

# *Hold Me Tight Program Evaluation*

**Location:** \_\_\_\_\_ **Date:** \_\_\_\_\_

1. Please rate the program on the following dimensions, where 1 is poor and 5 is excellent:

Facilitator	1	2	3	4	5
Assistant	1	2	3	4	5
Exercises	1	2	3	4	5
Video/DVD	1	2	3	4	5
Homework	1	2	3	4	5
Handouts	1	2	3	4	5
Overall Rating	1	2	3	4	5

2. What did you find most useful about this program? \_\_\_\_\_

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3. What do you wish could have been added or done differently in this program? \_\_\_\_\_

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4. Overall, did you get the outcomes you were looking for? \_\_\_\_\_

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5. Would you recommend this program to others? \_\_\_\_\_

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6. Any other comments /suggestions? (Please use the back of this paper if necessary.) \_\_\_\_\_

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Name (optional): \_\_\_\_\_