



HOLD ME TIGHT®

Conversations for Connection Weekend Workshop

Couples of all sexual orientations and religious/spiritual beliefs are invited to join us for a weekend devoted to enhancing your relationship.

The goal of this workshop is for you and your partner to achieve:

- ✓ *Greater trust and safety in your relationship*
- ✓ *A stronger connection and foundation together*
- ✓ *Improved communication*
- ✓ *New skills to de-escalate when conflicts arise*
- ✓ *An understanding of how to break negative cycles that can overtake your relationship and pull you apart*
- ✓ *A better understanding of each other*
- ✓ *An understanding of the New Science of Love and what that means for your relationship*

Based on Dr. Sue Johnson's book - Hold Me Tight®: Seven Conversations for a Lifetime of Love

When: 3-day workshop on
 Friday, Oct. 11, 7–9pm
 Saturday, Oct. 12, 10am–4pm
 Sunday, Oct. 13, 10am–4pm

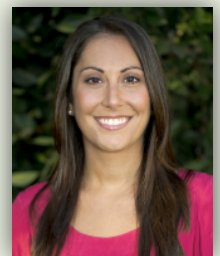
Where: The Meta Center
 214 West 29th Street, 16th fl
 New York, NY 10010

Cost: \$700 if registered before
 Sept. 15, \$750 after Sept. 15
 and if space remains
 (limited to 10 couples)

Facilitators:



Jenev Caddell, PsyD



Kristin Koloizian, PsyD

TO REGISTER, PLEASE CONTACT:

Jenev Caddell, PsyD: jenev@drjenevcaddell.com or 646-704-3520

OR

Kristin Koloizian, PsyD: info@drkristinkoloizian.com or 917-716-4834