

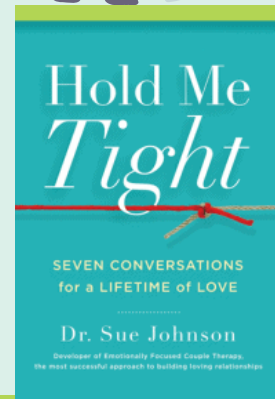
# Hold Me Tight®

## Conversations for Connection

### A Relationship Workshop for Couples

Join us if:

- You desire more effective communication with your partner.
- You are curious about the underlying reasons for your conflicts.
- You long for deeper intimacy and a more loving connection.
- You are curious about your partner's and your own emotional needs and responses.
- You are committed to moving away from negative patterns of interaction and replacing them with comfort and connection.
- Affirm your relationship's strengths and create a more secure sense of attachment.



## What to expect

- Couples will be engaged by guided couple exercises with personalized one-on-one support, video clips, group information and discussion of key concepts.
- Couples will walk away with a new understanding of one another and develop new patterns of communication.
- All couples must complete a phone screening to complete registration.
- Cancellations with at least 1 week notice are refunded, minus a \$75 registration fee. Cancellations less than 1 week before the workshop are non-refundable.

## 20 Hours of Relationship Enrichment

Dates: Oct. 16, 23, 30, Nov. 6

Time: 1:00 pm - 6:00 pm

Location: Zoom

Cost: \$500 per couple

Registration call: 416-921-1163

No matter what the stage of your relationship, married or not, this workshop is designed to help you create a more loving bond with your partner and enjoy all the benefits of being a couple.

Catholic Family Services of Toronto is a Catholic Charities member agency supported by Share Life.