



# Couples with Children Aged 0 - 6 are invited to join The Hold Me Tight Program

CONVERSATIONS For CONNECTION:  
A Relationship Education Group for Couples  
Based on the Book by Dr. Sue Johnson  
*Hold Me Tight: Seven Conversations for a Lifetime of Love*

**Who:** For couples with children aged 0 – 6

**What:** The purpose of the program is to help partners create positive interactions that promote trust and reduce feelings of isolation. Couples will learn to clarify their emotional signals in ways that encourage their partners to respond with love and compassion. A new emotional experience of secure connection, a sense that the other person can be Accessible, Responsive and Engaged (A.R.E.) transforms love relationships. Partners can then shape A.R.E. conversations that offer a positive answer to the key question, "Are you there for me?"

**Where:** Lanark Health and Community Services,  
30 Bennett Street, Carleton Place

**When:** 7:00 – 9:00 pm Wednesdays February 23<sup>rd</sup> – April 20<sup>th</sup>  
(excluding March 16th)

**Cost:**



For more information or to register,  
please call Maggie at 613-259-2182 or  
1-866-762-0496  
We can help subsidize childcare costs.  
Limited transportation available.



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Community Health Centre  
A part of Lanark Health and Community Services



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Every One Matters.