

Within My Reach

Within My Reach is a fun, interactive 5-week enrichment class for adults who are looking to have great relationships with less conflict and better communication. You do not need to be in a relationship to take this class, in fact, tips on how to choose a partner who is good for you are included. That said, those that have been married for 30 years who take the class also found it very helpful.

The class is in 5 parts:

- 1) Figuring out what you want in your relationship (for a future relationship or current).
- 2) Understanding yourself and how that influences who you are & what you do in relationships.
- 3) Red flags to look for in a relationship and knowing whether it is a good and healthy one for you.
- 4) Effective communication skills that help reduce arguments and increase people being heard in a relationship.
- 5) Relationship decision-making and making the best decisions for yourself.

This is a free course, and a good dinner is provided each night. This class has been around since 2005 and has shown to reduce conflict among romantic partners and increase relationship satisfaction. Interestingly, for those parenting, it also seems to improve the parent-child relationship, family cohesion and overall child well-being.

This curriculum is designed to help anyone, regardless of their goals or needs in romantic relationships, to develop useful skills in relationships that may benefit them also at work, with friends or family, exs that are co-parents, children, and in other interactions as well.

Instructor: Dr. Erin Roberts

Dr. Erin Roberts has taught 'Within My Reach' and its teen curriculum 'Love Notes' since 2011 in Kentucky & North Carolina and is a consultant on the grant that provides funding for this class to take place. She is a therapist, researcher, and teacher by trade and has seen the incredible impact this curriculum has had on participants. The classes she has facilitated have created great discussions between participants that have led to lasting friendships, support for major life decisions, and a feeling of excitement about having the relationship that one has dreamed of. Dr. Roberts worked at East Carolina University as a clinical faculty member and clinic director at the ECU Family Therapy Clinic for 9 years and now is a consultant on this ECU grant. She also has a private therapy practice, White Oak Restorative Therapies in Washington and Greenville. She has been married to her husband of 13 years and together they have 2 children, 2 dogs and lots of fish.

Class will take a maximum of 15 participants and minimum 6 participants

CLASSES: This is 5-week program, class will meet weekly on Tuesday, Starting October 14th

NOTE: No Class on November 11th (Veterans Day)

TIME: Tuesday Night 6:00 – 8:30 pm

PLACE: Recreation Department main building at 4354 Lee Street

COST: \$0.00 Resident

\$0.00 Non-Resident