

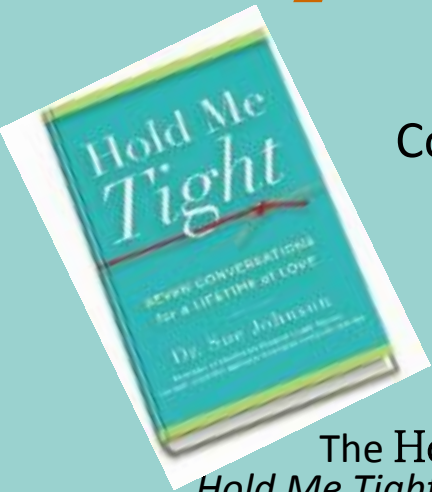
Hold Me *Tight* *couples workshop*



Couples are invited to join 4 weekly sessions

Dates & Time: To be determined (based on couples' availability)

Location: Counseling Center



The Hold Me *Tight* Workshop will focus on four discussions based on the *Hold Me Tight: Seven Conversations for a Lifetime* (by Dr. Sue Johnson www.dr.suejohnson.com), all of which have been shown to be essential to successful relations.

Couples will learn how to understand and improve their relationship through presentations by the workshop leaders, private exercises and conversations with their partners and by watching video demonstrations of other couples.

If interested, contact soonhee@umbc.edu or 410-455-2472

