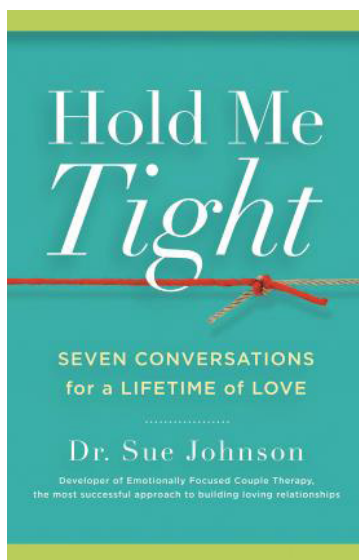


# Join us for an Educational Couples Workshop to Strengthen and Repair your Relationship.



**March 18th and 19th**  
**9:30 am to 4:30 pm**  
**Club Italia**

*2525 Montrose Rd, Niagara Falls, ON L2H 0T9*



The methods used in this couples workshop are based on the international bestseller *Hold Me Tight®: Seven Conversations for a Lifetime of Love* by Dr. Sue Johnson.

This workshop is for any couple in a committed relationship. Engaging presentations and videos will provide practical tools to help strengthen and repair your bond.

Although most of the work will be done with your partner one-on-one, there will be a larger group teaching session. Participants are encouraged to share as much or as little in the large group as comfort level allows.

Learn to utilize the tools provided in this workshop to create and maintain a loving connection. A loving connection contributes to better mental and physical health, less conflict and a better understanding of what each partner needs.

*Facilitated by Wendy Bulthuis MSW, RSW, Certified EFT Couples Therapist*

**Registration Fee: \$50 per couple**

*Registration is fully refundable. Refreshments provided.*

**To register contact**  
**Portage Medical Family Health Team**  
**Call 905.354.9393**



*Workshop presented by:*

