

Connected Couples, Connected Families

**Within My Reach
Week by Week**



1

The State of Relationships Today

Take time to consider your views on relationships and discuss how adult relationships affect other areas of life.

2

Healthy Relationships & Sliding Versus Deciding

You'll begin to learn more about what healthy relationships look like and then learn how to make more clear decisions in your relationships.

3

Smart Love & Knowing Yourself First

Learn more about making good decisions in relationships, the seven principals of smart love, and understand more about who you are and how your background has helped shape you.

4

Making Your Own Decisions & Dangerous Patterns in Relationships

Explore your expectations of relationships, whether they are realistic or not, and how to deal with expectations in relationships. Then identify four major communication challenges.

5

Where Conflict Begins & Smart Communication

Learn how to deal with situations when big feelings come up and learn skills to deal with major communication challenges.

Connected Couples, Connected Families

Week by Week



6

Speaker Listener Technique

Learn and practice a technique to help minimize communication challenges and learn how to talk about issues more respectfully.

7

Infidelity, Distrust, and Forgiveness

Identify what behaviors you're willing to tolerate from your partner and what standards you'll hold yourself to in relationships.

8

Commitment: Why it Matters to Adults & Children

Understand the two types of commitment in relationships and consider what sacrifices you're willing to make for others.

9

Facilitator's Choice

Facilitators will choose one of two lesson options, depending on group preferences.

10

Reaching Into Your Future

Revisit the vision you made for yourself at the beginning of the program and decide on concrete steps to make that vision happen.



CONNECTED COUPLES
CONNECTED FAMILIES

Welcome to
Within My Reach!



Register for the program
& complete 2 surveys.



Set goals for the
program.



Receive your
program kit.



Lessons 3 & 7:
Receive a \$50 dinner
gift card.



WEEKLY conversations
with your Family
Advocate.



WEEKLY \$20
giveaway!



Attend the 1st
workshop!



Three 20-30 minute
coaching sessions with a
Family Advocate.



Lesson 10:
Congratulations! You
reached your goal!



Complete an Exit
Survey.



Receive \$50 in VISA gift
cards for completing
the program!