

ABOUT INTERACTIVE JOURNALING

Over 25 million people have used Interactive Journals to make positive changes in their lives.

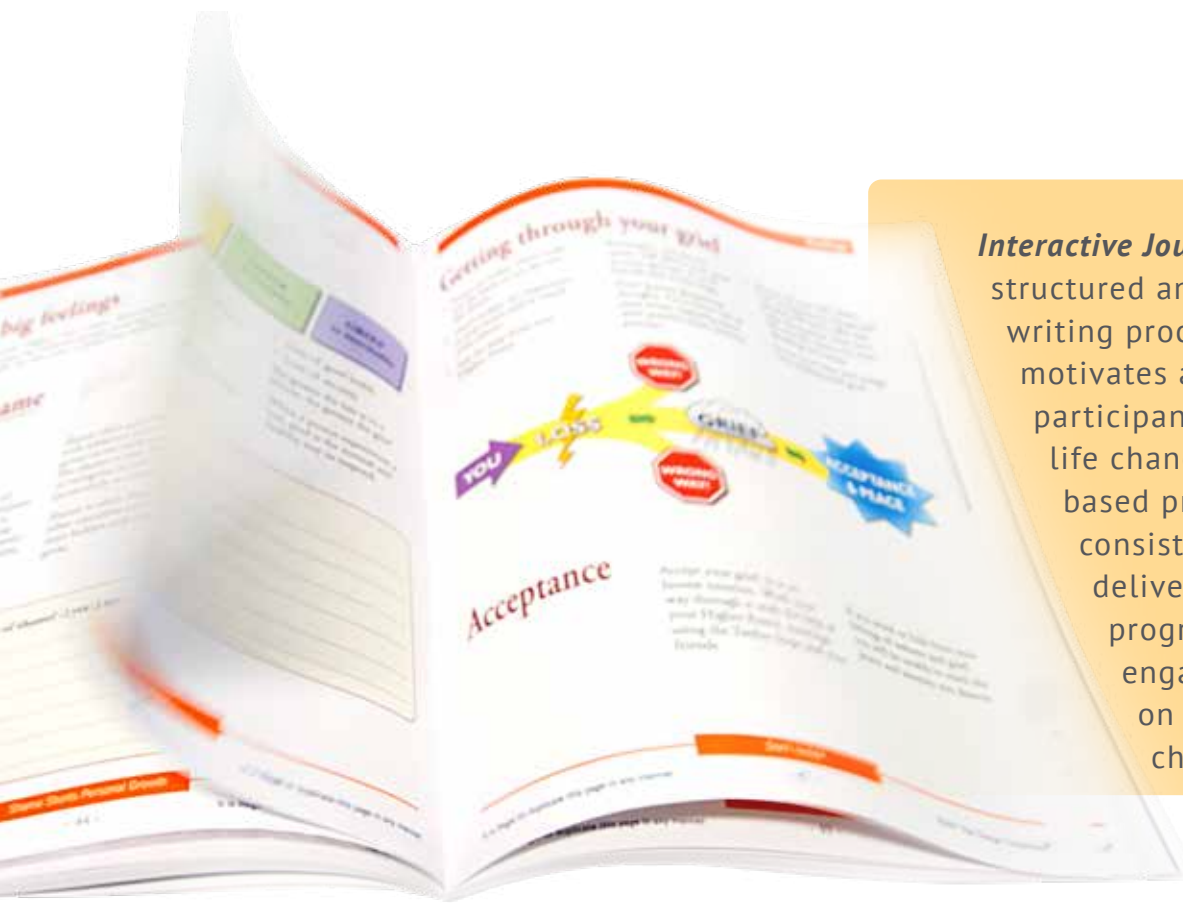
The Change Companies® collaborates with hundreds of professionals and providers to create program content, implementation methods, training options and outcome measurements.

Interactive Journaling® curricula are used in many behavior change fields, including justice services, substance use treatment, impaired driving, healthcare, mental health, prevention and intervention.

INTERACTIVE

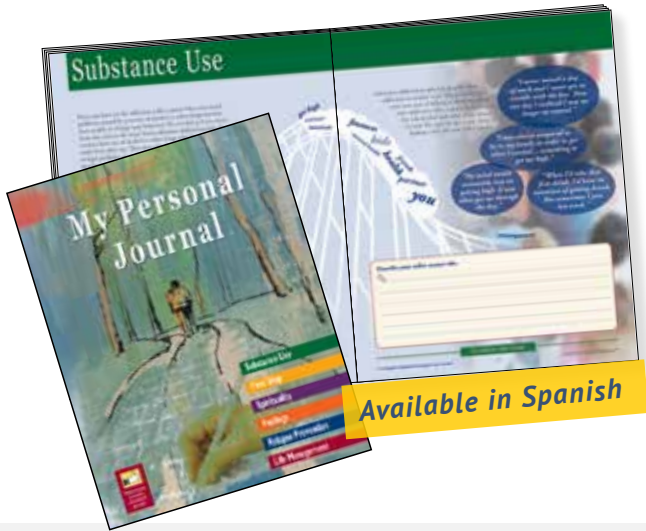


JOURNALING®



Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

MY PERSONAL JOURNAL



My Personal Journal

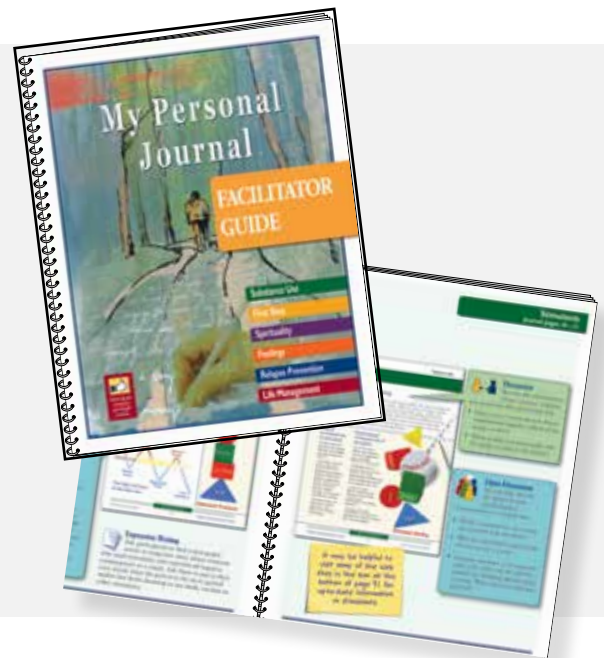
Item #: PJ | 80 pages | \$7.95

More than 1.5 million people in treatment have used this recovery Journal as a helpful tool for sobriety. This 80-page Journal places special emphasis on substance use, the first three steps of a Twelve-Step Program, feelings, relapse prevention and life management.

My Personal Journal Facilitator Guide

Item #: PJFG | 104 pages | \$25.00

The My Personal Journal Facilitator Guide was created as a resource for providers using My Personal Journal with their clients.



My Personal Journal Video

Length: 51:34 minutes

Item #: PJV | \$40.00

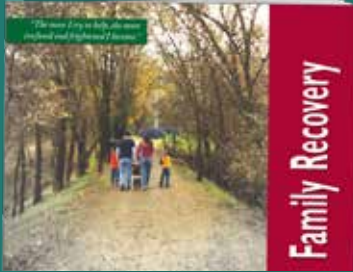
The My Personal Journal Video corresponds to the six sections of My Personal Journal, each of which explores a topic relevant to recovery. Video chapters can be used to introduce concepts, encourage participation and stimulate group discussion. Through clear explanations and engaging personal accounts, viewers will learn how to approach the journaling process and reinforce their commitment to change.



Toll-free: 888-889-8866

MY PERSONAL JOURNAL

ORDER FORM



Family Recovery

Item #: FR | 40 pages | \$3.95

Family Recovery explains the basics of addiction and the impact the disease has on all members of the family. In a simple, organized and graphic manner, *Family Recovery* helps the family member make healthy choices.

Minimum quantity for Participant Journals is 25

ITEM #	PRODUCTS	QUANTITY	UNIT PRICE	TOTAL
PJ	My Personal Journal		x \$7.95	=
SPJ	Mi Diario Personal		x \$7.95	=
PJFG	My Personal Journal Facilitator Guide		x \$25.00	=
PJV	My Personal Journal Video		x \$40.00	=
FR	Family Recovery		x \$3.95	=

Packages will be shipped by ground services the same day your order is received.

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