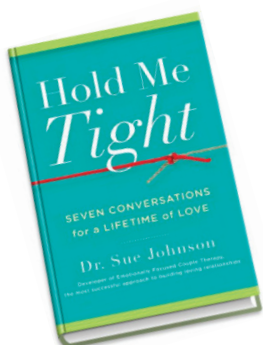


Couples Weekend
Workshop



HOLD ME TIGHT®

Proven Strategies to Strengthen Your Relationship



MARCH 31 - APRIL 2, 2017

Friday 5 pm - 9 pm
Saturday 9 am - 4:30 pm
Sunday 1 pm - 5 pm

LOCATION: Hamilton, ON

FACILITATORS: Jennifer Bowen
& Susan Winter Fledderus

FEE: Contact us for fee options or
to discuss how you could use
extended health coverage
or other benefits to help with the fee.

**Registration includes refreshments
and materials for three days,
including lunch on Saturday**

Hold Me Tight is a weekend workshop designed around seven conversations based on the Hold Me Tight book, all of which have been shown to be essential to successful relationships. You will learn how to understand and improve your relationship through presentations by the workshop leaders, private exercises and conversations with your partner and by watching video demonstrations of other couples.

Hold Me Tight is appropriate for couples who:

- want to connect more deeply
- want to get “unstuck” from their patterns
- are in established or new relationships



shalem

Mental Health Network

For more information and to register, visit

www.shalemnetwork.org/workshop/holdmetight or call 905.528.0353 or 866.347.0041