

Hold Me Tight Couples Workshop

FREE!

for foster, adoptive,
& kinship caregivers



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

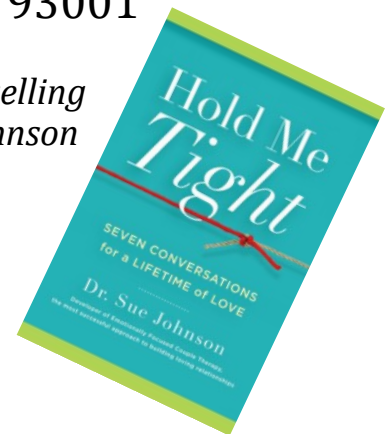
Jan. 8th—Feb. 26th, 2019

8 weekly sessions

Tuesdays from 6-8pm

864 E. Santa Clara St.
Ventura, 93001

*Based on the best-selling
book by Dr. Sue Johnson*



To Register: Contact Rachel Ashleman, LMFT
805-643-1446, ext. 106; rashleman@kidsandfamilies.org