

Hold Me Tight Couple's Workshop

The Hold Me Tight[®] Workshop is based on the award-winning and research-proven Emotionally Focused Therapy (EFT) approach developed by Dr. Sue Johnson. You will learn how to:

- Acknowledge strengths in your relationship.
- Identify negative communication patterns.
- Develop skills to de-escalate conflict in your relationship and heal from past relationship injuries.

Dates:

Friday, February 14th, 6pm–10pm

Saturday, February 15th, 9am–5pm

Sunday, February 16th, 1pm–5pm

Location:

Interfaith Counselling Centre

23B Church St., New Hamburg, ON N3A 1J1

Register:

Please call 519-662-3092 to register and discuss available funding.

ICC strengthens the fabric of our community by equipping individuals, couples, and families to realize emotional wellness and triumph over life's challenges.

