

Women's Programming

For justice-involved women



FEATURING
INTERACTIVE
JOURNALING®



The Change Companies®' growing collection of gender-responsive curricula draws on trauma-informed approaches and incorporates the latest research on the unique risks and needs of justice-involved women. Developed in collaboration with the Federal Bureau of Prisons, these materials can help you build programs in your institution that are evidence-based, gender-responsive and trauma-informed.



Foundation

Item #: FD01 | 64 pages | \$7.85

Facilitator Guide Item #: FD01G | \$20

The Foundation Program helps newly incarcerated women chart a healthy path for themselves during incarceration. Participants learn about issues facing women, identify positive changes that will lead to a successful reentry and consider programs and services that will help them.

Change Plan

Item #: CP01 | 24 pages | \$6.15

Facilitator Guide Item #: CP01G | \$20

DVD Item #: CPD | \$75

Change Plan is a 10-session follow-up program to Foundation. Participants focus on a change they identified in Foundation and learn 10 evidence-based strategies they can apply to this change.



Women's Relationships

Item #: R01 | 48 pages | \$5.30

Facilitator Guide Item #: R01G | \$20

Women's Relationships is a six-session program that allows incarcerated women to explore how to create and strengthen relationships both inside and outside of prison.



Healthier Me

Item #: HM01 | 64 pages | \$7.85

Facilitator Guide Item #: HM01G | \$20

The Healthier Me Program helps incarcerated women build healthy lifestyles by considering what a healthy life means to them and practicing skills for stress management, healthy relationships, physical activity and mindful eating.

Aging Well

Item #: AW01 | 56 pages | \$7.00

Facilitator Guide Item #: AW01G | \$20

Aging Well is for incarcerated women ages 45 and up. It teaches valuable information on aging, strategies for change and accessing the support of positive peers. Topics include meaning and purpose, physical health, mental and emotional well-being, healthy relationships and future planning.



Women's Programming Order Form

Minimum quantity for Participant Journals is 25

ITEM	PRODUCTS	QTY	UNIT PRICE	TOTAL
FD01	Foundation		x \$7.85	=
FD01G	Foundation Facilitator Guide		x \$20	=
CP01	Change Plan		x \$6.15	=
CP01G	Change Plan Facilitator Guide		x \$20	=
CPD	Change Plan DVD		x \$75	=
R01	Relationships		x \$5.30	=
R01G	Relationships Facilitator Guide		x \$20	=
HM01	Healthier Me		x \$7.85	=
HM01G	Healthier Me Facilitator Guide		x \$20	=
AW01	Aging Well		x \$7.00	=
AW01G	Aging Well Facilitator Guide		x \$20	=
SUBTOTAL				
DOMESTIC S&H 7.5% (MIN. \$7.50)				
TAX (CA, CO, DC, IN, KY, MO, NM, NV, NY, TN, WA)				
TOTAL				

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