

Lisa Ruderman, LMFT

MARCH 28-29, 2014

Let's Celebrate our LGBT Relationships

"Hold Me Tight": A Transformative Weekend Workshop for LGBT Couples
www.lgbtholdmetight.org • BUILD STRONG BONDS • 2014 - A Nurturing Weekend Created Especially for LGBT Couples

EARLY BIRD DISCOUNTED PRICE: \$500.00 (if registered by February 15th). Register at www.lgbtholdmetight.org

COST*	WHEN	WHERE
\$650.00 per couple Early bird discounted price \$600.00 (if registered by February 15th)	March 28-29, 2014 Friday: 9:00am - 6:00pm Saturday: 8:00am - 5:00pm	Location to be Announced San Francisco, CA

Included in the Cost: Breakfast/Bakery Items & Coffee/Tea Service * Lunch and Beverages * Daily Parking Fees

As LGBTQ people, we have grown up being impacted by non-supportive social and cultural attitudes toward our relationships. We have tailored this weekend to take into account this effect on ourselves and our partners as we work to build strong bonds in our romantic relationships. During the course of this workshop, you will:

- Understand how and why couples get so stuck in negative cycles.
- Learn how to see your own cycle with your partner and develop strategies for stepping out of it.
- Learn tools that can help you heal and forgive injuries in your relationship, and create lasting trust and intimacy.

Don't miss this LGBTQ couples workshop, based on an adaptation of the best-selling book *Hold Me Tight*, by Dr. Sue Johnson, if you want to learn a revolutionary new way to see and shape your love relationship.

Meet your Facilitators!

 <p>Lisa A. Ruderman, MA, LMFT www.lisaruderman.com Sergius Memorial Hospital Ximed Building 9850 Genesee Ave., Ste. 425 La Jolla, CA 92037 Office: (858) 452-8467 FAX: (858) 452-8547</p>	 <p>Christopher Darr, LCSW Terapeuta en Inglés o Español www.christopherdarr.com cdarr@comcast.net 1928 Bush Street San Francisco, CA 94115 Office: (415) 440-4250 FAX: (415) 440-4250</p>
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GayLesbianDirectory: Discount Offered: \$100.00 discount if two couples register together, once retreat is completed

[Website](#)

[Email](#)

