



Hold Me *Tight*

The Hold Me Tight® group guides couples through seven essential conversations for creating a strong and securely bonded relationship.

Based on the theory of Emotionally Focused Therapy (EFT), Hold Me Tight® helps couples identify negative patterns of interactions that increase conflict and disconnection. It also helps couples have conversations that increase emotional safety and security in their relationship.

Following the completion of this group, couples will be offered access to counselling services to continue building on the foundation laid during group.

Date & Time

The virtual Hold Me Tight® group runs on Tuesdays from 6pm-8pm for 10 weeks starting October 1st.

To register:

Visit <https://tinyurl.com/cmxxhpb4>
or call 705-726-2503.

Space is limited. Register soon to avoid disappointment.

See other upcoming MindSelf workshops at cfssc.ca/mindself