

Hold Me Tight®

Conversations for a Lifetime of Love

A RELATIONSHIP EDUCATION
WEEKEND FOR COUPLES

\$450 per couple
Online Workshop

Based on the book *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Dr. Sue Johnson

Facilitated By: Debbie Wang, Certified EFT Therapist, MSW, RSW, PhD

March 20: 10am - 1:30pm
March 21: 1 pm - 4:30pm
March 27: 10am - 1:30pm
March 28: 1pm - 4:30pm

This workshop will be held Online

EARLY BIRD REGISTRATION:
\$395 PER COUPLE Until Feb 28th

During the weekend workshop you will:

- Learn about love and attachment
- Begin to make sense of your own and your partner's emotions and needs
- Understand how love goes wrong
- Identify stuck points in your own relationship
- Learn how to talk about hurts without getting stuck
- Learn how to apologize and forgive
- Discover ways to keep love alive in your relationship



FOR MORE INFORMATION OR TO REGISTER

Please contact glebecentre@wlu.ca or 519.884.3305

Early Bird Registration deadline: Sunday, Feb 28th

Final Registration deadline: Friday, March 12/21

REFUNDS:

Withdraw before Feb 26, 2021: 50% refunded.

Between Feb 27 and March 10: \$100 refunded.

AFTER March 11, 2021 - NO REFUNDS

glebecounselling.ca

Hold Me Tight® is a Registered Trademark of Sue Johnson

PLEASE REGISTER AT OUR WEBSITE OR GO TO:

<https://event-wizard.com/HoldMeTightSpring2021/0/register/>



the Delton
GLEBE
COUNSELLING CENTRE

The Delton Glebe Counselling Centre
is a community service provided through
Martin Luther University College