

What is the HCH Couples Community?

This online community is designed to connect you with others on the same journey to share resources, offer and receive support and maintain hope. We know no other program that offers couples this unique opportunity to connect with other recovering couples and learn and practice the skills necessary for relational healing.

Our number one priority is your healing and safety. All members will be required to complete a thorough screening process for membership.

There is nothing else like this!

This program is **one of a kind**. In a field that focuses so much on relational healing, there are surprisingly no services or programs that we know of that bring recovering couples together to heal.

Cost: \$427 USD per month, per couple.

This couples community is hosted on a secure online platform where you can ask questions, get feedback, and get support from other community members.

Each month, we will focus on a specific theme related to healing, and each week will be broken down into sub-topics related to that theme. Group members will be encouraged to respond and post about topics or ask for support regardless of where we are in the curriculum.

This community will be overseen by trained HCH betrayal trauma coaches and specialists who will be actively providing valuable content. Weekly calls will provide opportunities for ongoing guidance, support, and education about relevant issues.

Take a deep breath because you have come to the right place. The journey ahead of you will not be for the faint of heart, but together we can create a roadmap to help you feel more prepared, confident, and capable.

If you are interested in joining the next cohort of our Online Couples Community, please call us at 562-379-4325 or visit helpingcouplesheal.com/contact-us/

Healing is a journey, and no one should have to go at it alone.

www.helpingcouplesheal.com

From Heartache to Healing

Rebuilding Trust
Restoring Love

HCH Couples Community



The power of community: finding support, resources, and hope in the darkness of betrayal trauma together.

A preview of the HCHCC resources



Special Guest Speakers



Weekly Wednesday Webinars



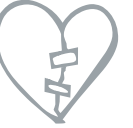
Community Courses & Calls



Community Connection Calls with Breakout Rooms



Ask me Anything Calls - Zoe Kors



Relational Check-In Calls with Breakout Rooms



Community Workbooks



Deeper Look Calls with Duane and Marnie



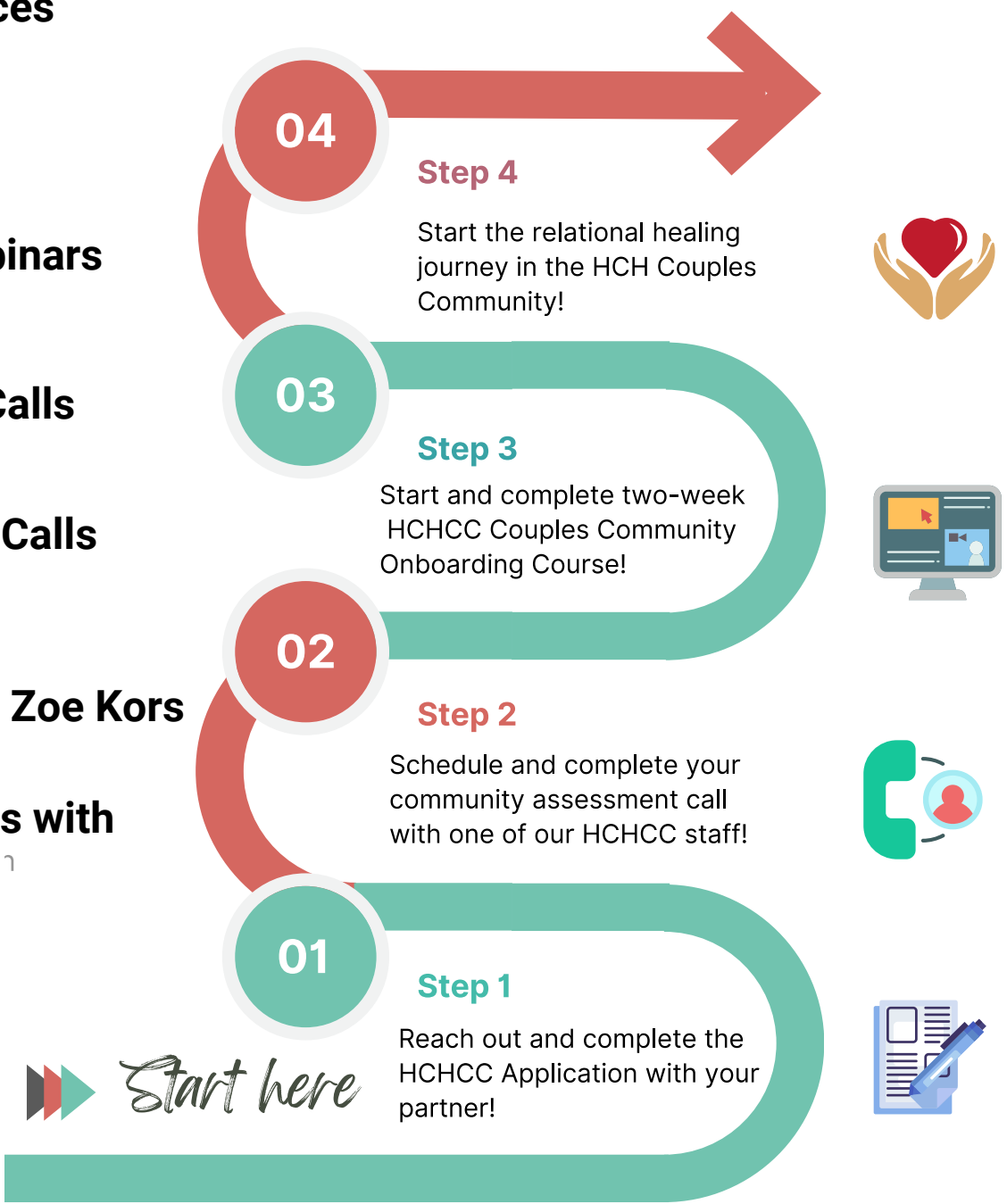
HCHCC Book Club



Q&A Calls



Robust onboarding, support, and access to prior HCH CC materials, workbooks, and webinar calls upon joining



Sample HCHCC Weekly Call Schedule

April 5: Gundolf Strehl (HCH) 10am Pacific / 1pm Eastern (Wednesday)
April 07: Zoe Kors (HCH) Friday 1pm Pacific / 4pm Eastern (Friday)
April 12: Guest Speaker: Michelle Mays 10am Pacific / 1pm Eastern (Wednesday)
April 17: A Closer Look with Duane & Marnie 10am Pacific / 1pm Eastern (Monday)
April 19: Michellene Burke and Iman Sadeghi 10am Pacific/ 1pm Eastern (Wednesday)
April 26: Guest Speaker: Joni Ogle 10am Pacific / 1pm Eastern (Wednesday)

Couples Connection Roundtable Calls:
April 6: 5pm Pacific / 8pm Eastern (Thursday)
April 13: 9am Pacific / 12pm Eastern (Thursday)
April 20: 5pm Pacific / 8pm Eastern (Thursday)
April 27: 9am Pacific / 12pm Eastern (Thursday)

Relational Check-In Calls:
April 2: 5pm Pacific / 8pm Eastern (Sunday)
April 16: 5pm Pacific / 8pm Eastern (Sunday)
April 23: 5pm Pacific / 8pm Eastern (Sunday)
April 30: 5pm Pacific / 8pm Eastern (Sunday)

Additional Calls (Schedule: TBD)
Book Club Calls
Community Course Calls
Interactive Wednesdays
Q&A Calls

Here are just a few guest speakers for the HCH Couples Community:
Dr. Stan Tatkin, Carol the Coach, Dan Drake, Michelle Mays
Dr. Darlene Cohn, Dr. Jake Porter, Dr. Eddie Capparucci,
Jenna Riemiersa, Cat Etherington, Fran Hopwood, Joni Ogle

This community is right for you and your relationship if...

- Both partners are committed to doing the work to heal the coupleship.
- You have completed a formal therapeutic disclosure and are ready for the next steps in healing.
- You are generally in the second stage of recovery past the scaffolding/stablization stage.
- You recognize the value of community and outside support
- It has been at least one year since the discovery of betrayal.
- You each have your own support and a couples therapist or coach specializing in betrayal trauma.