

# HOLD ME TIGHT

## A 2-Day Couples Seminar

Presented by  
RCA Counseling's  
Sexual Health Center  
and  
LifeSpring Center

Strengthen your marriage with practical teaching, interactive discussions and couple's exercises in a safe and supportive setting. The focus is on deepening connection and closeness, repairing and healing relational injuries, and overcoming distance and disconnection.

**Location:**

Schedule this seminar at your church.

Contact Scott Wood at (858) 449-1835 for questions and arrangements.

**Dates & Times:**

Two consecutive Saturdays 9:00am – 5:30pm

**Facilitators:**

Treina Nash, Licensed Marriage & Family Therapist

RCA Counseling

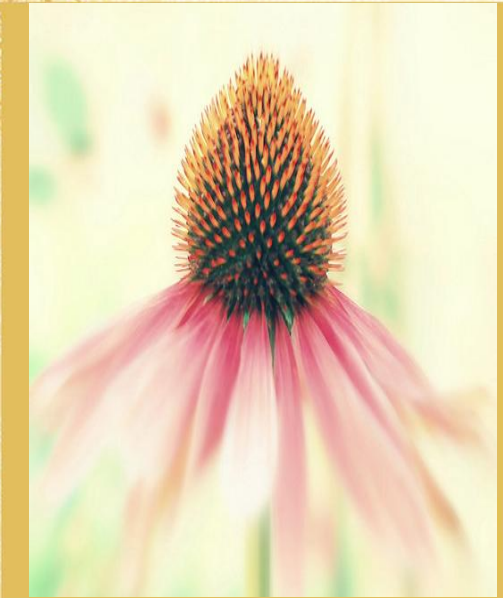
Scott Wood, Marriage and Family Therapist Intern,

LifeSpring Center

**Cost per couple:**

\$395

Includes  
book & materials



*We look forward to seeing you!*

**RCA**

*Offices in Rancho Bernardo, Carlsbad and Mission Valley*

619.298.8722

WWW.RCACOUNSELING.COM

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