



Cameray
Child & Family Services

FREE ONLINE GROUP

HOLD ME TIGHT® PROGRAM: A COUPLES GUIDE TO BUILDING RELATIONSHIP AND UNIFIED PARENTING

HAVING A STRONG, HEALTHY, AND SECURE COUPLES RELATIONSHIP IS THE BEST GIFT THAT WE CAN GIVE TO OUR CHILDREN. BASED ON THE WORK OF COUPLES THERAPIST DR. SUE JOHNSON, THE HOLD ME TIGHT PROGRAM IS A 7-WEEK GROUP WHERE WE WILL LEARN ABOUT LOVE AND ATTACHMENT, COPING STYLES WHEN FACING CONFLICT, NEGATIVE PATTERNS IN WHICH YOU GET STUCK, AND HOW TO BUILD NEW PATTERNS OF CONNECTION AND SECURITY.

WHEN: MONDAYS NOVEMBER 1 - DECEMBER 13, 2021
6:00PM-7:30PM

WHERE: ONLINE VIA ZOOM

WHO: FOR BURNABY AND NEW WESTMINSTER PARENTS
WITH CHILDREN 0-6 YEARS OLD

HOW TO REGISTER: EMAIL US AT
PSPGROUPSIGNUP@CAMERAY.CA OR CALL OUR FRONT
DESK AT **604-436-9449**

