

JOIN TAMPA COUNSELING PLACE FOR...

ATTACHED

A class centered on learning to build secure and healthy relationships

YOU WILL LEARN HOW TO:

- Understand your attachment style and how it impacts relationships
- Identify common relational patterns and explore healthier ways of responding
- Learn simple tools to support communication and emotional connection
- Practice small ways to build emotional safety and security in relationships
- Gain insight into conflict patterns and one strategy for repair



OPEN TO...

Couples and individuals looking to strengthen their relationships

DETAILS:

February 21st
2-3:30PM virtually
Only \$20 per person to join

LED BY:



Manuela Djato
Graduate
Student
Therapist

TEXT "ATTACHED" TO
(813) 331-5646 TO REGISTER

HAVE QUESTIONS?   (813) 331-5646 VISIT US AT:   @tampacounselingplace