

STRATEGIES *for* CHANGE



FEATURING INTERACTIVE JOURNALING®

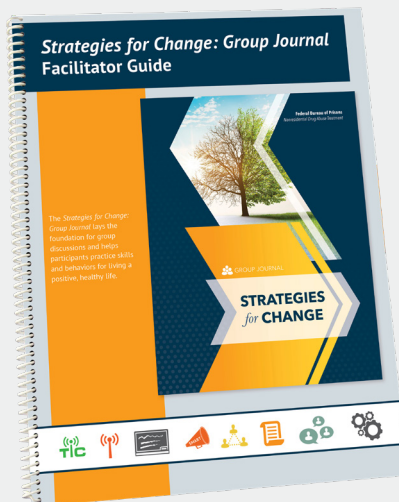


Strategies for Change is a cognitive-behavioral therapy (CBT) treatment program developed in collaboration with the U.S. Department of Justice, Federal Bureau of Prisons. This program helps participants build relationships with others who want to make positive life changes. It addresses substance use issues and provides skill building in the areas of criminal and rational thinking, healthy relationships, prosocial lifestyle and communication.



Core Set: Group and Personal Journals Item #: SC1 | \$9.75

Participants begin the *Strategies for Change* program by completing two core Journals. These Journals include essential content for participants to discuss in group meetings and explore on their own.



Core Set Facilitator Guide Facilitator Guide Item #: SCF | \$30

The core set Facilitator Guide provides strategies and exercises to facilitate the *Strategies for Change* Group Journal effectively, along with information on the Personal Journal and specialized Journals for the facilitator's knowledge.



Maintaining My Recovery

Item #: SCS2 | 15 pages | \$2.05

Facilitator Guide Item #: SCS2F | \$15

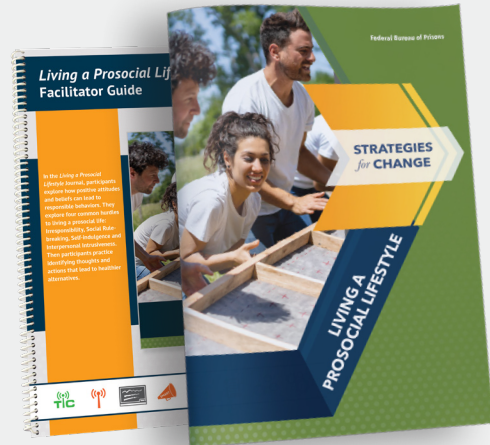
In *Maintaining My Recovery*, participants learn effective strategies for staying on track with their recovery efforts and overcoming obstacles when they arise.

Living a Prosocial Lifestyle

Item #: SCS3 | 15 pages | \$2.05

Facilitator Guide Item #: SCS3F | \$15

In *Living a Prosocial Lifestyle*, participants explore four common hurdles to living a prosocial life, then practice identifying thoughts and actions that lead to healthier alternatives.



Preventing Violence

Item #: SCS4 | 15 pages | \$2.05

Facilitator Guide Item #: SCS4F | \$15

Preventing Violence is designed to help participants identify forms of violence and practice strategies they can use to keep themselves and others from harm.





Developing Empathy for Victims

Item #: SCS5 | 15 pages | \$2.05

Facilitator Guide Item #: SCS5F | \$15

In *Developing Empathy for Victims*, participants practice putting themselves in others' shoes and explore how empathy can help them make responsible choices in the future.

Strengthening My Parenting Skills

Item #: SCS6 | 15 pages | \$2.05

Facilitator Guide Item #: SCS6F | \$15

In *Strengthening My Parenting Skills*, participants explore what good parenting means to them and consider strategies for maintaining relationships with their children while they are apart.



Focusing on Personal Health

Item #: SCS7 | 15 pages | \$2.05

Complete Set of Facilitator Guides Item #: SCS7F | \$15.00

In *Focusing on Personal Health*, participants explore strategies to strengthen five key areas of physical and mental health: sleep, healthy eating, managing stress, physical activity and healthcare.

Building Healthy Relationships

Item #: NCD5 | 15 pages | \$2.70

Facilitator Guide Item #: NCDF5 | \$15

In *Building Healthy Relationships*, participants explore what makes a relationship healthy and consider ways to improve the relationships that matter most to them.



Improving My Mental Health

Item #: NCD6 | 15 pages | \$2.70

Facilitator Guide Item #: NCDF6 | \$15

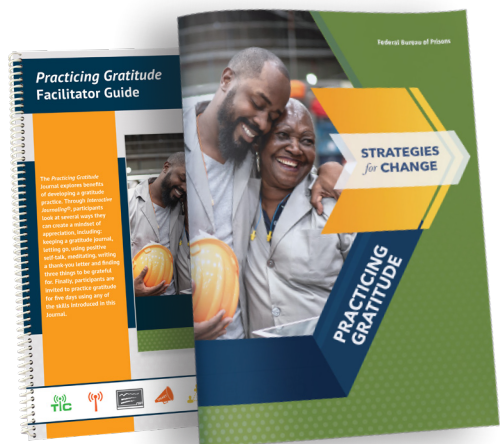
In *Improving My Mental Health*, participants explore what mental health means to them and consider strategies that can help them be mentally healthy now and in the future.

Practicing Gratitude

Item #: NCD7 | 15 pages | \$2.70

Facilitator Guide Item #: NCDF7 | \$15

In *Practicing Gratitude*, participants look at ways they can create a mindset of appreciation and try strategies for building a practice of gratitude in their lives.





Complete Set of Strategies for Change Specialized Journals

Item #: SCS | 9 Journals | \$18.45



Complete Set of Strategies for Change Specialized Facilitator Guides

Item #: SCSF | 9 Facilitator Guides | \$85

Strategies for Change Order Form

Minimum quantity for Journals is 25

ITEM	PRODUCTS	QTY	PRICE	TOTAL	ITEM	PRODUCTS	QTY	PRICE	TOTAL
SCS1	CORE SET: Group and Personal Jnl		x \$9.75	=	SCF	CORE Facilitator Guide		x \$30	=
SCS2	Maintaining My Recovery		x \$2.05	=	SCS2F	Maintaining My Recovery FG		x \$15	=
SCS3	Living a Prosocial Lifestyle		x \$2.05	=	SCS3F	Living a Prosocial Lifestyle FG		x \$15	=
SCS4	Preventing Violence		x \$2.05	=	SCS4F	Preventing Violence FG		x \$15	=
SCS5	Developing Empathy for Victims		x \$2.05	=	SCS5F	Developing Empathy for Victims FG		x \$15	=
SCS6	Strengthening My Parenting Skills		x \$2.05	=	SCS6F	Strengthening My Parenting Skills FG		x \$15	=
SCS7	Focusing on Personal Health		x \$2.05	=	SCS7F	Focusing on Personal Health FG		x \$15	=
SCS8	Building Healthy Relationships		x \$2.05	=	SCS8F	Building Healthy Relationships FG		x \$15	=
SCS9	Improving My Mental Health		x \$2.05	=	SCS9F	Improving My Mental Health FG		x \$15	=
SCS10	Practicing Gratitude		x \$2.05	=	SCS10F	Practicing Gratitude FG		x \$15	=
SCS	Complete Set		x \$18.45	=	SCSF	Complete FG Set		x \$85	=

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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PHONE:		FAX:	

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CARD #

EXP. DATE: ____/____/____ CARD CODE: _____

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