

# EVERYTHING YOU WISH YOU KNEW WHEN YOU FIRST STARTED DATING!






## WHAT IS WITHIN MY REACH?

Whether you are single, dating, or in a relationship, Within My Reach will help you develop skills you need to make better relationship decisions. Within My Reach is a set of classes that cover 15 different topic areas that contain the themes of knowing yourself first, smart love, and making your own decisions.

## WHAT ARE THE BENEFITS?

Become empowered to:

-  Replace communication danger signs with respectful talking and listening
-  Identify the warning signs of dangerous patterns in relationships
-  Recognize challenges and opportunities unique to step-parenting and blended families

## SOME OF THE TOPICS COVERED

- **Knowing Yourself First** - Identify your own strengths and weaknesses to help make positive changes in your life.
- **Where Conflict Begins** - Understand where conflict comes from, how to deal with underlying issues, and the effect that conflict can have on children.
- **Sliding vs Deciding** - Learn about making conscious and purposeful decisions in your relationship instead of sliding through important decisions such as beginning a sexual relationship, having children, or moving in together.
- **Reaching Into Your Future** - Consider the vision you have for your relationship future and discuss the barriers to reaching your relationship goals.