

Hold Me Tight[®]

Conversations for a Lifetime of Love

A RELATIONSHIP EDUCATION WEEKEND FOR COUPLES

\$495 Per Couple (Lunch & 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

APRIL 4-5, 2020 | 9 AM – 5 PM

**MARTIN LUTHER UNIVERSITY COLLEGE
CORNER OF BRICKER ST & ALBERT ST
EARLY BIRD REGISTRATION:
\$450 PER COUPLE**

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: Friday, March 6, 2020

Final Registration deadline: Friday, March 27, 2020

REFUNDS:

Withdraw before March 6, 2020 - 75% refunded.

Between March 7 - 20, 2020 - 50% refunded.

AFTER March 20, 2020 - NO REFUNDS.

glebecounselling.ca

Hold Me Tight is a Registered Trademark to Sue Johnson

Register at:

<https://event-wizard.com/HMTApril2020/o/welcome/>



the Delton
GLEBE
COUNSELLING CENTRE

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