

HOLD ME TIGHT[®]

Conversations for a Lifetime of Love.

May 25 - 26, 2019 9 AM - 5 PM



PROGRAM:

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

During the weekend workshop you will:

- learn about love and attachment
- Begin to make sense of your own and your partner's emotional 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

FACILITATOR

Debbie Wang, Certified EFT Therapist, MSW, RSW, PhD

REGISTRATION

Register by going to <https://event-wizard.com/HMT-0519/0/register/>

Fee: \$450 per couple (\$395 early bird fee) until May 3rd. Registration deadline: May 22nd



LOCATION

Martin Luther University College, corner of
Albert Street and Bricker Avenue in Waterloo.

PARKING

You will receive parking information in your
e-mail confirmation of registration.

FOR MORE INFORMATION CONTACT:

Delton Glebe Counselling Centre at
glebecentre@wlu.ca or call [519-884-3305](tel:519-884-3305)