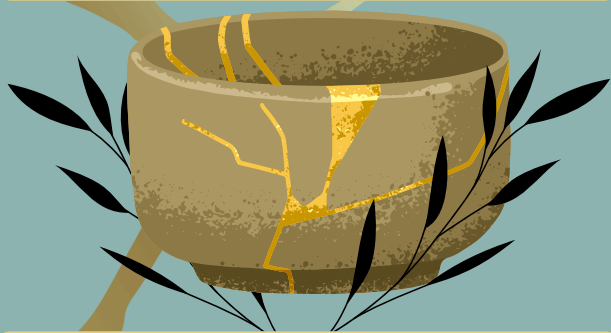


KINTSUGI

Healing from Infidelity

A THERAPY GROUP FOR
REBUILDING TRUST,
IDENTITY, & WHOLENESS

Just like the ancient art of Kintsugi — where broken pottery is mended with gold — we believe healing from betrayal is not about hiding the cracks, but honoring them.



BALANCE & PEACE
FAMILY COUNSELING INC.

6529 Riverside Ave Suite 155
Riverside, CA 92506

<https://www.jpeaucounseling.com/>

“OWNING OUR STORY AND LOVING
OURSELVES THROUGH THAT
PROCESS IS THE BRAVEST THING
THAT WE WILL EVER DO.”

— BRENÉ BROWN

GROUP DETAILS

WHEN: WEDNESDAYS - NOV 5 - NOV 19

TIME: 6:00PM - 8:00PM

DURATION: 3 WEEKS

WHERE: BP COUNSELING OFFICE

LED BY: TRISTAN PATEL & JENNIFER PEAU

COST: \$100 FOR THE SERIES

OPEN TO:

- Adults of all Genders and Ages
- Those experiencing or healing from Infidelity
- Whether in a relationship or healing independently

If you've experienced the pain of infidelity — whether in your current or past relationship — you're not alone. This group is a safe, supportive space for individuals to process, understand, and begin to heal from the emotional impact of betrayal.

[SCAN OR](#)
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GROUP FOCUS

✓ NAVIGATING:

- The Emotions and its Effects
- The Shock of What Happened
- The Grief of What Has Been Broken
- The Questions of What Now

✓ REBUILDING

- Self-Worth and Identity Stories
- Trust of the Self and Community
- Positive Self Image
- New Stories of Hope

✓ UNDERSTANDING

- Emotion's role in the betrayal
- Boundaries of Protection
- The Trauma Response's Plan for Healing

✓ TAKE AWAYS

- Tools and Strategies
- Community Support
- Healthy Communication
- Meaning making and Strength Building