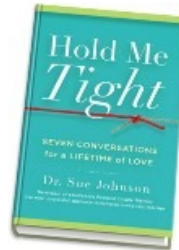


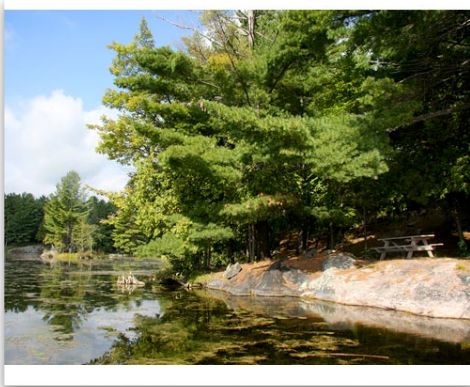
A Retreat For Couples

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.

The retreat starts on the evening of **Friday, September 20, 2019** and runs until the afternoon of **Sunday, September 22nd**.

The all-inclusive cost of \$900 **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 - \$875

Retreat Leaders:

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



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