

Interactive Journaling[®]

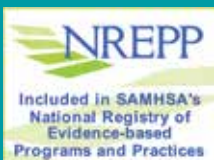


Life Skills Series



This behavioral health series offers practical life skills that will assist participants in making healthy choices.

Through guided, self-reflective journaling and facilitated discussions, participants develop a personalized tool kit for positive living.



RESOURCES to SUPPORT PERSONAL CHANGE

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

INTERACTIVE



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.

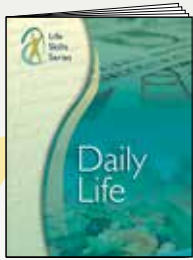
Interactive Journaling® is a structured and experiential writing process that motivates and guides participants toward positive life change. This evidence-based practice brings consistency to service delivery while keeping program participants engaged and focused on their personal change goals.

LIFE SKILLS series

- Focuses on general life skills, including managing emotions, communication, developing healthy relationships and physical health
- Designed for use with a range of populations working on behavior change
- Incorporates Motivational Interviewing principles and the application of the Transtheoretical Model of Behavior Change (Stages of Change)
- Integrates core cognitive-behavioral strategies and structured writing techniques
- Can be used as a self-directed resource or facilitated in individual or group sessions
- Contains nonsequential modules for enhanced flexibility



THE JOURNALS



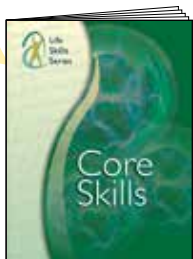
Daily Life

Item #: LS1 | 24 pages | \$2.70
Corresponding Facilitator Guide Item #: LSF1 • \$15.00
When developing life skills, it is important to consider day-to-day living habits. The Daily Life Journal provides participants with tips and strategies for making improvements to five daily life areas: stress, nutrition, sleep habits, physical activity and financial responsibility.



Healthy Relationships

Item #: LS2 | 24 pages | \$2.70
Corresponding Facilitator Guide Item #: LSF2 • \$15.00
Participants use this Journal to review qualities that support healthy interactions with others. This Journal focuses on building healthy relationships by reviewing communication skills, conflict resolution, the ripple effect of behaviors and the importance of doing no harm.



Core Skills

Item #: LS3 | 24 pages | \$2.70
Corresponding Facilitator Guide Item #: LSF3 • \$15.00
Learning and practicing core skills can help participants build a foundation for a healthy life. This Journal offers an organized structure to explore core skills including effective communication, handling risky situations and making responsible decisions.

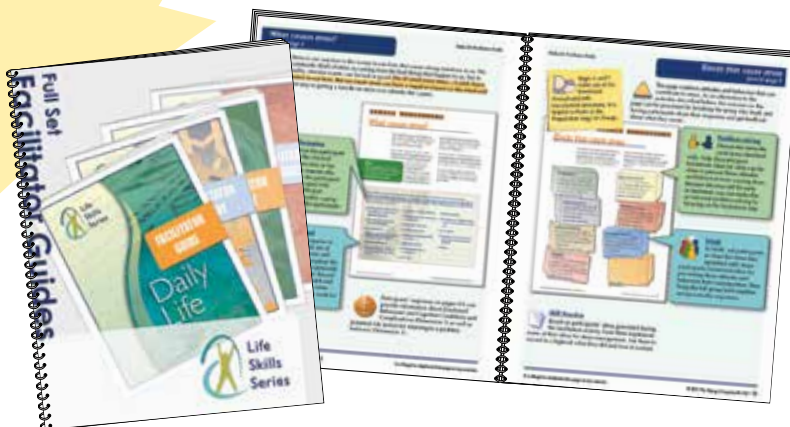


Feelings

Item #: LS4 | 24 pages | \$2.70
Corresponding Facilitator Guide Item #: LSF4 • \$15.00
The Feelings Journal looks at the role feelings play in an individual's wellness. Participants explore the link between thoughts, feelings and behaviors, and learn strategies to manage feelings that can lead to undesired results.

FACILITATOR GUIDES

The Life Skills Facilitator Guides assist facilitators in the delivery of the Journals. Guides are both comprehensive and flexible, allowing for individualization and customization to match different facilitation styles.



Corresponding Facilitator Guides
\$15.00 each Complete set \$35.00

Recommended activities and topics are designed to correspond to each Participant Journal page. Features include:

- Notes highlighting key topics on each Journal page
- Flexible delivery for both one-to-one and group facilitation
- Homework and optional activities to reinforce content and encourage practice between sessions

ORDER FORM

ITEM #	PARTICIPANT JOURNALS	Minimum quantity for Participant Journals is 25	QUANTITY	UNIT PRICE	TOTAL
LS1	Daily Life			x \$2.70	=
LS2	Healthy Relationships			x \$2.70	=
LS3	Core Skills			x \$2.70	=
LS4	Feelings			x \$2.70	=
ITEM #	FACILITATOR GUIDES		QUANTITY	UNIT PRICE	TOTAL
LSF1	Daily Life Facilitator Guide			x \$15.00	=
LSF2	Healthy Relationships Facilitator Guide			x \$15.00	=
LSF3	Core Skills Facilitator Guide			x \$15.00	=
LSF4	Feelings Facilitator Guide			x \$15.00	=
LSFC	Complete Set of Life Skills Facilitator Guide			x \$35.00	=
SUBTOTAL					
DOMESTIC SHIPPING & HANDLING 7.5% (MIN. \$7.50)					
TAX (CA, CO, DC, IN, KY, MO, NM, NV, TN, WA)					
TOTAL					

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

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 **The Change Companies**[®]

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