

Couples Weekend Workshop

Join us to strengthen, renew and repair your relationship in this workshop based on the best-selling book Hold Me Tight: Seven Conversations For A Lifetime of Love, by Dr. Sue Johnson.

This workshop offers a safe and supportive opportunity for you to improve your understanding of each other, communicate better, solve the recurring problems you struggle with, and deepen your closeness. You will learn how to stop the repetitive arguments, and improve your emotional and physical connection. Many couples leave HMT workshops feeling **supported, cared for, loved, accepted and more understood**. The workshop gives couples a map for how to create and sustain a lifetime of love.

**This is an educational workshop and supports therapy nicely, but does not replace it if your relationship is in high distress.*



Take Some Time for the Two of You

Weekend Schedule

Friday	5P – 8P
Saturday	10A – 5 P
Sunday	11A – 4 P

Location: Lake Tahoe Community College
South Lake Tahoe

The cost of the workshop is \$500 per couple

SPACE IS LIMITED

To register or for more information about this program:

www.csheehanjr.com

775.287-7733

or

www.catherineaisner.com

530.416.6696



Catherine Aisner, Ph.D.



Cornelius Sheehan Jr. LCSW

