

# Hold Me Tight®

## Couples Workshop

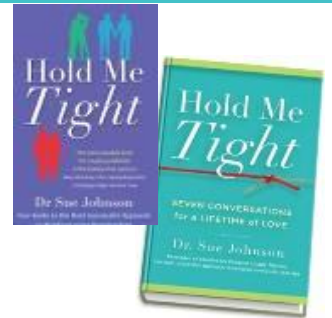
### CONVERSATIONS for CONNECTION A Relationship Education Workshop for Couples

Based on the book

By: Dr. Sue Johnson

[www.holdmetight.com](http://www.holdmetight.com)

*Hold Me Tight: Seven Conversations for a Lifetime of Love*



Learn what creates distance and conflict  
Identify and learn to stop those negative repetitive patterns  
Learn and practice relationship tools  
Get out of distress and get stronger and closer together

#### This is a WORKSHOP

WE WILL BE GIVING TALKS, SHOWING VIDEOS AND GETTING YOU TO DO EXERCISES WITH YOUR PARTNER.

Couples are invited to join a weekend workshop on

Saturday 26 November 9.00am-5.30pm

Sunday 27 November 9.00am-5.30pm

**Venue:** 13 Ryle St, Freemans Bay, Auckland

**Registration Fee:** Per couple \$600 before 5 August, or \$660 after this date (includes copy of book *Hold Me Tight*)

*Participants must be able to attend the whole time. Group is limited to 12 couples*

**To Register** request a registration form:

**Email:** [holdmetightauckland@gmail.com](mailto:holdmetightauckland@gmail.com)

**Phone (or text):** Susan Harding 0274502372

Also see [www.holdmetightauckland.co.nz](http://www.holdmetightauckland.co.nz)