

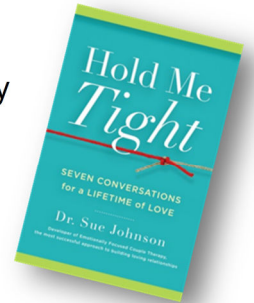
Wednesdays, 7–9 p.m.
March 6–April 24, 2013
8-Week Couples Workshop
at Straight Talk in La Mirada
13710 La Mirada Blvd.
(562) 943-0195

Hold Me *Tight*

PROGRAM

CONVERSATIONS for CONNECTION
A Relationship Education Group for Couples

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



You're not the only couple that struggles to connect.

This workshop will help you

Reconnect with your partner

Break negative cycles that block intimacy

Make sense of your and your partner's emotions

Handle stress and conflict better

Forgive each other and restore trust and safety

**Through videos of real couples,
private couple exercises, and optional
group participation, you'll gain**

Encouragement from seeing others work
through troubles similar to yours

Seeing your relationship more clearly by seeing
the same patterns in other couples

Group energy supporting you in difficult areas,
and cheering your successes



Betsy Walli, MFT Intern 74221
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Special pricing
\$99.00
per couple for 8 weeks

www.holdmetight.org

Supervised by Dawn Hanson
LMFT 39203



Jack Gershfeld, MFT Intern 71801
Jack@straighttalklm.org