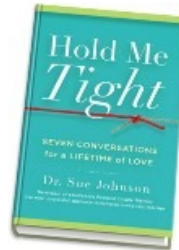


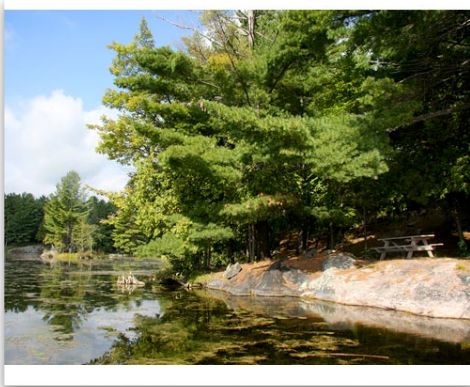
A Retreat For Couples

Hold Me Tight[®]



Based on the book
*Hold Me Tight:
Seven Conversations
for a Lifetime of Love*

By: Dr. Sue Johnson
www.holdmetight.com



Hosted in collaboration with
Kingfisher Bay Retreat on
beautiful Stony Lake, just
north of Peterborough -
www.kingfisherbay.ca

A strong relationship is based on the ability to feel safe and secure with your partner. A sound emotional connection can sustain you through all the challenges of life. This retreat, based on the principles of Emotionally Focused Therapy (EFT) will help you maintain and nurture that connection.

We're running two retreats in **2018**. The first starts on the evening of **Tuesday, April 24** and runs until the afternoon of **Thursday, April 26**. The second starts on the evening of **Friday, September 28** and runs until the afternoon of **Sunday, September 30**.

The all-inclusive cost of \$675 **per couple** includes 2 nights accommodation, all meals from breakfast the first full day through lunch on the final day and all retreat costs.

Register more than 30 days before the retreat for a discounted rate - \$625

Retreat Leaders:

Terry Noble, RP, RMFT - Therapist
Lisa Noble, BEd, OCT - Educator



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