Hold Me Tight
Couples Workshop

FREE for foster, adoptive, and 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

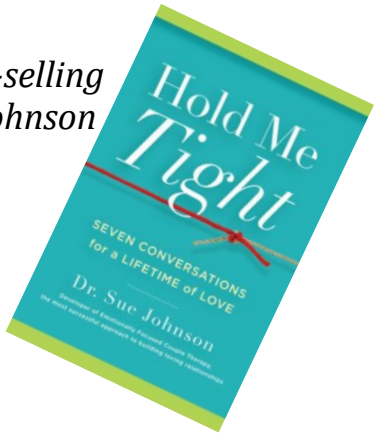
August 20th—October 8th

8 weekly sessions

Tuesdays from 6-8pm

864 E. Santa Clara St.
Ventura, 93001

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



ADOPTION KINSHIP FOSTER

Kids & Families Together

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