



Healthy Relationships Workshop



Goals of the Workshop



Participants will get to know their inner world and femininity



Participants will identify their needs and their partner's needs in a relationship



Participants will acquire tools for building and conducting a healthy relationship



Participants will Identify warning signs of violence in a marital relationship

Target audience



Young Haredi and Dati women (ages 18-25)

How it works

10 sessions



For young women

- For staff -





2 hours for each session



Facilitator

A professional in the fields of therapy and relationships



Introductory meeting and coordination



Training in the workshop content

What's on the journey:

Embarking on the Journey

Who am I?

Who am I as a woman?

Who am I in relationships

Signs of an unhealthy relationship

Safety and Boundaries

Tools and skills -Love between spouses Tools and skills -For healthy relationships Tools and skills -Intimacy between spouses

10 End of the Journey