

What is....

The Hold Me *Tight*®

Workshop ?

HMT is an educational and experiential workshop for couples.

This workshop covers two days (9-5) of material for you and your partner to participate in. Each topic covered will include an educational piece, an example piece, and a practice piece

Topics covered include:

- Love-A Revolutionary New View
- Recognizing the Demon Dialogues
- Find the Raw Spots
- Revisiting A Rocky Moment
- Hold Me Tight-Engaging and Connecting
- Forgiving Injuries
- Bonding Through Sex and Touch
- Keeping Your Love Alive

Hosted by Little Bear Counseling. For more information contact us at 406-356-6351 or at

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