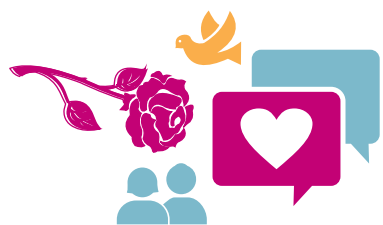


THE DEPARTMENT OF SYNAGOGUE & COMMUNITY SERVICES  
OF THE ORTHODOX UNION PRESENTS



## ALONE TOGETHER: PART III



### ASCENDING THE MARRIAGE MOUNTAIN: Fortifying the base

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The session, primarily geared toward young couples, will focus on building a strong marital relationship by fortifying the base of the marriage as it pertains to relationships within and outside the marriage including:

- Tips for helping couples build a healthy relationship while living in an ever increasing social-media world.
- Techniques to help couples discuss and establish a game plan for building a bond in the world of so many virtual friends and how to handle the challenges that these friendships may bring to a marriage especially in the COVID-19 isolation.
- How couples can discuss and deal with relationships with friends or family together and the balance of loyalties within and between marriage

#### Presenter:

**RABBI JONATHAN SCHWARTZ, PsyD**  
Rav, Congregation Adath Israel of the JEC,  
Elizabeth/Hillside, NJ  
Clinical Director, Center for Anxiety Relief,  
Union, NJ

**TUESDAY EVENING, MAY 5, 9:00 PM**

Please register at [oucommunity.org](https://oucommunity.org)

Email questions to Rebbetzin Judi Steinig, [steinigj@ou.org](mailto:steinigj@ou.org)

