



**A great marriage  
doesn't just  
happen. It must be  
co-created with  
your partner  
over time.**

## **Saying "I Do"**

### **How to Build a Marriage of Connection & Commitment**

*Wednesdays, March 2-April 13, 2016*

## **Are you engaged or recently married?**

**Want proven tools to navigate the ups and downs of marriage?**

**Interested in connecting with couples who share your values?**

Everyone wants a devoted, happy marriage, but creating and maintaining one takes effort, partnership, and skill. Engaged and newly married Jewish and Jewish-Interfaith couples are invited to join Craig Lambert, LCSW and Debbie Seid to gain powerful tools for marriage success.

### **In this fun, interactive seven-session course, you will learn how to...**

- Effectively communicate with your partner
- Create a shared vision for your marriage
- Navigate conflict and deepen connection
- Build trust and intimacy
- Keep the romance alive
- Manage money together

## **Take a proactive approach to your happiness**

**Register Online at [www.jfssd.org/marriage](http://www.jfssd.org/marriage)**

**\$200 per couple** (Scholarships available)

**Wednesdays, March 2 - April 13, 2016 • 7:00-9:00pm**

Lawrence Family Jewish Community Center

JACOBS FAMILY CAMPUS • 4126 Executive Drive • La Jolla 92037

Questions? **Contact Craig Lambert at**

**(619) 990-9032 or [craiglambert@me.com](mailto:craiglambert@me.com)**

**Space Is Limited**



**Jewish Family Service**

# Saying "I Do"

## How to Build a Marriage of Connection & Commitment

**Wednesdays, March 2-April 13, 2016**

### Take a proactive approach to your happiness together

**Seven sessions, two hours each led by Craig, Debbie and special guests**

#### **Session 1 – Relationship Vision**

*Understand the wants and needs of your partner and how to create a vision together*

#### **Session 2 – Communication**

*Learn a new way to talk and listen with intent and appreciation*

#### **Session 3 – Understanding Conflict and its Purpose**

*Lay the ground work now to negotiate conflict in the future*

#### **Session 4 – Study of Passages from Torah, Midrash and Zohar**

*Passages that focus on building a true partnership, maintaining love and passion, and managing conflict*

#### **Session 5 – Effectively Manage/Negotiating Conflict**

*Discover tools to be proactive instead of reactive during times of conflict*

#### **Session 6 – Money & Sexuality**

*Explore your expectations, plans, and desires as they relate to finances and intimacy*

#### **Session 7 – Cherishing Each Other as We Travel**

*Fill your relationship tank with Caring Behaviors dialogue, High-Energy fun, Flooding, and take the Zero-negativity challenge*



**Craig Lambert**  
Licensed Clinical  
Social Worker



**Debbie Seid**  
Lifecoach and founder of  
The Possibilities Group

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