by people on a similar journey and to 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 experience a lot of emotions, this group is for you to navigate them together!



When does it happen?

- 2nd and 4th Sundays
- From 11:00am to 12:00pm IST
- Starts on 24th March and ends on 12th May, 2024

Where does it happen?

Zoom App



What to expect?

- A closed group of 4-6 members.
- Participants need to attend 3 out of 4 sessions.
- The fee is INR 400/session.
- 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,
Psychotherapist
with
4+ years of experience
Queer Affirmative &
Trauma Informed



Meera Jayaprakash
Psychotherapist, Trainer &
Supervisor with
4+ years of experience
Queer Affirmative &
Trauma Informed



**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**

[Tap here to Register.](#)

