

## Are You Ready to Transform Your Marriage?

You've committed to sobriety and integrity. Now it's time for the next level: becoming the emotionally mature husband your wife needs and you want to be.

If you have the desire to change, but you need a roadmap, the tools, and the support to make it happen- Join us!

If you'll do the work, this group will equip you to rebuild trust, lead with empathy, and create the marriage you both deserve & hope for!

*"Two are better than one, because they have a good reward for their labor. For if they fall, one will lift up his companion. But woe to him who is alone when he falls, for he has no one to help him up."*

Ecclesiastes 4:9-10

Must be Sober & Committed to the Restoration Process to Join

## Why R.I.T.E. Gets Results

Created by Danielle Lew, MSW, LCSW CPC, APSATS-CCPS, former addictions counselor, wife, mom, and Jesus-lover...

Danielle saw something missing in men's recovery programs. Men were learning skills but still struggling to truly connect with their wives. **R.I.T.E. fills that gap with:**

- Trauma-informed approach that addresses real underlying issues
- Evidence-based methods proven to restore relationships
- Attachment-focused education & tools to get to the core of the challenges
- Partner-sensitive material that considers your wife's healing journey
- Faith-based foundation rooted in biblical principles
- Take the work you are doing in group to your therapist to dig deeper & save time on your personal healing

*"I finally understand why my wife reacts the way she does. Instead of getting defensive, I can actually help her feel safe. Our marriage is better than it's ever been."*

- Michael, R.I.T.E. Participant

## What You'll Gain:

- Confidence in your integrity and character
- Your wife's growing trust and respect as she sees the change in your new way of relating
- Tools to handle conflict without defensiveness or withdrawal
- Emotional leadership skills that strengthen your entire family
- Hope for a marriage that's stronger than it was before the crisis
- Brotherhood with other men who understand your journey (option to join "Tough Love" after completion of group to continue with the community of support)

## Program Overview

12 weeks | 90 minutes weekly| Online (attend from anywhere in the US)

Limited to 8 men  
Confidential  
Integrated with  
Biblical Truths  
& Neuroscience



To sign up visit:  
[www.trinitywellnessgroup.com](http://www.trinitywellnessgroup.com)