

Newlywed Couples Workshop



About this Workshop

The Newlywed Couples Workshop is specifically created for newlyweds (couples married under 5 years), couples who are in a long engagement, and couples who feel that they could use some relationship tools to enhance their marriage.

Discover Dr. John Gottman's Insights

Dr. John Gottman, a distinguished American psychologist and renowned expert in marital stability and relationship analysis, has provided valuable insights into building stronger relationships.

Since 2006, Beth Broodo, MS, LPC, RYT, has worked with JFS to help individuals and couples by facilitating groups to enhance relationships. In 2014, Beth received training from John Gottman (level 1) at UTSW, and has since been leading Couples Workshops based on his research and teachings.

What to Expect

- 6-week psychoeducational workshop
- 2 hour session, meets once per week on Zoom
- \$1,200 fee per couple, with sliding scale fee and early bird discounts available

To learn more or to register,
please visit our website at
www.jfsdallas.org/newlywed

Course Highlights

- ♥ **Strengthen Your Marriage**
Explore fundamental principles and tools to enhance friendship, resolve conflicts (both solvable and unsolvable), define roles and goals, and establish shared meaning.
- ♥ **Deepen Self & Partner Understanding**
Gain valuable insights into yourselves and your partner, including your conflict style, love language, basic needs, and triggers.
- ♥ **Structured Sessions**
Each class follows a structured format, including a review of the previous week, an explanation of new material, interactive exercises applying the concepts, and opportunities to use the provided tools for communication with your spouse.
- ♥ **Engaging Learning**
Classes are thoughtfully designed to accommodate various learning styles—auditory, visual, and kinesthetic—using a "hear it, see it, do it" approach.
- ♥ **End on a High Note**
Each class concludes with a meaningful insight or takeaway, followed by a wrap-up session.



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