

Couples Weekend
Workshop



HOLD ME TIGHT®

Proven Strategies to Strengthen Your Relationship

TWO weekends to choose from:

NOVEMBER 11 - 12, 2017

Saturday 9 am - 5 pm

Sunday 9 am - 3 pm

LOCATION: Hamilton, ON

FACILITATORS: Bernadine Togeretz
and Shawn Groen

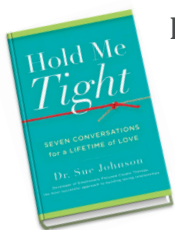
APRIL 21 - 22, 2018

Saturday 9 am - 5 pm

Sunday 9 am - 3 pm

LOCATION: Hamilton, ON

FACILITATORS: Susan Winter Fledderus
and Shawn Groen



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

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 the workshop, including lunch.

For more information and to register, visit

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