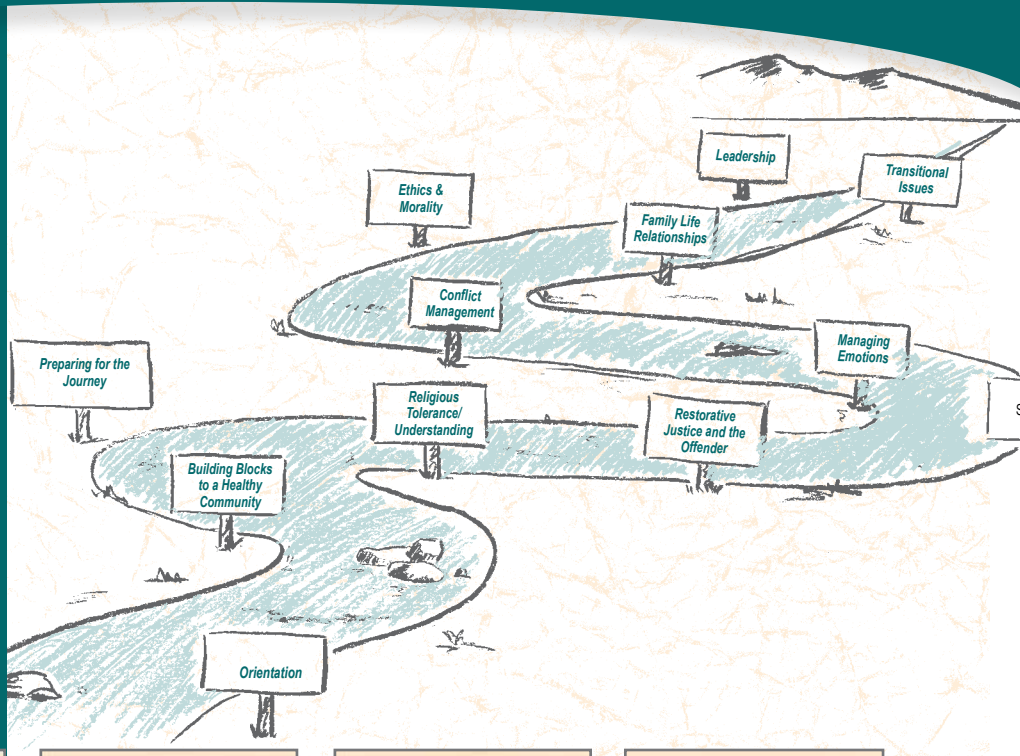


LIFE CONNECTIONS

faith-based reentry program

A SPIRITUAL PATHWAY TO PERSONAL CHANGE AND DEVELOPMENT

Allowing
participants to
address life issues
from their own
religious tradition



INTERACTIVE



JOURNALING®

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®



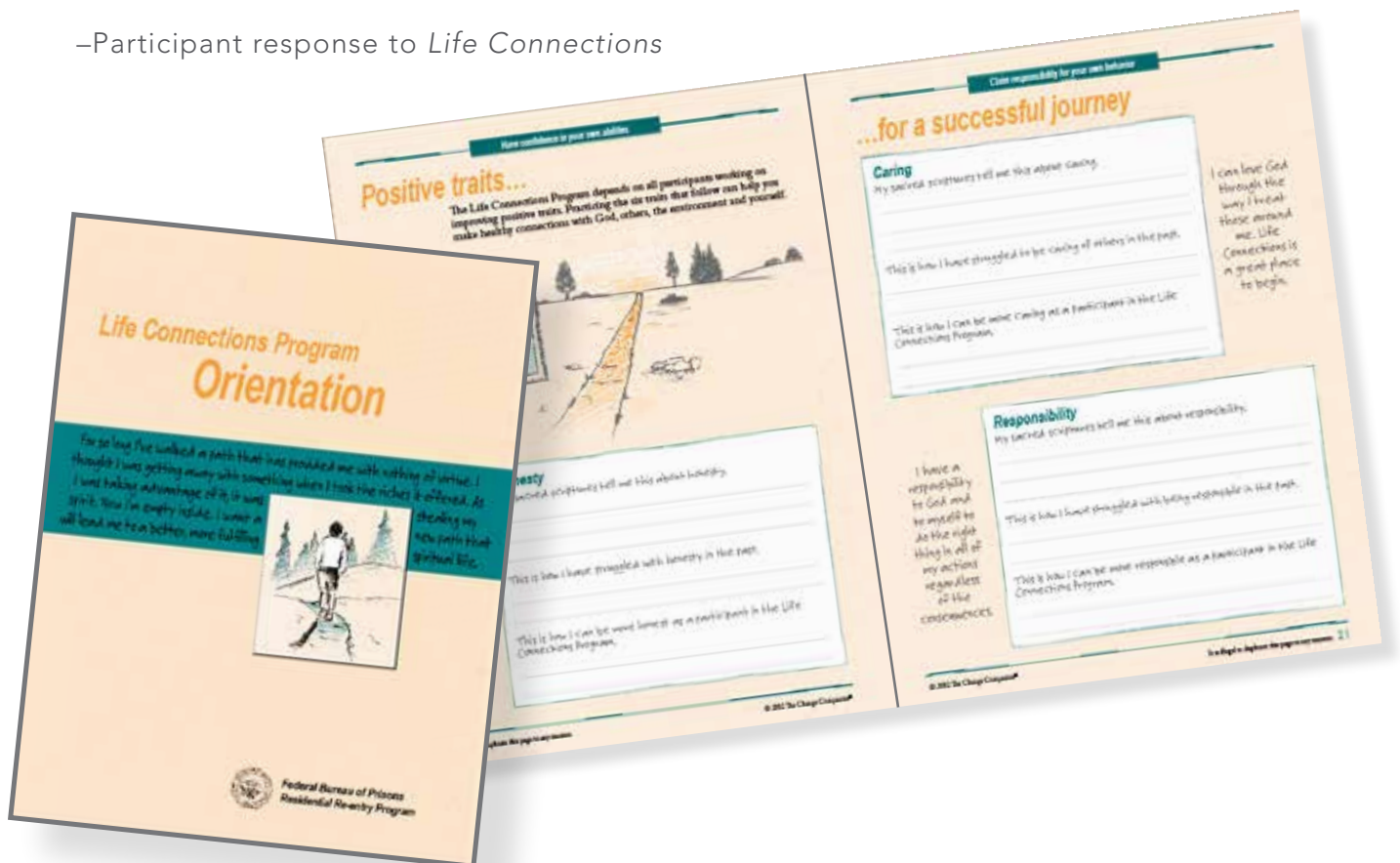
Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

ABOUT LIFE CONNECTIONS

“**Working through Life Connections helped me grow spiritually.**

I now feel a sense of inner peace and hope.”

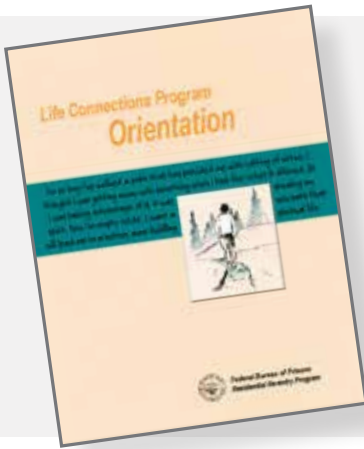
—Participant response to *Life Connections*



Based on a collaboration with the Department of Justice, Federal Bureau of Prisons, the *Life Connections* program encourages participants to address major life issues from the perspective of their own religious tradition. The 15-Journal series allows for a flexible modular approach, whether you are providing brief support for individuals or a thorough faith-based program in a group setting. The series includes inspirational quotes and verses of scripture that correspond with the principles being taught.

Toll-free: **888-889-8866**

LIFE CONNECTIONS JOURNAL SERIES



Orientation

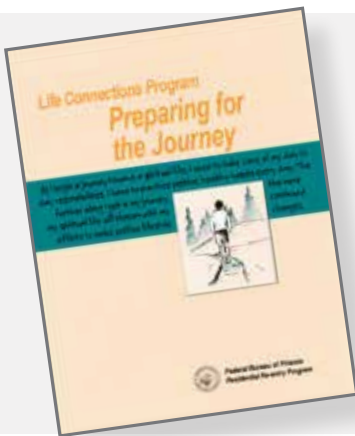
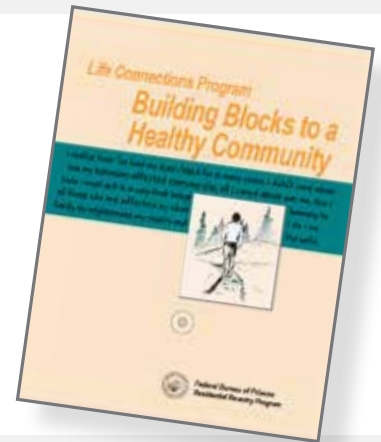
Item #: LCO1 | 48 pages | \$5.40

This Journal introduces participants to the core concepts in each Journal of the Life Connections series, and helps participants explore the strengths they possess that can help them on their journey to personal growth.

Building Blocks to a Healthy Community

Item #: LCO2 | 32 pages | \$3.60

This Journal helps participants become responsible and spiritual citizens and play positive roles in their various communities. Participants explore different ways they can connect with their communities and how they can spread good to those around them.



Preparing for the Journey

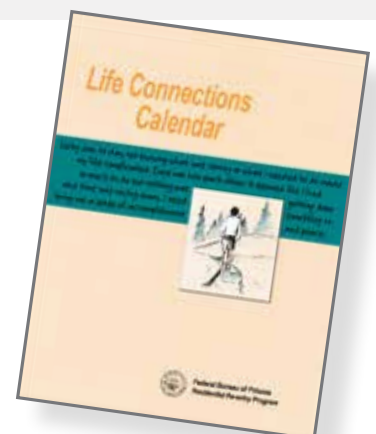
Item #: LCO3 | 64 pages | \$7.20

In this Journal, participants practice life skills to help them make good choices and form healthy connections. Topics covered include roadblocks, accountability, destructive behaviors, time management, wellness and eight healthy habits for a spiritual journey.

Life Connections Calendar

Item #: LCO4 | 56 pages | \$6.30

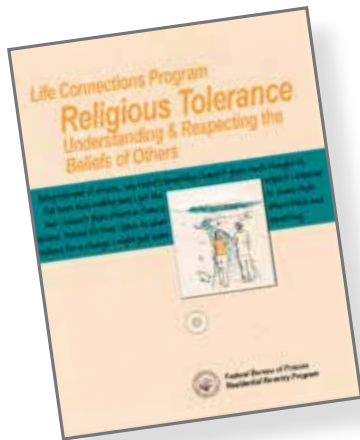
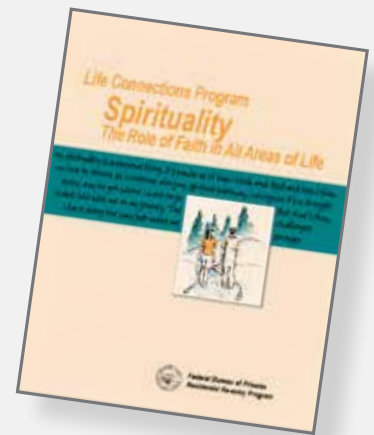
This Journal provides participants an opportunity to plan and evaluate how they will allocate their time on a daily basis, including scheduling time for wellness activities that support a spiritual lifestyle. Space is given for reflection at the end of each week.



Spirituality

Item #: LCO5 | 40 pages | \$4.50

This Journal explores the role of faith and spirituality in other areas of life. It helps participants strengthen their connection with their faith and integrate this relationship into every aspect of their lives.



Religious Tolerance

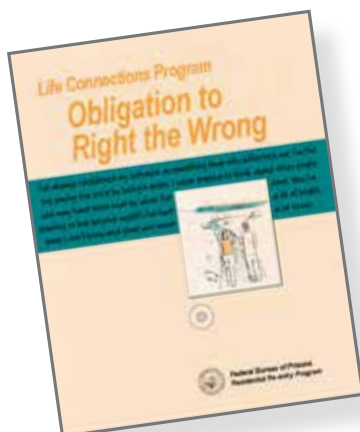
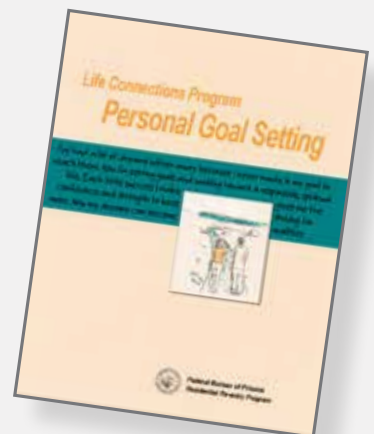
Item #: LCO6 | 16 pages | \$1.80

This Journal emphasizes the importance of showing respect, tolerance and understanding to the belief systems of others. Participants will learn about other religious traditions and explore the differences and commonalities between various world religions.

Personal Goal Setting

Item #: LCO7 | 24 pages | \$2.70

Setting goals is a powerful tool in making positive lifestyle changes. This Journal gives participants the opportunity to set three goals for each of the nine focus areas of the Life Connections program: spirituality, daily living, personal accountability, mental health management, wellness, decision making, positive use of leisure time, continued educational growth and personal relationships.



Obligation to Right the Wrong

Item #: LCO8 | 24 pages | \$2.70

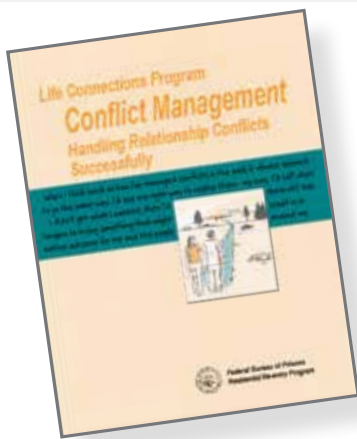
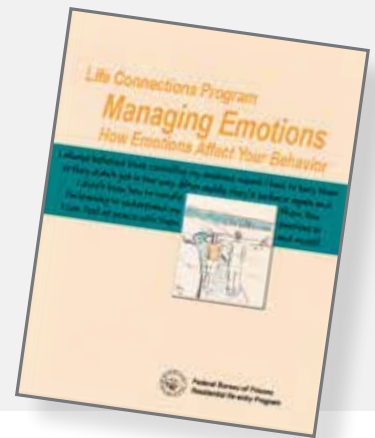
Part of spiritual growth is accepting full responsibility for past criminal behavior. This Journal gives participants the opportunity to begin accepting responsibility for their past actions. They will consider the negative impact their behaviors have had on others and think about ways to right the wrongs they have committed.

Toll-free: **888-889-8866**

Managing Emotions

Item #: LCO9 | 32 pages | \$3.60

This Journal helps participants explore their emotions and gain a better understanding of how emotions can affect the choices they make. They will learn strategies for better identifying and managing emotions, and look at the relationship between managing emotions and staying connected with God and others.



Conflict Management

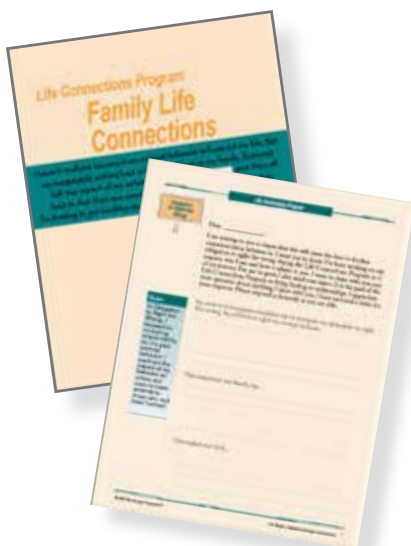
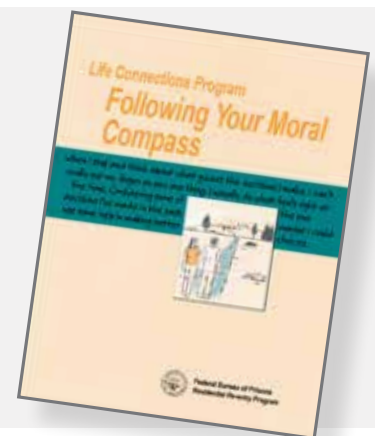
Item #: LCO10 | 16 pages | \$1.80

All healthy relationships involve conflict – it's how you manage it that matters. This Journal helps participants learn to manage relationship conflicts successfully. They will gain skills to resolve conflicts in ways that are harmonious with their beliefs.

Following Your Moral Compass

Item #: LCO11 | 20 pages | \$2.25

In this Journal, participants are asked to adopt a code of ethics and morality that is in harmony with their beliefs. They are encouraged to use this code as a guide for the decisions they make in all aspects of their lives.

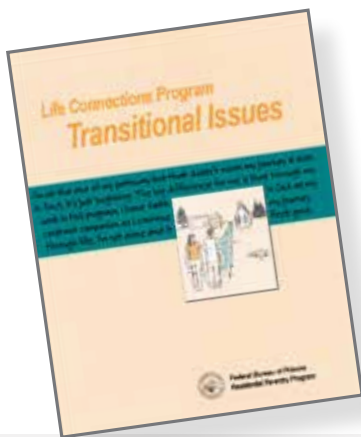


Family Life Connections/Life Connections letter pad

Item #: LCO12 | 44 pages | \$4.95

This Journal helps participants strengthen their connections with family members. It has segments on parenting, being a spiritual spouse and repairing brokenness in family relationships.

The accompanying letter pad helps bring healing to significant family relationships and allows participants to express their feelings, apologies and lessons learned in a healthy, honest manner. The pad includes response pages for the participant's significant life connection to complete and return to the participant.



Transitional Issues

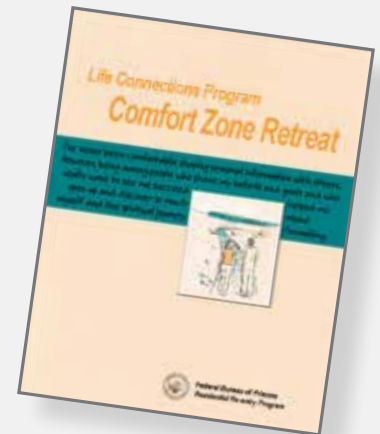
Item #: LCO13 | 20 pages | \$2.25

The Life Connections pathway doesn't end with the completion of the program. This Journal shows participants how to prepare themselves for the challenges and opportunities that lay ahead.

Comfort Zone Retreat

Item #: LCO14 | 24 pages | \$2.70

The Comfort Zone Retreat is a 10-day retreat that allows participants to establish a sense of community within their faith tradition, develop friendships with others, explore their belief system more deeply and gain an understanding of the journey that lies ahead. This Journal contains prompts for each day of the retreat.



A New Direction

Item #: LCO15 | 16 pages | \$2.90

This Journal is for applicants interested in participating in the Life Connections program. It briefly introduces individuals to the goals and objectives of the series, explains the expectations for participants and includes an application form at the back for chaplains to review.

Daily Journaling 1 & 2

Daily Journaling 1 – Item #: THJO-1

Daily Journaling 2 – Item #: THJO-2

60 pages each | \$8.80 each

These supplemental Journals allow participants to record their daily thoughts, feelings and reflections on what they are learning. The Journals are beautifully illustrated with scenes from nature and each page includes an inspirational quote. Journal 1 is for use in weeks 1-26 of the program and Journal 2 is for use in weeks 27-52.



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LIFE CONNECTIONS

ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
LC01	Orientation			x \$5.40	=
LC02	Building Blocks to a Healthy Community			x \$3.60	=
LC03	Preparing for the Journey			x \$7.20	=
LC04	Life Connections Calendar			x \$6.30	=
LC05	Spirituality			x \$4.50	=
LC06	Religious Tolerance			x \$1.80	=
LC07	Personal Goal Setting			x \$2.70	=
LC08	Obligation to Right the Wrong			x \$2.70	=
LC09	Managing Emotions			x \$3.60	=
LC010	Conflict Management			x \$1.80	=
LC011	Following Your Moral Compass			x \$2.25	=
LC012	Family Life Connections/Life Connections letter pad			x \$4.95	=
LC013	Transitional Issues			x \$2.25	=
LC014	Comfort Zone Retreat			x \$2.70	=
LC015	A New Direction			x \$2.90	=
THJO-1	Daily Journaling 1			x \$8.80	=
THJO-2	Daily Journaling 2			x \$8.80	=

DATE		PO# (IF REQUIRED)	
NAME		PHONE	
SITE NAME			
ADDRESS			
CITY	STATE	ZIP	
EMAIL			

SUBTOTAL

DOMESTIC S&H 7.5% (MIN. \$7.50)

TAX (CA, CO, DC, IN, MO, NM, NV, TN, WA)

TOTAL

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

☐ Check, Money Order ☐ Visa ☐ MasterCard ☐ American Express

NAME/COMPANY ON CARD _____

BILLING ADDRESS ON CARD _____

CARD #

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

CALL, FAX OR MAIL ORDERS TO:

 **The Change Companies®**

Toll-free: 888-889-8866

Fax: 775-885-0643

5221 Sigstrom Drive

Carson City, NV 89706

Ordering hours M-F, 6:30a-3:00p PT
Fax orders accepted 24 hours a day

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