HOLD ME TIGHT®

A Two Day Couples Workshop

Slow Down. Reconnect. Feel Close Again.

Do you feel like you're having the same fight over and over?
Have you begun feeling more like roommates than partners?
Do small disagreements turn into painful distance or disconnection?

The Hold Me Tight® Couples Workshop gives you dedicated time away from everyday life to understand what keeps pulling you apart—and learn how to find your way back to each other.

THE WORKSHOP

Break free from the same painful arguments and reconnect with the person you love.

Just the Two of You.

This is not group therapy. Couples work privately with one another and are never required to share personal details with the group.

FACILITATORS

Tina Sprague
Glenview, IL

Shera Wiscons
St. Louis, MO

DATES

Friday, November 6th
9 AM - 4 PM

Saturday, November 7th
9 AM - 2 PM

READY TO FEEL CLOSE AGAIN?

Reserve Your Spot.

$995 Early Bird Registration

Sheraton Chicago Northbrook Hotel
1110 Willow Rd, Northbrook IL

Space is Limited.
Breakfast and Lunch Provided.