

HOLD ME TIGHT WORKSHOP - 7 Conversations for Connection

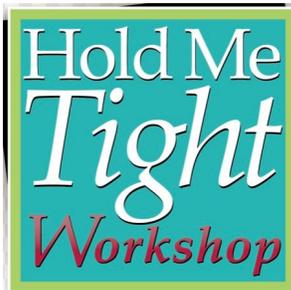
August 2nd & 3rd - 10am - 4pm Glendale, CA

Learn to develop the keys to a safe, secure and enjoyable relationship that can weather the storms with your spouse or partner. Learn to develop a relationship where you feel secure. Close. Heard. Connected.

How long has your relationship been suffering? Seeking the right kind of help is the key to understanding what's really getting in the way of enjoying each other more. I want you to know that true happiness is attainable when you are willing to face the issues that are standing in your way. My goal is to be your mirror and help you have conversations that help you see what you can't see on your own so you can start on the path to be the best version of your self with your partner.



- › Trying to understand issues between you?
- › Wondering if it's possible to trust again?
- › Tired of having the same arguments over and over again?
- › Learn how to Create a more secure connection
- › Learn what ignites emotional distress and battles
- › Develop greater understanding of how to communicate your needs



What To Expect: The **Hold Me Tight® Workshop** is designed around seven conversations based on the *Hold Me Tight* book by Dr. Sue Johnson. You will learn how to strengthen your relationship through these conversations and through the video presentation throughout the workshop. There will be support available to you to answer questions you may have.



Facilitated by: Shantel Daniels is a Licensed Marriage and Family Therapist located at 230 N. Maryland, #105, Glendale, CA 91206. She specializes in helping couples and individuals prosper in their relationships using **Emotionally focused Couples Therapy and attachment knowledge to help clients develop greater connection.** Call today to register 323-676-1633. **Registration ends July 18th. Snacks Provided.** Cost is \$150/couple