

Hold Me Tight®

A VIRTUAL WORKSHOP

Conversations for a Lifetime of Love

A RELATIONSHIP EDUCATION

WEEKEND FOR COUPLES

\$395 PER COUPLE

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

JUNE 27 - 28, 2020 | 9 AM - 5 PM

Please Note: Because the entire workshop will be conducted virtually, all participants will need access to:

- * a computer & internet services
- * a quiet/private space

*** REGISTRATION DEADLINE: JUNE 22, 2020 ***

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 PLEASE CONTACT:

519.884.3305 or glebecentre@wlu.ca

PLEASE REGISTER AT:

<https://event-wizard.com/VirtualHoldMeTightJune2020/0/register/>

Please Note:

Withdrawal BEFORE June 20 - 50% refunded

AFTER June 20 - NO REFUND

glebecounselling.ca

Always Confidential

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