

Within My Reach



Imagine better health.™

Within My Reach is a relationship skills and decision making program for individuals seeking more enriching relationships with the people that matter in their lives. Created by PREP, Inc. for singles and those in relationships; it's comprised of 15 units, each requiring about one hour of teaching time. This program is:

- ⇒ Evidence-based ⇒ Participant driven
- ⇒ Flexible in format ⇒ Interactive

Within My Reach Topics:

- The State of Relationships Today
- Healthy Relationships: What They Are and What They Aren't
- Sliding versus Deciding
- Smart Love
- Knowing Yourself First
- Making Your Own Decisions
- Dangerous Patterns in Relationships
- Where Conflict Begins
- Smart Communication
- The Speaker Listener Technique
- Infidelity, Distrust, and Forgiveness
- Commitment: Why it Matters to Adults and Children
- Stepfamilies and the Significance of Fathers
- Making the Tough Decisions
- Reaching Into Your Future

This free programming is made possible by the CHI ND Violence Prevention Program. Our program seeks to create communities free from intimate partner violence by building community and organizational capacity and by promoting healthy relationships. Learn more at chistalexiushealth.org/about-us/nd-violence-prevention-program.