

# HOLD ME TIGHT

## Emotionally Focused Couples Retreat

Are you a clergy member who would like to enrich your relationship?  
Join us for this exciting opportunity to grow closer to your spouse!

### Presenter:

**Irene Oudyk-Suk, MSW, RSW**

The couples retreat is based on the Hold Me Tight®: *Conversations for Connection Program* developed by Dr. Sue Johnson, director of the International Center for Emotionally Focused Therapy. To learn more about Irene, visit: [www.couplesinstepretreats.com](http://www.couplesinstepretreats.com)

**March 26 , 2014**  
**6:30 pm - 8:30 pm**  
**March 27 and 28**  
**9:00 am - 4:00 pm**

Hope Fellowship Church  
1685 Bloor St  
Courtice, ON  
L1E 2N1

### Learning Objectives:

- You will uncover and learn how to repair patterns in your relationship that cause you unhappiness and stress.
- You will learn how to build patterns of a loving connection.

Group presentations, by the facilitator, are brief and designed to prepare you for private exercises with your partner. Your active participation in the larger group is welcome but not required.

\$750 registration fee includes refreshments and lunch each day.

For more information and to register, call Shalem at 866-347-0041, email [office@shalemnetwork.org](mailto:office@shalemnetwork.org) or visit [www.shalemnetwork.org](http://www.shalemnetwork.org)



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