

WITHIN MY REACH

EVERYTHING YOU WISH YOU KNEW WHEN YOU FIRST STARTED DATING!

- 1: STATE OF RELATIONSHIPS TODAY
- 2: HEALTHY RELATIONSHIPS: WHAT THEY ARE AND WHAT THEY AREN'T
- 3: SLIDING VS. DECIDING
- 4: SMART LOVE
- 5: KNOWING YOURSELF FIRST
- 6: MAKING YOUR OWN DECISIONS
- 7: DANGEROUS PATTERNS IN RELATIONSHIPS
- 8: WHERE CONFLICT BEGINS
- 9: SMART COMMUNICATION
- 10: THE SPEAKER LISTENER TECHNIQUE
- 11: INFIDELITY, DISTRUST, AND FORGIVENESS
- 12: COMMITMENT: WHY IT MATTERS CHILDREN AND ADULTS
- 13: STEPFAMILIESANDCO-PARENTING
- 14: MAKING THE TOUGH DECISIONS
- 15: REACHING INTO YOUR FUTURE



Photo by Col Angel Serna

**EVERY TUESDAY
1000-1100**

MCAS BLDG. 807 • IPAC RM 33

ONCE ALL SESSIONS ARE COMPLETED THE CYCLE STARTS OVER AGAIN THE FOLLOWING TUESDAY.

Scan to Register



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