

The Impact of the *Within My Reach* Relationship Training on Relationship Skills and Outcomes for Low-Income Individuals*+

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The *Within My Reach* curriculum for low-income individuals seeks to provide the information and skills necessary for participants to strengthen healthy relationships, end unhealthy or unsafe relationships, and choose future partners wisely. A federal grant was awarded to provide *Within My Reach* training to low-income individuals who are at risk of negative relationship outcomes due to involvement with various social service agencies. This paper summarizes evaluation results for 202 participants in this program. The effectiveness of the *Within My Reach* curriculum was evaluated through a number of standardized scales to measure training and relationship outcomes pre-, immediately post- and six-months post-training. Results indicate that participants experience high levels of satisfaction with the training, significant increases in knowledge and communication/conflict resolution skills, improvements in relationship quality, and a trend in the reduction of relationship aggression. There were no significant differences by gender, race, or other key demographic variables, suggesting the effectiveness of the curriculum for a number of groups. This paper also reports key lessons learned in the implementation of such programs, specifically effective strategies for recruitment and retention of low-income populations for relationship education programs.

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