

Hold Me Tight[®]

Conversations for a Lifetime of Love

A RELATIONSHIP EDUCATION

WEEKEND FOR COUPLES

\$450 Per Couple (Lunch and Refreshments Included)

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

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

NOVEMBER 3-4, 2018 | 9 AM – 5 PM

MARTIN LUTHER UNIVERSITY COLLEGE | CORNER OF BRICKER AND ALBERT

EARLY BIRD REGISTRATION: \$395 PER COUPLE

FOR MORE INFORMATION OR TO REGISTER

Please contact glebecentre@wlu.ca or **519.884.3305**

Early Bird Registration deadline: Monday, October 15, 2018

Final Registration deadline: Monday, October 29, 2018

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

glebecounselling.ca

Always confidential.

Hold Me Tight is a Registered Trademark to Sue Johnson

the Delton Glebe
Counselling Centre 

strengthening emotional & spiritual well-being