

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: Dr. Debbie Wang, Certified EFT Therapist, MSW, RSW, PhD

November 6, 2021: 9am to 5pm
November 7, 2021: 9am to 5pm

This workshop will be held Online

**EARLY BIRD REGISTRATION: \$395
PER COUPLE Until October 4, 2021**

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: Monday, October 4, 2021

Final Registration deadline: Friday, October 29, 2021

REFUNDS:

Withdraw before October 4, 2021: 75% refunded.

Between October 5 and October 25, 2021: 50% refunded.

AFTER October 25, 2021 - NO REFUNDS

Hold Me Tight® is a Registered Trademark of Sue Johnson

PLEASE REGISTER VIA LINK ON OUR WEBSITE OR GO

TO: <https://event-wizard.com/HoldMeTightFall2021/0/register/>



the Delton
GLEBE
COUNSELLING CENTRE

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

glebecounselling.ca