

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

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 14 August 9.00am-5.30pm

Sunday 15 August 9.00am-5.30pm

Venue: Taitamariki, 8 Auburn St, Takapuna

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

Phone (or text): Susan Harding 0274502372

Also see www.holdmetightauckland.co.nz