



# Help. Her. Heal.

## A 10 Week Group Series to Teach the Relational Skills to Help Her Heal

**Starts on Wednesdays via Zoom**

**6.6.24 through 8.8.24**

**8:15 – 9:45 am EST**

**Group Facilitator - Lisa Eschbach**

**Workbook provided prior to group start**

This group is for Men who want to improve their relational skills and increase their authenticity, honesty and empathy.

Contact: [lisa@relationalwellness.org](mailto:lisa@relationalwellness.org) to register

**HELP.HER.HEAL**

An Empathy Workbook for Sex Addicts to Help Their Partners Heal