

Hold Me Tight

CONVERSATIONS For CONNECTION
OAKVILLE, ON

Upcoming Workshop Dates for 2017:

COUPLES WORKSHOP

January 28-29 & June 3-4

Based on the book *Hold Me Tight – Seven Conversations for a Lifetime of Love* and the core concepts of one of the most successful models of couples therapy (*Emotionally Focused Couples Therapy*) by Dr. Sue Johnson.

During the *Hold Me Tight* weekend, couples will experience:

- Improved communication
- Recognizing underlying reasons for conflict
- Moving out of negative conflict cycles
- Deeper intimacy and closeness
- A better understanding of both your partner's and your own emotional responses and needs
- Affirming relationship strengths and creating a secure attachment



This workshop is designed for all couples in a committed relationship (dating, living together, LGBTQ , common-law and married) who are interested in becoming more responsive and engaged with one another.

www.jodirouah.com

Jodi Rouah, MSW, RSW



www.oakvillecounselling.com

Janet Goodhoofd MSW, RSW



Location:

Staybridge Suites Oakville-
Burlington
2511 Wyecroft Rd, Oakville,
ON L6L 6P8

Time:

9:00AM
to
5:00PM

Cost: 734.50 per couple, includes HST, workshop materials, lunch and refreshments
(Please check with your insurance provider to see if you have coverage for the workshop)

To register or for more information please contact info@jodirouah.com or (647)453-2933