

Hold Me Tight

A COUPLES WORKSHOP

February 23-25, 2023

**Thursday & Friday 5:30-8:30 PM,
Saturday 9-5 PM**

Our Hold Me Tight® Workshop for Couples is based on Attachment Theory, Emotionally Focused Couples Therapy, and the international best-selling book "Hold Me Tight: Seven Conversations for a Lifetime of Love" by Dr. Sue Johnson.

Hold Me Tight has been shown to help couples:

- Change the negative cycle of repetitive arguments and distancing;
- Understand emotions and needs in romantic relationships and how to create positive, bonding moments;
- Begin to repair old relationship injuries and how to build more trust;
- Learn and practice a new way of communicating with each other that promotes a closer connection.



LOCATION: CATHEDRAL OF THE ROCKIES , 717 N 11TH ST, BOISE, ID
COST: EARLY BIRD FEE \$1100 ENDS ONE MONTH PRIOR TO START
DATE OF WORKSHOP; \$1250 / COUPLE; SPOTS ARE LIMITED
CONTACT: EMAIL BOISECOUPLESWORKSHOPS@GMAILCOM OR
CALL 208.440.5464