

HOLD ME TIGHT COUPLES WORKSHOP

Create a deeper connection with your partner and face life's inevitable challenges together



Based on the best-selling book, *Hold Me Tight: Seven Conversations for a Lifetime of Love* by Dr. Sue Johnson

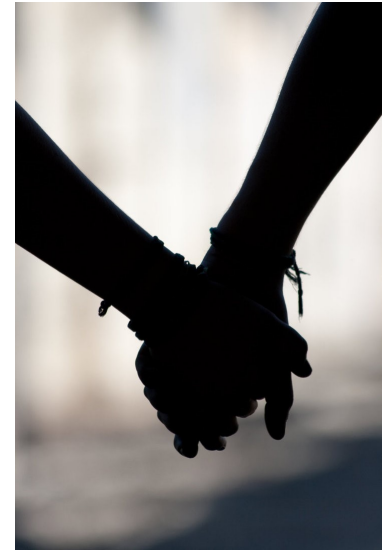
Learn, observe and practice new ways to shape your relationship:

- ◆ Change frustrating and painful cycles you get caught in
- ◆ Improve your communication
- ◆ Make sense of both of your emotions and relationship needs
- ◆ Begin to heal and forgive past relationship hurts
- ◆ Deepen and enhance trust, emotional safety and physical intimacy



Kids and Families Together

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**8 WEEKLY
SESSIONS**

**WORKSHOP FEE:
\$400 (sliding scale available)
FREE for pre or post adoptive
couples**

THURSDAYS

6pm-8pm

**Starting April 7th, 2016
through May 26th, 2016**

LOCATION

4001 Mission Oaks Blvd.

Suite P

Camarillo, CA 93021

TO REGISTER:

**Call Rachel Ashleman, LMFT
LMFT #89697**

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