

Hold Me Tight

A COUPLES WORKSHOP

January 18-20 2024

**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.

"Hold Me Tight®" is a registered trademark to Sue Johnson

**LOCATION: VALLEY LIFE COMMUNITY CHURCH, 6325 N LOCUST GROVE RD,
MERIDIAN ID**

**COST: EARLY BIRD FEE \$950 ENDS ONE MONTH PRIOR TO START DATE OF
WORKSHOP; \$1000 / COUPLE; SPOTS ARE LIMITED**

**CONTACT: MELINDA KASERMAN FOR MORE INFORMATION AT
MELINDA@MELINDAKASERMANLLC.COM OR 208.440.5464**