

Couples Weekend  
Workshop

# HOLD ME TIGHT®

Proven Strategies to Strengthen Your Relationship

APRIL 27-28, 2024

Saturday & Sunday 9 am - 5 pm

**LOCATION:**

Hamilton, ON

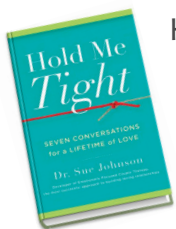
**FACILITATORS:**

Shawn Groen and Aimee Berends

**FEE:** \$750 Early Bird  
\$800 after March 15

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.**



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 call 866.347.0041,  
or visit <https://shalemnetwork.org/events/hold-me-tight-april-2024/>