

Get Out and Stay Out



THE JOHN HOWARD SOCIETY OF MANITOBA, INC.
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GET OUT AND STAY OUT

GET OUT AND STAY OUT was developed for The John Howard Society of Manitoba's Basic Literacy Program. It contains thirty-two lessons on issues related to a successful release from prison. This workbook addresses: How to obtain identification, educational opportunities, employment and job seeking skills, parole issues, halfway homes, accommodations, treatment centres, stress management, and community resources.

Each of the lessons is followed by an exercise designed to build basic literacy skills and to reinforce materials contained in the lesson. While all can benefit from the use of this workbook, it is especially suited to low-level readers.

Words that appear in **bold** within each lesson are defined in a glossary at the end of LESSON #32.



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LESSON #1

Introduction

As your release date approaches, and actually even before that time, it is important that you are aware of what direction you will be heading when you leave prison. The purpose of this workbook is to provide you with ideas and information to consider while preparing for your release.

You will find that there are a lot of different things that you could be doing right now while you are in prison that will help prepare you for your release. Then again, you will also find that some areas discussed in this workbook will need to be explored further once you are back in the community. Regardless, you will only get out of this workbook what you put into it. It is up to you to use the information provided in a way that suits you best. If at any time you feel that you need more information on one area or another, feel free to put in a request at your institution to meet with a worker from The John Howard Society. He or she will be more than willing to meet with you to answer any further questions or concerns regarding your release plan.

LESSON #2

Birth Certificates



Having identification is very important. A birth certificate is particularly important, especially for travelling out of the country. As well, a birth certificate is usually the piece of identification that you need before you can get any other pieces. In this lesson, we will discuss how to get a birth certificate for those who don't already have one.

Everyone should have his or her own birth certificate. Those people who have had one in the past, but who have since lost it, should apply to get a new one. In order to do this, you need to get an application form from Vital Statistics. In the city of Winnipeg, Vital Statistics is located at 254 Portage Avenue. If you were born outside of the province of Manitoba, you will have to apply for a birth certificate to the province in which you were born. That is, you would have to send your application to that province. However, you can pick up an application form for other provinces at the Vital Statistics office in Winnipeg.

Before you complete the application form, there is some information that you

need to know: your full name, date of birth, place of birth, your father=s full name, and your mother=s full name (maiden name).

Once you receive your application form (either by picking it up or by having it sent to you in the mail), fill it out using either a black or blue pen. There is a fee involved in this application. At the writing of this workbook, the cost for a birth certificate is \$25.00. To order your birth certificate, you need to make a cheque or a money order for the fee of \$25.00 payable to the Minister of Finance. You would then send your application along with your cheque or money order to:

Vital Statistics Agency
Consumer and Corporate Affairs
254 Portage Avenue
Winnipeg, Manitoba
R3C 0B6
(204) 945-3701

It takes approximately four weeks to receive your birth certificate. Make sure that you use a return address where you will be living within those four weeks. If you will still be in jail, you can use the institutional address. Then be sure that you place your new birth certificate with your personal property so that you don=t lose it. If you need a birth certificate immediately, and do not want to wait to receive it in the mail,

you can go down to the Vital Statistics office and pay \$55.00 to have your birth certificate produced in an hour.

The exercise on the following page is an example of what a typical application form looks like. Even if you already have a birth certificate, you can still complete the exercise, as this workbook is geared toward **enhancing** your literacy skills.

EXERCISE #2

The following is an example of questions found on a birth certificate application form. Please print all information clearly.

MAILING ADDRESS:**NAME:****ADDRESS:****CITY:****PROVINCE:****POSTAL CODE:**

SURNAME	GIVEN NAME(S)	SEX	
DATE OF BIRTH month day year	PLACE OF BIRTH		
SURNAME OF FATHER	GIVEN NAME(S)		
MAIDEN SURNAME OF MOTHER	GIVEN NAME(S)		
PLEASE CHECK SIZE OF CERTIFICATE 9 wallet 3 3/4" x 2 1/2" 9 frame 8 1/2" x 7"	DATE OF REG.	REG. NO.	CHECKED

DO NOT WRITE IN SHADED AREAS - FOR OFFICE USE ONLY.

LESSON #3

Social Insurance Number

A Social Insurance Number (SIN), along with a Social Insurance card, is very important. You need to have a Social Insurance Number for a lot of different reasons. For example you need a SIN to get Employment Insurance, to open a bank account, for work purposes, to pay income tax, and to qualify for old age and disability pensions.

If you have never had a Social Insurance Number (SIN), or if you have lost your SIN card, you can get an application form from any Human Resource Centre in your area. In Winnipeg, there are Human Resource Centres located at the following addresses:

Human Resource Centre
2527 Portage Avenue
Winnipeg, MB
R3J 0P1

Human Resource Centre
1122 Henderson Highway
Winnipeg, MB
R2G 1L1

Human Resource Centre
391 York Avenue
Winnipeg, MB
R3C 0P5

Human Resource Centre
1031 Autumnwood Drive
Winnipeg, MB
R2J 1C6

There is no cost involved if you are applying for a SIN for the first time. However, if you are applying for a replacement card, there is a fee of \$10.00 that you will have to pay. You can call 1-800-206-7218 to have an application sent out to you while you are in jail. But, it is preferred that you go down to one of the Human Resource Centres as outlined on the previous page to apply in person. You will be required to show identification, such as your birth certificate, when you apply. If you are a registered Indian and you want your SIN card to show your status, you will also need your Indian Status (treaty) card as identification. We will be discussing Indian Status cards in LESSON #5.

You can practice filling out a Social Insurance application form by working through the exercise on the following page.



EXERCISE #3

Complete the following example of an application form for a social insurance card.

1	NAME TO BE SHOWN ON CARD			First Name	Middle Name (if wanted on card)	Family Name	
2	DATE OF BIRTH	Day	Month	Year	3	SEX <input type="checkbox"/> Male <input type="checkbox"/> Female	<input type="checkbox"/> Check box if you are a twin
4	MOTHER=S FULL NAME AT HER BIRTH			5	FATHER=S FULL NAME AT HIS BIRTH		
6	APPLICANT=S PLACE OF BIRTH	City, Town or Village		Province	Country		
7	FAMILY NAME AT BIRTH			8	OTHER FAMILY NAMES PREVIOUSLY USED		
9	HAVE YOU EVER HAD A SOCIAL INSURANCE NO.?	<input type="checkbox"/> No <input type="checkbox"/> Yes		10	IF AYES@, WRITE YOUR NUMBER HERE		
11	STATUS IN CANADA	<input type="checkbox"/> Canadian Citizen	<input type="checkbox"/> Registered Indian	<input type="checkbox"/> Permanent Resident	<input type="checkbox"/> Other		
12	ADDRESS WHERE YOU WANT YOUR SIN TO BE MAILED	Number and Street		City, Town, or Village	Province	Postal Code	CARD
		Telephone Number(s)		Home: ()	Work: ()		
13	APPLICANT=S SIGNATURE			Date			

LESSON #4

Manitoba Health Card



If you are a permanent Manitoba resident or if you have been living in Manitoba for at least six months, you should apply for a Manitoba Health Card. You can apply for a Manitoba Health Card by registering yourself at the Manitoba Health Office.

The Manitoba Health Office in Winnipeg is located at 599 Empress Street. You can contact their office by calling 786-7101. Residents outside of Winnipeg can call 1-800-392-1207. You can also register at the City of Winnipeg building, which is located at 510 Main Street.

Your health card is free. You should always carry your health card with you and show it when you use health services. If you move, you must report an address change. This can easily be done by calling 786-7101 and following the automated telephone service that is currently in place. It will take **approximately** two weeks for you to receive your new card with your change of address.

If you would like further information about a Manitoba Health Card, you can call the number provided in this lesson and ask for a pamphlet called *Health Insurance: Information for Residents of Manitoba*.

EXERCISE #4**ANSWER TRUE OR FALSE**

- 1) If you have been living in Manitoba for at least six months, you should apply for a Manitoba Health Card. _____
- 2) Permanent Manitoba residents should have a Manitoba Health Card. _____
- 3) There is a cost involved in getting a Health Card. _____
- 4) You need to show your card when you use health services in the community. _____
- 5) You have to report any address changes. _____
- 6) It will take over two months to receive your new card with an address change. _____

ANSWER THE FOLLOWING QUESTION

- 1) What can you do if you want further information about a Manitoba Health Card? _____

LESSON #5

Indian Registration - Indian Status (Treaty) Card

If you are not registered in **accordance** to the Indian Act, you can visit, call or write your nearest Department of Indian Affairs and Northern Development office for an application form.

Once you receive the application form, fill it out to the best of your ability and return it to the Department of Indian Affairs, either through the mail or in person. The application form will ask for information about your mother and father=s names, their band numbers and the names of your **maternal** and **paternal** grandparents.

The Department of Indian Affairs will then process the information to determine if you are entitled to the registration. They may also ask for more documents from you after the application has been processed.

If you previously had a status card, but have since lost the card, you can get a replacement card by going to your nearest Department of Aboriginal and Northern Affairs office. You will need to bring identification with you as well as a recent, passport-size photograph of yourself.

EXERCISE #5

Complete the following word search puzzle:

**REGISTERED
INFORMATION
MATERNAL
ENTITLED**

**INDIAN ACT
MOTHER
PATERNAL
DOCUMENTS**

**MAIL
BAND
GRANDPARENTS
CARD**

C	A	R	D	Z	Q	D	E	E	T	A	G
M	L	T	O	J	D	J	M	N	L	R	R
O	U	C	C	G	L	K	R	T	A	N	A
T	I	A	U	R	Z	H	E	I	N	B	N
H	O	N	M	A	I	L	W	T	R	S	D
E	P	A	E	E	X	G	Q	L	E	D	P
R	N	I	N	M	C	F	A	E	T	P	A
F	K	D	T	N	B	A	N	D	A	O	R
V	L	N	S	B	V	D	S	Y	P	I	E
N	O	I	T	A	M	R	O	F	N	I	N
T	R	E	G	I	S	T	E	R	E	D	T
A	P	L	A	N	R	E	T	A	M	U	S

LESSON #6
Upgrading - On the Inside

Having an education is an extremely useful tool these days. You will find that the majority of job opportunities require at least a grade 12 education.

Most institutions have educational programming. If you are interested in furthering your education, you should ask to speak with the institution's teacher to find out if you are a **candidate** for the schooling offered within the jail. Generally, you need to be serving a sentence greater than 6 months to qualify for most educational programs offered within the jail.

If by chance you don't qualify to go to school in the jail, you still may be able to access the educational services. For example, you may be able to work on correspondence courses. As well, many individuals choose to work on G.E.D. (General Equivalency Diploma) course material, in order to prepare themselves for the G.E.D. exam. You can ask the teacher at your institution if they have G.E.D. workbooks. It doesn't cost you anything to upgrade with G.E.D. assignments, unless you have to purchase the G.E.D. book on your own. However, it will cost you \$65.00 to write the final exam. Some institutions are qualified to supervise the writing of the G.E.D. exam. As well, this exam can

be written at the Red River Community College located at 2055 Notre Dame Ave., Winnipeg, upon your release.

In Winnipeg, there are several adult based learning centres. If you are interested in upgrading to a G.E.D. standing, and are having difficulties accessing educational material within the institution, you may wish to contact them and inquire about the possibility of working on pre-G.E.D. assignments while you are incarcerated. If you decide to do this, but don't complete all of the assignments by the time of your release, you will need to find their locations in the community and continue with your studies until you are ready to write the G.E.D. exam. They may have peer tutors available to help those who would like assistance with their schoolwork.

If you decide to access such a service while you are in jail, you need to have a **liaison** person who is able to **retrieve** your assignments from an adult education centre and deliver them to the institution. Then they would return your completed assignments back to the centre to be graded. You should also know that a G.E.D. doesn't hold the same standards as a grade 12 diploma. However, it does show that you are motivated and dedicated to complete tasks, which is helpful when you are looking for employment. As well, it is good

preparation if you choose to enter university or college or other training programs.

Once you are released from prison you can continue to upgrade and learn through the programs offered in your community, often at no cost. Even if you are working full time, you may wish to learn something on the weekend or an evening. Check your yellow pages, contact the John Howard Society in your area, or call your province=s Education and Training department to find out what is available. In Manitoba you can call the LEARN-Line at 947-5757.

EXERCISE #6

Answer the following questions using complete sentences:

1) Have you ever thought about upgrading in the past? Have you acted on these thoughts to upgrade? Why or why not?

2) If you decide to further your education past grade 12, what would you like to study? Why?

3) What might someone who is incarcerated do if they wanted to upgrade their education?

4) Do you think that education is important? Why or why not?

5) What does G.E.D. stand for?

LESSON #7

Canada Student Loans

The majority of literacy and upgrading centres in the community are free of charge. However, if you are interested in **post-secondary education**, such as university or college, there are **substantial** costs involved. The bottom line is that education costs money.

In this lesson we will discuss Canada student loans, particularly who is eligible and how you can apply.

Who is Eligible?

To be eligible for a full-time Canada student loan, you must:

- ! Be a Canadian citizen or permanent resident of Canada.
- ! Be a resident of a province that participates in the Canada Student Loans Program (Quebec operates its own student assistance plan).
- ! Show that your financial resources are not enough to cover your educational costs. Completing an application form for student assistance does this.
- ! Enroll or be qualified to enroll in at least 60% of a full-time course load at a chosen post-secondary educational institution.

- ! Enroll or be qualified to enroll in a program leading to a degree, diploma or certificate. The program must be at least 12 weeks in length within a period of 15 **consecutive** weeks.

As well, to continue to be eligible for a student loan in **subsequent** years, there is a criteria set out that you have to follow. For example, you must successfully complete at least 60% of the course load for which you have received the loan. In other words, if you were taking five courses, you would have to pass at least three out of the five to qualify for further assistance.



Once you have been assessed, the provincial authority will notify you if you do not qualify for a student loan. A variety of factors are looked at, such as your current income, the assessed cost of going to the school, if you have children to support, etc. If you do qualify, you will receive a certificate of eligibility in the mail. Keep in mind that if you do qualify, this money is a loan. It has to be paid back, with interest. For further information about Student Loans, you can call Manitoba Student Financial Assistance at 945-2313 or 1-

800-204-1685. You can also write to them and request a Student Loans Program Student Guide. The address in Manitoba is:

Student Financial Assistance
Department of Education and Training
409-1181 Portage Avenue
Winnipeg, Manitoba
R3G 0T3

* Information in this lesson was taken from Canada Student Loans Program - Student Guide

EXERCISE #7

USE THE WORDS BELOW TO FILL IN THE BLANKS

interest 60% diploma permanent
post-secondary Assistance student loan citizen

- 1) To be eligible for a full-time Canada student loan, you must be a Canadian _____ or a _____ resident of Canada.
- 2) You must also enroll in at least _____ of a full-time course load at a chosen _____ educational institution.
- 3) You must also be enrolled or qualified to enroll in a program leading to a degree, _____ or certificate.
- 4) If you qualify for a loan, you will have to eventually pay it back with _____ .
- 5) Once you have been assessed, the provincial authority will notify you if you do _____ not qualify for a _____ .
- 6) For further information about Student Loans, you can call Manitoba Student Financial _____ .

LESSON #8

How to Find a Job

Looking for a job is a job in itself. It involves both time and energy. An effective job search will also include organizational skills and motivation on your part. Once you are ready to look for work, it is important that you develop a job search strategy.

The first thing that you should do when developing a job search strategy is to set realistic goals. You need to know what skills you have, and where you would best be able to apply these skills. You should focus on a job that you enjoy doing and that suits your skills and experience. If you know what type of job that you are looking for, it will help you conduct a thorough and successful job search.

Once you have identified your skills, there are essentially two *job markets* that you can tap into when looking for work. The first is called the *Visible Job Market*. When we talk about the visible job market, we are talking about job opportunities that are advertised. The visible job market would include ads that are placed in the newspapers or other publications, on bulletin boards, or at the Human Resource Centres, to name a few places.

It is a good idea to look at the job postings that are listed in places such as the ones described on the previous page. However, it is important to know that these job postings are seen by hundreds of people who all end up competing for the same positions. It is estimated that the visible job market only represents 20% of all available jobs on the market. Applying only to jobs that you come across in the visible job market may decrease your chances of finding work, because so many people are applying for the same positions.

The other job market is known as the *Hidden Job Market*. The hidden job market includes job openings, but they are not advertised to the public. So, what does this mean? How do you find out about these jobs if they aren't advertised? You will find answers to these questions in the next lesson.

EXERCISE #8

Use complete sentences to answer the following questions.

1) What is the first thing that you should do when looking for a job?

2) Describe what is meant by the *Visible Job Market*.

3) What type of jobs have you had in the past? If you have never worked, what type of job would you like to find and why?

LESSON #9
The Hidden Job Market

As mentioned in the previous lesson, the visible job market consists of 20% of available jobs. The other 80% of jobs can be found in what is known as the *Hidden Job Market*.

One of the best and most effective ways to access the hidden job market is by networking. Networking is an exchange of information. Networking lets people know that you are looking for work in a particular area. It is also a request to have these people be on the lookout for any potential jobs that they know of that may require your particular skills and experience.

In order to network, you need to have a list of people whom you can network with. A good idea is to write down all the people that you can think of that may be helpful in networking for you. This list may include friends, family, your parole officer, your neighbours, your spiritual leader, former employers, former co-workers, employment counsellors. You may be surprised at how many people you know once you start making a list.

Once you have your list of people, the next step is to approach these people and tell them that you are looking for work. When doing this, you must be specific. Saying "I need a job" doesn't give a person much to go on. You want to state the type of work that you are looking for and say why you would be good at that particular position. The goal of networking is to have the people on your network list help you look for work. If they hear of a position opening up at their place of work or somewhere else, and you have told them about your skills and willingness to work, then they could inform you of the position and you could then apply for it. Many jobs are found this way, through networking and word of mouth.

Although networking is one of the best ways to tap into the hidden job market, it is not the only way. Using the Yellow Pages as your own personal directory is another way to create a list of potential employers. For example, if you are looking for a job in the electrical field, you could use the Yellow Pages to create a list of potential employers in the electrical field. The Yellow Pages will provide you with addresses and phone numbers. Then it is up to you to contact these places. Once you do this, ask to speak to the person in charge of hiring, and inquire about possible job openings. However, keep in mind that it

is important that you know what you are going to say when you call or stop in. We are not going to get into all of the different ways to conduct yourself in these situations within this workbook. If you are interested in learning more about finding a job, for example: how to write resumes, learning interview skills, and everything else involved in getting a job, you may wish to read *Getting a Job* - a John Howard Society Literacy Workbook dealing specifically with job related issues.

EXERCISE #9

ANSWER THE FOLLOWING QUESTIONS

1) What jobs would you like to do? What skills do you have for these jobs?

2) Describe what is meant by the term “networking.”

3) Use the chart below to write down the names of all the people you know that you could use as your own personal network list.

LESSON #10
Employment Services

Many communities have employment services that assist people in their search for employment. In Winnipeg, there are a number of such services. They differ in the types of services they provide from assisting in creating resumes, to classroom instruction on how to find a job, to job placements.

The Human Resource Centres are excellent places to go to find out about some of these different services. As well, Human Resource Centres are equipped with a wealth of information on how to write resumes, how to participate in job interviews, and other related areas on how to find a job. A list of the Human Resource Centres in Winnipeg was provided in LESSON #2.

As mentioned, there are a number of centres available that will assist you with your job search. In this lesson, we will discuss two such services:

Social Skills Re-Entry Program

201-583 Ellice Avenue
Winnipeg, Manitoba
R3B 1Z7
(204)774-1749

This employment re-entry program is specifically designed for anyone who is unemployed and seeking employment. This is a five-week program.

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The main objective of this program is to assist clients to enter or re-enter the labour market. The program consists of classroom instruction, skill development, job searching and placements.

YOUTH EMPLOYMENT SERVICE (Y.E.S.)

330-267 Edmonton Street
Winnipeg, Manitoba
(204) 987-8660

Y.E.S. provides free employment counselling services to people between 16-24 years of age. They provide four types of services:

- ! Employment Counselling - to help you identify your employment skills and realistic job choices.
- ! Information & Referrals - to available training and/or educational facilities.
- ! Job Search Workshops - designed to show you the correct way to look for a job.
- ! Employment Resource Centre - keeps copies of your résumé on file, provide Internet access and resources to help you identify good employers to contact.

EXERCISE #10

1. Have you ever used employment services in the past? Have they been helpful? If you have never used such services, would you consider doing so? Why or why not?

2. Draw lines matching the definitions with services provided by Y.E.S.

Employment Counselling	- keeps copies of résumés on file, provides access and to help you employers to
Internet offer resources identify suitable contact	to help you employers to
Information & Referrals	- helps you identify your employment skills
Job Search Workshops	-identifies available training and/or educational facilities
Employment Resource Centre way	- shows you the correct to look for work

LESSON #11

Parole

In a sense, parole is a bridge between being in prison and returning to the community. Parole gives you the opportunity to gradually **reintegrate** into society. There are two types of parole: Day Parole and Full Parole.

Day Parole allows you to participate in community-based activities that help prepare you for full parole or your statutory release. These activities may include residential treatment at a chemical dependency program or employment opportunities. While on Day Parole, you will be required to stay at a recognized centre, halfway house, or you may have to return to the institution at night.

Most federal offenders are eligible to apply for Day Parole after serving either one-sixth of their sentence or six months before the end of their Full Parole eligibility date. However, just because you are eligible doesn't mean that you will automatically be granted parole. Also, inmates serving less than two years generally can't apply for Day Parole, as their time is too short.

Full Parole allows you to return to your former home. You will be under supervision in the community until your warrant expiry date. You will have to report to a parole supervisor on a regular basis. Most offenders are eligible to apply for Full Parole after serving either one-third of their sentence or seven years. Again, just because you are eligible, doesn't mean that you will be granted Full Parole.

EXERCISE #11**FILL IN THE BLANKS**

1. Parole can be viewed as a _____ between being in prison and returning to the community.
2. Parole gives you the opportunity to gradually _____ into society.
3. While on _____, you will be required to stay in a halfway house or treatment centre.
4. Most federal inmates are _____ to apply for Day Parole after serving one-sixth of their sentence.
5. Just because you are eligible for parole, does not mean that you will automatically be _____ parole.
6. When you are on parole, you will be under _____ in the community until your warrant expiry date.
7. Most offenders are eligible to apply for Full Parole after _____
_____ either one-third of their sentence or seven years.

LESSON #12

How Do You Apply For Parole?

Depending on the length of your sentence, you will receive a Notification of Parole Eligibility Dates within six months from the Correctional Service of Canada (CSC). CSC provides the National Parole Board with a package that includes details about your previous criminal history, most recent offence, behaviour while incarcerated and evidence of change. This information helps the National Parole Board make an objective and well-informed decision.



When applying for parole, you will be required to fill out three copies for submission. If you have difficulties filling out these forms, you may wish to ask your Case Worker or a John Howard Society representative for assistance.

The Parole Board considers a variety of factors when determining whether or not you should be granted parole. Some of these factors include:

- ! The details of your criminal record, including the pattern and frequency of offences, any crime-free periods and the nature and seriousness of the most recent offence.
- ! Your willingness to change your criminal behaviour, and any concrete action that has been taken in this regard. An example would be having participated in institutional programs.

- ! Your release plans, including employment or educational opportunities, and arrangements for accommodation.
- ! The possible effect on the community if you violate the parole conditions or commit another offence.

You will NOT automatically get parole. Getting parole is the exception and not the rule. During the Board Hearing you must keep in mind that their role is to ensure that you are deserving of an early release *and* that you will not re-offend in any way during the parole period. Their concern is for the protection of the community. In the next lesson, we will look at some typical questions that the Parole Board may ask of you during a Parole Board Hearing.

EXERCISE #12

COMPLETE THE FOLLOWING EXAMPLE OF A PAROLE APPLICATION.

APPLICATION FOR PAROLE

NAME:	INSTITUTION NUMBER:
INSTITUTION:	DAY PAROLE <input type="checkbox"/> FULL PAROLE <input type="checkbox"/>

1. Outline your plans in detail:

2. Name individuals in the community willing to assist you: (relatives, friends, employers, etc - with addresses)

3. Why do you feel you deserve consideration for release?

4. Language of hearing preferred English French

DATE:

SIGNATURE: _____

INMATE FPS: _____

LESSON #13

Possible Parole Questions

The general areas that the Parole Board may be looking at during a hearing and the subjects that might be covered will be discussed in this lesson. Questions will differ according to your specific case and particularly focus on **potential** problem areas that have been identified to the Board.

Your Offence

What was your offence? Why did you do it? How did you come into trouble with the law? What do you see as your problems or difficulties? How can you demonstrate that you accept full responsibility for your actions? What were the events leading up to your offence and what would you now do differently so that the offence will not occur again? What were the reasons for the offence and how else could you have solved your problems? What has been the **impact** of your offence on the victim/family/community?

Rehabilitation Programs

What programs have you taken and why? Why didn't you take certain programs? What have you learned from the programs you took? How will you apply the knowledge gained from programs in your day-to-day life? What plans do you have for taking further programs?

Community Support

Do your family and friends want you to be released and, if so, in what ways are they planning to help you **integrate** back into the community? What contact will you have with your family? How will you prevent contact with all or some of your family if there is a risk of re-offending? How would you describe your general relationships with people in the community? Do you have letters of support from family, friends, former employers, supportive outside agencies? Describe your employment plans and your financial situation and support. Where will you be living and how will you meet your expenses?

Reports

Were you able to read and understand all reports from case managers/psychiatrists / psychologists?

Self-Awareness

Describe in detail your plans immediately after release and your plans for the future. What behaviours do you have to change so that you will not re-offend? The board may ask you about problems such as alcohol, drug, sexual behaviour, etc. What changes do you plan in your life so that you will be able

to continue to function effectively within the community. (Eg. Alcoholics Anonymous, Narcotics Anonymous, Employment Assistance, etc.) Where are you going to live? How do you think the victim and/or the family feel about your offence and do you have **empathy** for the victim/family/community? What is needed for you to be able to live and participate in the community? How are you going to stay out of prison? What are you going to do? Was your prison sentence fair?

The questions in this lesson give you an idea of what may be asked of you. Every situation is different. It is important that you know what supports you have in the community and what direction you will be heading. You must have a **concrete** plan which will assist you with your release back into the community. If you have difficulties answering the types of questions as outlined in this lesson, you might want to take another look at why you are applying for parole, and what areas need some work.

EXERCISE #13

Write answers for the following parole hearing questions:

1. What was your offence? What were the reasons for the offence and how else could you have solved your problems?

2. What programs have you taken in the institution and why?

3. How would you describe your general relationships with people in the community? What supports do you have?

4. Describe in detail your plans immediately after release and for the future.

5. How are you going to stay out of prison?

LESSON #14

Halfway Houses

As mentioned in the LESSON #11, if you are released on Day Parole, you may be required to stay at a Halfway House. You can also use halfway homes if you are applying for a Temporary Absence for a specific purpose, such as employment or educational reasons. Halfway Homes provide a positive environment in which to live during your **transition** from jail back into the community.

These homes provide structure, support, and direction as you prepare for your release back into the community. You will be expected to **abide** by certain rules and regulations, such as curfews. You will also be expected to have an honest desire to change your lifestyle.

United Church Halfway Homes operates three houses in the city of Winnipeg. Should you be interested in staying at one of their homes, you can put in a request at your institution to meet with a representative from their agency, or call (204) 783-6332 and the UCHH staff will make arrangements to meet with you for an interview.



Native Clan Organization Inc. also runs a Halfway House in the city of Winnipeg called Regina House. The Regina House is located at 160 Mayfair Avenue. You can reach Native Clan=s main office by calling 943-7397 if you would like further information about their organization.

Osborne Community Correctional Centre (CCC) is another Halfway House in the city of Winnipeg and is located at 1048 Main Street. Generally, CCC houses federally released inmates on parole. They can be reached at 983-2315.

Use complete sentences to answer the questions below:

1. Have you ever stayed in a Halfway House? Describe this experience.

2. What do you think are the benefits of staying at a Halfway House?

3. List in alphabetical order the three Halfway Houses mentioned in this lesson.

LESSON #15

Finding Accommodations

For those of you who don't have a place to live upon your release, you may want to consider staying at the Salvation Army's Booth Residence. This service provides a place to stay, meals, recreation, education, and counselling to those men who choose to stay there.

There is no cost involved to stay at the Booth Residence. However, you would use this service as a temporary service. That is, it is somewhere that you can go until you have your feet on the ground and you are able to find your own place to live.

If you are looking for an apartment to move into once you are released



from jail, you can look through the classified ads found in the newspapers. In Winnipeg there is also a publication called *The Renter's Guide* which is produced every two weeks. This publication is free and can be picked up at places such as 7-Eleven and Safeway. If you would like a copy of *The Renter's Guide* and you are having difficulties arranging for someone that you know from the outside to bring one in to you, you can put in a request to meet with someone from The

John Howard Society. This worker should be able to bring a *Renter=s Guide* in for you.

While you are looking for a place to rent, you will find that the advertisements for these places often contain a lot of different **abbreviations** or short forms. The following is an example of what a typical ad may look like as you are flipping through the classified ads or *The Renter=s Guide*:

Sing. ste. Furn. Conv. to. dntn. Appl. and util.
incl. \$250.00 mo. Avail. end of mo. Inq. with
mgr. 242-2345

You can find the classified Ashorts@ to the ad above among the list of other Ashorts@ below:

adults	#	adlt.	drapes	#	drps.	manager	# mgr.
after	#	aft.	elevator	#	elev.	modern	# mod
appliances	#	appl.	floor	#	fl. or flr.	month	# mo.
available	#	avail.	furnished	#	furn.	near	# nr.
bachelor	#	bach.	Garage	#	gar.	parking	#pkg.
balcony	#	balc.	immediate	#	imm.	possession	# poss.
basement	#	bsmt.	includes	#	incl.	reference	# ref.
bedroom	#	B.R./bdrm.	inquire	#	inq.	single	# sing.
close	#	cl.	kitchen	#	kit. or kitch.	sublet	# sub.
convenient	#	conv.	large	#	lg.	suite	# ste.
downtown	#	dntn.	living room	#	L.R./liv.rm.	utilities	# util.

EXERCISE #15

Re-write the following advertisements as complete sentences:

Sing. ste. cl. to dntn. Appl. and util. incl.
\$350.00 mo. Pkg. extra. Ref. Inq. with mgr.
555-1434

Lg. furn bach. ste. Adlt. only. Imm. poss.
Appl. incl. Util. extra. Call 123-4321

2 B.R. apt. 3 appl. Balc. and gar. includ. Util.
extra. Nr. UofM. Avail. end of mo. \$400.00
mo. 1 pkg. avail. Call 223-6368

Bsmt. apt. Shared kit. New drps. and flr.
\$335.00 mo. incl. util. No pets. Ref. req. Call
aft. 5:00 p.m. 987-6789

LESSON #16

Rehabilitation Services

There are a variety of Rehabilitation Services in the city of Winnipeg. Throughout this lesson, we will look at six such services. If you feel that you need to participate in treatment upon your release from jail, you can contact the agencies at the numbers provided in this lesson in order to gather further information about their referral process.

The Salvation Army Anchorage Program Addictions and Rehabilitation Service

180 Henry Ave.
Winnipeg, MB R3B 0J8
946-9401

Anchorage is a residential Addictions Treatment Program for men and women. It offers a residential, active learning approach to rehabilitation for adults who have an alcohol or drug dependency problem. Anchorage also offers addiction therapy, education, life skills, job search, and planned departure as part of a three-**phase** program.

Tamarack Rehab Inc.

60 Balmoral Street
Winnipeg, MB R3C 1X4
772-9836

John Howard Society of Manitoba, Inc.
19998



Tamarack Rehab Inc. is a community based, 90-day rehabilitation program for addicts. The program offers a supportive, dry and clean environment where you are given the chance to learn new life styles and ways of coping with triggers that start your dependency process. Tamarack Rehab consists of a 60-day treatment program with a 30-day **transitional** component for a possible total of 90 days.

To be a candidate for this program, you must have been in a treatment program within the past two years, and be free of chemicals for the past 30 days. You must also be motivated for rehabilitation and indicate that you will take an active part in the recovery process.

The Behavioural Health Foundation

Box 250-3514 Pembina Highway
St. Norbert, MB R3V 1L6
269-3430

The Behavioural Health Foundation (formerly The St. Norbert Foundation) is a residential treatment facility for alcohol and drug abusers. The Behavioural Health Foundation will accept any persons requiring help in changing their behaviour in a positive manner. The purpose of this program is to provide long-term treatment programming to assist persons to change the

negative **aspects** of their lifestyles. Daily routines, structured individual program plans and self-help concepts form the overall program.

Addictions Foundation of Manitoba (AFM)

1031-1041 Portage Ave.
Winnipeg, MB R3G 0R8
944-6200

AFM assists people with drug, alcohol and gambling problems. They offer both inpatient and outpatient programs. You can contact them at the number above to inquire about their programs.

Native Addictions Council of Manitoba

160 Salter Street
Winnipeg, MB
R2W 4K1
586-8395

Native Addictions Council of Manitoba provides counselling, information and referral for native people on issues related to drug abuse, gambling and other addictions. They run Pritchard House, a rehabilitation Centre, and work under a **philosophy** of **holistic** healing through mind, body and spirit. Alcoholics Anonymous, Christianity, and Aboriginal teachings are stressed in the programs.

EXERCISE #16

Use complete sentences to answer the following questions:

- 1. Do you feel that you have a problem with drugs, alcohol or gambling?**

- 2. If you answered yes to question #1, have you ever participated in residential treatment? When and where? Or have you ever thought about taking a program such as the ones described in this lesson?**

- 3. Write down three Rehabilitation Services.**

LESSON #17

Stress

Stress is an unpleasant feeling that everyone experiences from time to time. Normal levels of stress are a part of day-to-day living.



Sometimes we may be suffering from stress without really understanding what it is or what we can do about it. Generally, stress occurs when we are under too much pressure. It is the way our bodies react to challenging events or changes in our lives.

One might think that being released from jail would not cause stress. However, this sometimes is not the case. Having to get used to a new surrounding, finding a place to live, associating with friends and family whom you haven't seen for a long time and trying to find a job may all be examples of situations that can cause stress in your life. Trying to do too many things at once may become **overwhelming**. Stress may occur as your body reacts to these situations.

In order to deal with stress, it is important that you are able to recognize the signs of stress. These might include: appetite changes, headaches, sleep

difficulties, increased use of alcohol or drugs, frustration, irritability, poor concentration, and feeling discouraged. These are but a few examples of the effects stress can cause. Every person is different. However, if you find that you are experiencing **symptoms** such as the ones described above, you really should take a look at the things (stressors) that may be causing this stress in your life.

Once you have identified the stressors in your life, it is important that you make an effort to deal with them. In the next lesson, we will look at different ways to cope with stress. For further information on stress, you may wish to read *Stress, Anxiety and Depression - John Howard Society Literacy Workbook*.

EXERCISE #17

Use complete sentences to answer the following questions:

1. What is stress?

2. How might the body react if you are under too much stress?

3. Describe a time when you were stressed out. How did you feel?

4. Once you are able to identify the cause of your stress, what should you do?

LESSON #18
Managing Stress

Having stress in our lives is normal, but if too much stress occurs, it can damage our health. Using suitable coping skills is a way that we can manage our stress so that it does not interfere with our lives. In this lesson, we will discuss several methods that you can use to reduce the stress in your life:

- ! Talk things over with a close friend, relative, or someone whom you trust. You may **resolve** the problem and will probably relieve the tension by getting feelings off your chest.
- ! Remove yourself from the situation that is causing you stress, even if it is for a short period of time.
- ! Take it easy. You may be expecting too much of yourself. Trying to juggle too many responsibilities at once, especially just after being released from jail, makes it hard to do any task well.
- ! Get enough sleep. Visualize a light-switch that turns off your mind from thinking about things that are bothering you at night. It is important that you get a good night's rest in order to function properly in the day.
- ! Eat properly. People under stress often are tempted to skip meals or drink a lot of coffee, which may put them at an even greater disadvantage.
- ! Do not deal with your problem by taking alcohol or drugs. They won't relieve the cause of stress. In the long run, they may worsen your health problems.

- ! Organize yourself. Plan your day and use your time wisely.
- ! Use *Creative Visualization*. Imagine a pleasant or relaxing scene. Close your eyes and picture yourself there. Practice deep breathing as you visualize this pleasant scene.
- ! Express feelings as they come up. Use a journal to write them down.
- ! Meditate - quiet yourself inside and relax your mind.
- ! Use a *Relaxation Technique*. Lay down on a comfortable surface and identify the different muscles in your body. Start at your feet and tense these muscles while you inhale for a count of five seconds. As you exhale say "relax" as you release the muscle. Continue with different muscles in your body: calves, thighs, abdomen, chest, biceps, triceps etc.

EXERCISE #19

List four things that you would consider trying if you were under too much stress:

1. _____

2. _____

3. _____

4. _____

LESSON #19

Social Assistance - Welfare

If you will be applying for Social Assistance upon your release from jail, you really should contact their office a few days prior to your release so that they can schedule you for an appointment.

Applications for assistance are taken at 111 Rorie Street. The phone number at this Social Service Office is 948-4000 or 948-4002. When you contact them, you will be scheduled to participate in an orientation session. You will be required to attend this session before they schedule you for an appointment for application. The orientation sessions are only offered in the morning. Once you attend this session, you are scheduled for an appointment for assistance the following day.

You have the right to apply for assistance if you are 18 years of age or over, if you live in the City of Winnipeg, and if you consider yourself to be without **adequate** means of support.

As part of the application process you will be required to bring with you two pieces of identification (preferably something with your picture and one with your S.I.N.).

EXERCISE #19

COMPLETE THE WORD SEARCH BELOW

applying assistance office release appointment
 number contact scheduled orientation attend
 Winnipeg support process required session

M	A	P	P	L	Y	I	N	G	B	Z	W	C	A
O	O	U	Y	T	R	E	U	W	Q	I	P	S	P
R	Z	M	A	C	N	A	M	L	A	N	S	F	P
I	O	P	L	K	J	O	B	R	T	I	U	E	O
E	W	I	N	N	I	P	E	G	S	R	P	A	I
N	B	N	M	G	H	L	R	T	A	E	P	R	N
T	A	K	M	L	E	N	A	V	S	W	O	M	T
A	B	R	A	A	O	N	Y	C	D	Q	R	N	M
T	D	Y	S	I	C	O	N	T	A	C	T	B	E
I	W	E	S	E	I	F	U	X	F	U	J	V	N
O	L	S	L	I	A	F	I	Z	G	K	N	C	T
N	E	F	M	V	I	I	A	T	T	E	N	D	Y
S	C	L	Y	M	S	C	H	E	D	U	L	E	D
A	R	K	S	S	S	E	C	O	R	P	U	K	I
H	E	R	E	Q	U	I	R	E	D	A	L	K	O

LESSON #20
The John Howard Society

As you may or may not know, The John Howard Society provides a variety of services both within the provincial and federal institutions, as well as in the community. Each province offers different services, so check with your local office.



As of 2002, The John Howard Society offers a Literacy Program at the Winnipeg Remand Centre three afternoons a week, run by volunteers. The same program is offered at Headingley, but with fewer classes. Apart from literacy, there are three other programs for inmates in Headingley Correctional Institution (HCI), along with weekly one-on-one general counselling.

A Community Integration Program is one program offered at HCI. This program explores issues that are related to release from jail. Areas covered include: how to find a job, finding accommodation, money management, health issues, communication skills, available community resources and other relevant issues.

A Parenting Program is also available for H.C.I. inmates. If you are a

H.C.I. inmate and you are interested in learning parenting skills, talk to your case manager about being referred to this program when it is offered in your unit.

The third program offered at H.C.I. is called Practical Employment Skills Program. This program covers all areas related to finding and maintaining employment.

A Hepatitis C Awareness program is available to all federally sentenced inmates upon their arrival at the institution. It is part of the Reception Awareness Program. Thursday evenings at Stony Mountain can be spent at the chapel participating in a group called AHealth Awareness@, which is a joint effort, by The John Howard Society and the Inmate Welfare Committee. ALifeline@ is available for all those serving life sentences in Rockwood or S.M.I.

Community based programs include: Anger Management, Criminal Thinking Errors and Victim Awareness, Families Without Violence, Employment Assistance Counselling, Sentencing Planning Program (Restorative Resolutions), and Community Integration Program. If any of these programs interest you, please call the John Howard Society office at 775-1514 for more information.

EXERCISE #20

Use complete sentences to answer the following questions.

1. What programs does The John Howard Society offer within the institutions?

2. Have you ever participated in any programs offered by The John Howard Society? If so, what is your opinion of those programs?

3. Why might you use services provided by J.H.S. upon your release?

LESSON #21
Bridging The Gap

Bridging the Gap Ministries, Inc., formerly the Community Ministry With Ex-Offenders, is an organization in inner-city Winnipeg which is tackling the difficult problem of re-integration of offenders into the community.

Bridging the Gap provides a counselling service and pastoral care for ex-offenders and their families. As well, they offer training programs, life skills support, and offer food and clothing assistance when available, among other things. If you are interested in finding out more about Bridging the Gap you can contact their office at 783-8684. You can also drop by at 505 Oakview Avenue. Doing so will give you the opportunity to gather information on various types of services available including job searching and dealing with addictions. Depending on your interests, there is also the opportunity to explore group activities such as games and crafts.



EXERCISE #21

Answer the following questions in complete sentences:

- 1. What was Bridging the Gap called before they changed their name?**

- 2. Have you ever used the services provide by Bridging the Gap before? If not, what types of services do they provide?**

- 3. Where is Bridging the Gap located?**

LESSON #22**Centre for Aboriginal Human Resource Development**

The Centre for Aboriginal Human Resource Development offers training and employment services to Aboriginal people. Counsellors are available to help individuals identify career goals and explore employment and/or educational and training opportunities. The program helps develop interview skills, job search skills and résumé writing. As well, they offer specialized training programs in a variety of different areas.

The Centre for Aboriginal Human Resource Development is located at 181 Higgins Avenue. They can be reached at 989-7110 for further information on their services. They are open from 8:30 a.m. to 4:30 p.m., Monday through Friday. Should you be interested in checking out what they have to offer, you need to make an appointment by calling the number above.

EXERCISE #22

UNSCRAMBLE THE SENTENCES BELOW.

1. was This about lesson the Centre Development for Human Aboriginal Resource.

2. available Counsellors are individuals and help career identify goals.

3. They training specialized in programs variety of a areas different offer.

4. make You need to an appointment 989-7110 calling by.

WRITE DOWN ALL OF THE **NOUNS** FROM THE SENTENCES ABOVE.

Indian & Metis Friendship Centre of Winnipeg

The Indian & Metis Friendship Centre of Winnipeg is a drop-in centre. They have a Family Support Worker, child and youth programs, counselling, recreation activities, legal information and referrals for housing.

They also offer cultural programs such as Ojibway language classes. Other opportunities are also available through the Friendship Centre. They are located at 45 Robinson St. in Winnipeg. Their office hours are 9:00 a.m. to 5:00 p.m. Monday through Friday. The Drop-in Centre is open from 9:00 a.m. to 10:00 p.m. Monday through Friday. You can contact the Indian & Metis Friendship Centre by calling 586-8441.



EXERCISE #23

Create your own sentences by using the following words from Lesson #23.

1. friendship

2. family

3. youth

4. counselling

5. cultural

6. Ojibway

LESSON #24

Getting Ready: Building Relationships Inside

You are in jail. You are here either because you are serving a sentence or because you are waiting for your trial. You may have decided that this will be the last time you will be in jail. You may have decided to change your lifestyle or stay away from anything that could lead to another arrest. You may have learned that after having spent some time in jail, it is not always easy to stay away from the situations that landed you in jail in the first place.

When a person spends time in jail and gets out and then keeps coming back again and again, it is called recidivism (ree-SID-uh-viz-zim). The next few lessons will give you some ideas about getting out and staying out of prison. The information you will read comes from people who have served jail sentences and from people who know and visit people in jail.

Your plan to stay out of jail begins months or years before your release date. It takes a long time to change the thinking patterns or the unhealthy friendships that landed you in jail in the first place. Healthy friendships and thinking patterns cannot be built at the last minute or even in the last few weeks before you get out. Planning to work on these changes only once you are out of prison might make your load too

heavy to carry along with all the other changes you will face upon release. Remember, though, that it is never too late to start building healthy relationships.

Many people say that your family is the most important thing that will help you stay out of jail. Some say that friends you met in jail who have also decided to turn their lives around are important to helping you stay out. Another group of people who can be of help to you are the volunteers who have come to visit you or offered their support in other ways. There may be a caring staff person that is helpful. In any case, it is up to you to find and get the help you need from other people to help you get out and stay out. You cannot do it by yourself, no matter how strong you think you are. We are all different in many ways, but we are all the same in that we need other people to help us.

It is important to begin building these relationships as soon as possible if you are not doing it already. If you or your family has angry feelings toward each other, do not wait until you are out of jail to work through your issues. Stay in contact with your family members with letters, phone calls, and visits. Ask for contact visits if at all possible. Talk to prison staff that can arrange the time and a space to spend regular time with your children so that you can practice being a parent. After you have talked with your family, talk to an elder or chaplain or counselor about your feelings. Talk

about what you would like to change or do again for the next visit. Besides talking to a counselor, you can read the workbooks given out by the John Howard Society to help you work through some of your problems. Some of the workbooks that may be helpful are:

- Getting Along: A Guide to Healthy Relationships,
- Understanding Anger: An Anger Management Manual,
- Learning to Talk and Listen Better, and
- Hurting People: A Victim Awareness Manual.

One inmate wrote about not being honest with family members while he is in jail. He wrote: “Inmates become perhaps the best liars. Lying becomes habit forming. After a while we lie about anything that makes us look bad or makes us uncomfortable. This can spell disaster for any relationship. I have no doubt that the biggest reason for a failed relationship in prison is lying. It’s not the drug abuse, but lying about drug abuse. It’s not the way you feel, but lying about the way you feel. Life is hard enough with these walls between us.” Being honest with your family is one example of what it takes to build relationships to prepare for your release.

EXERCISE #24

Part One:

In the spaces below, make a list of the names of people who have been a good

influence in your life and have supported you.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

- Write a short thank-you note or make a card for each person that you listed, telling them how much you have appreciated their support.

Part Two:

Underline the reasons that stop you from being honest with your family or friends:

- 1) If I am honest, I think they will laugh at me or have less respect for me.
 - 2) If I am honest, I will look weak and not in control of myself.
 - 3) If I am honest, my children won't respect me.
 - 4) If I am honest, I will lose my friends, because they don't want me to change.
 - 5) If I am honest, I will have to face the truth about myself and make some changes.
 - 6) If I am honest now, people will know I was lying and may never believe me again.
 - 7) If I am honest, I may face another prison sentence.
 - 8) If you have other reasons, write them here:
-

Remember: It's never too late to start being honest. To hide from the truth is a sign of fear. It takes a strong person to admit to his or her weakness. Being honest will help you to respect yourself.

Part Three:

Write a poem about a feeling that you have by using your five senses. First give the feeling a colour. Then tell how it smells, tastes, sounds, and feels. Here are two examples:

Success is red.
 It sounds like claps and cheers.
 It feels like a pat on the back.
 It smells like flowers in spring.
 It tastes as sweet as a lover's kiss.

Loneliness is gray.
 It sounds like an empty room.
 It feels like a toothache.
 It smells like a vacant house.
 It tastes like liver.

Write a poem about Freedom or Friendship or Fear or all three if you wish.

Freedom is _____(colour)
 It sounds like _____
 It feels like _____
 It smells like _____
 It tastes like _____

Friendship is _____ (colour)

It sounds like _____

It feels like _____

It smells like _____

It tastes like _____

Fear is _____ (colour)

It sounds like _____

It feels like _____

It smells like _____

It tastes like _____

LESSON #25
Deciding for Myself

Often there are programs that you can take while you are in jail. You may find it hard or impossible to trust other people in the program. You might feel that you don't need programs and that you have already learned the information. You may not have a choice about attending the program because you have been ordered to take it. It is hard to learn anything when you feel you don't have a choice in the matter. For your own sake, you may decide to get what you can, anyway. Other people have attended programs in jail and found the information to be of help. They even say that programs have helped them to stay out of jail. You may be ordered to attend a program, but you are the only person who can decide to learn from it.

You are spending time in a place where most of your decisions are made for you. You are told where to go, what to do, when to do it, and so on. When you get out, it will take awhile to get used to making your own plans and choices. If you have chances to make any of your own decisions while you are inside, take them. Decide what is important to you as you plan for getting out and getting back into the community.

If you get along with your caseworker or not, you should feel satisfied that your

concerns are looked after. Do you need to get a new birth certificate, Social Insurance Number card, treaty card or health card? Will you need to find a place to stay such as a halfway house or an apartment? What about applying to a treatment centre or getting counseling for dealing with your addiction? Perhaps you will want to attend an adult learning centre to get your GED or your Grade 12. You will need to find a job and you can start looking for that while you are still inside. Find out about apprenticeship (up-PRENT-tis-ship) programs where you can learn a trade and get paid at the same time. If you are in a federal prison, ask about getting a “work release” where you can get some job experience before your sentence is over. Find out who your community parole officer is and where and when you need to contact him or her.

Your caseworker in the prison should help you with getting the information you need and give you a referral to those programs you wish to attend. It is your case manager’s job to support and assist you in your planning. Your plan for your release should be in place several months before you are released. Ask about getting another caseworker if you are not getting the help you need.

Talking to prison staff about starting new programs for yourself and other inmates may be the last thing you want to think about. But too often, waiting for others to help you feels discouraging and hopeless. Why not help yourself? Starting

something new for yourself is called “taking initiative (in-NISH-sha-tiv)”. This takes courage but the practice will come in handy when you start your new life on the outside. One group of inmates at a prison in Pennsylvania kept pushing for a program in which they could learn about being fathers and spend time with their children while they were inside. They asked for it until they got it. Inmates at the Winnipeg Remand Centre have asked for, and organized sharing circles using traditional aboriginal medicines.

EXERCISE #25

Part One:

1. What activities or programs would you like to see happen in jail that would help you and others around you?

2. What kinds of help do you need from your caseworker as you plan for getting back into the community?

Part Two: Look for these words in the word-find puzzle. The words are printed across, down, and diagonally.

learn	organize	plan	act	activities
aboriginal	traditional	circles	choose	programs
decision	initiative	initiate	possible	information
choice	important	community	assistance	employment
courage	practice	housing	options	

t	i	h	e	r	e	a	i	c	o	m	m	u	n	i	t	y	r	e	c	n	o	s
a	h	n	o	r	t	c	u	m	t	s	t	o	a	n	y	p	l	a	h	c	e	w
s	o	r	i	t	h	g	o	i	p	n	o	r	g	a	n	i	z	e	o	g	t	o
s	a	v	o	t	i	d	c	r	r	o	i	p	t	i	c	i	s	i	i	m	n	e
i	v	e	r	p	i	d	o	a	o	n	r	y	t	t	h	i	n	n	c	g	e	e
s	v	e	r	o	y	a	o	u	g	c	a	t	n	i	t	p	l	i	e	o	w	m
t	a	a	f	s	i	e	t	l	r	d	b	y	a	t	o	u	r	t	s	n	i	p
a	n	b	g	s	i	t	o	e	a	v	e	r	i	n	n	n	y	i	o	u	r	l
n	m	o	i	i	n	d	l	e	m	a	u	g	h	t	t	e	s	a	r	i	S	o
c	t	r	h	b	e	s	s	h	s	o	p	l	a	n	r	t	e	t	s	t	d	y
e	i	i	s	l	t	o	a	n	c	e	b	e	t	w	e	e	n	i	t	w	o	m
p	e	g	o	e	o	p	l	e	h	d	e	c	i	s	i	o	n	v	e	w	a	e
l	k	i	s	h	i	i	e	m	p	l	o	y	m	e	n	t	n	e	h	i	c	n
s	s	n	c	l	e	e	n	p	s	o	h	e	c	a	n	g	e	t	h	i	i	t
p	r	a	c	t	i	c	e	f	s	r	e	s	t	a	n	d	e	x	o	e	r	c
i	s	l	e	a	t	n	t	c	o	u	r	a	g	e	h	e	s	h	a	m	e	t
i	m	e	t	h	r	e	m	c	i	r	c	l	e	s	e	x	c	i	c	a	n	m
e	a	l	w	a	a	s	a	s	o	a	m	u	t	h	e	n	t	i	c	y	o	u
c	o	u	e	l	d	n	c	t	e	v	e	a	c	t	i	v	i	t	i	e	s	n
d	r	l	i	n	k	t	t	h	e	w	a	t	t	e	r	w	h	e	r	e	d	i
d	t	h	e	c	h	i	c	e	n	g	o	o	n	i	h	e	r	v	a	c	a	t
i	t	r	a	d	i	t	i	o	n	a	l	o	n	h	o	u	s	i	n	g	s	a
n	d	y	e	g	g	o	a	d	v	o	c	a	t	e	f	n	o	r	y	o	u	r

LESSON #26
Getting Ready: Growing Your Spirit

One of the people who started Alcoholics Anonymous (AA) was Bill W. Bill knew that people could not stop their addiction to alcohol on their own, or even with the help of medicine and doctors. They needed the help of a higher power. This is also true for people addicted to drugs, sex, power, or crime. Just as we need to feed and grow our bodies and our minds, we also need to feed and grow our spirits.

You may have committed your first crime as a game or because of a dare or because you were badly hurt by another person. You were acting out a part that made you feel more powerful or more accepted by your friends. You may have kept on doing crime because it felt like you were getting a fix. When you wanted to stop doing crime, it felt like it was almost impossible to stop. After you did the crime, what did you feel? Guilt? Shame? Powerlessness? These kinds of feelings lead to hopelessness that things would ever get better. Feeling hopeless leads to feelings of rage toward yourself or others. You take out your anger on yourself by feeding your addiction to drugs or alcohol. Or you take it out on others, and the cycle of crime begins again.

Being addicted to drugs or crime takes the place of having a strong spirit. Having a healthy spirit is all about “getting high” on caring and goodness and love and

beauty and truth. It is about becoming a whole and complete person. Having a strong spirit is about learning to depend on something above us. Some people call this a Higher Power or God or the Creator. We are all different in many ways, and the ways in which we grow our spirits will be different. But we are all the same in that we are weak human beings and we all need strength that comes from outside of ourselves.

A very difficult thing that all of us need to do to find healing is to forgive the people who have hurt us. Forgiving them is probably too hard for us to do on our own power. We need a higher power to help us to want to forgive. St. Francis once said, "In forgiving others, we find forgiveness for ourselves." Forgiving is not a quick fix to get rid of our problems. It may take a long time for you to come to the point where you can forgive.

One prison inmate said, "I want to forgive, but I can't. I say the words but nothing happens. It's like a fire in my guts that will not go out." The elder asked him if he was feeding that fire in his gut. If someone wants to forgive, he needs to stop going over in his mind how he wants to take revenge. Another inmate was having nightmares about his friend who ratted on him about the crime they had committed together. He could only think about taking revenge. When he felt ready for help, he asked the chaplain to pray with him. Then he wrote a letter to the man whom he

wanted to harm. The letter said, “You have nothing to fear from me when I get out.”

This was a big step toward finding peace and forgiveness for himself.

(adapted from Counselling Prisoners Addicted to Crime by Charles Taylor, Lancelot Press, 1994)

EXERCISE #26

Part One: Underline **one** idea that you could use to make a **first step** toward growing your spirit.

- 1) Say a prayer to the Creator or Higher Power, asking for help and healing.
- 2) Talk to an elder or chaplain or ask them to pray for you.
- 3) Read a book about healing and forgiveness or _____.
- 4) Attend a sharing circle or sweat lodge or church service if one is available.
- 5) Keep a journal. Write down your thoughts and wishes every day.
- 6) Decide to forgive one person who has hurt you.
- 7) Stop thinking about getting even with someone. Instead, think about how you could help another person.
- 8) Write your own idea. _____

LESSON #27
What About the People I Hurt?

Thinking back to the crime that was committed can be a difficult thing to do. Thinking about the people who were hurt may be so painful that you would rather pretend it never happened. You may hope that people have forgotten about it by now. Or you may think that the victims deserved what they got. But most people feel bad about the hurt they caused to others. They would give anything to be able to undo what they did. Sometimes it is possible to fix what happened; but often it is not.

It is true that some victims want to see the people who hurt them locked up for a long time. Many victims, though, don't think that way. It depends on each person how they feel. Your victims likely don't even know what happened to you or where you are. They likely don't know everything that led you to commit the crime or what you have been doing to better yourself.

Many people wish that they had a chance to apologize to the people they hurt or to explain what happened before the crime. Some people consider writing a letter, phoning, or even meeting with the victims face to face. There are programs in the community that could help you do this or you may want to talk about it with an elder or chaplain.

In any case, it is important to remember that your victim may not appreciate hearing from you. It may bring bad memories flooding back for them. If you would send them a letter, give them a phone call or even meet them on the street, they may be forced to re-live the whole event all over again. **If you feel strongly about contacting him or her, you should ask yourself if you are doing it to make**

yourself feel better or if you are thinking of the victim's needs.

On the other hand, the victim may make life difficult for you if you should be in touch. Also, **if your charges are still before the courts, you should not consider getting in touch with the victims.** If you feel that a meeting would be helpful, it would be wise to contact the victim only with the help of a professional who could make the meeting safe for both of you. You could check the Yellow Pages under the heading of Mediation (meed-ee-AY-shun) Services to find someone who could help.

EXERCISE #27

Practice writing a letter of apology using the eight points that are listed. Read all of the points and then write your letter on the next page. There are examples for each point that you can use or put in your own words. If you wish, show the letter to your elder, chaplain or counselor.

1. Apologize to your victim.

- I want to tell you that I am sorry for what I did to you.

2. Take responsibility for what you did.

- I am the only one to blame for what I did.
- I decided to do what I did and you are not responsible in any way for what I did.

3. Talk honestly about what you did without making it sound like it wasn't very serious.

- I decided to break into your home by kicking in the door and stealing your VCR.

4. Know that the victim has a right to be upset.

- What I have done is wrong and I believe I have hurt you badly.
- I can understand if you are angry with me. You have a right to be angry.

5. Let the victim know that you are not asking for forgiveness.
 - What I did was very wrong. I do not deserve to be forgiven for what I have done. I have to work out my own problems on my own.

6. Help the victim to not blame him or herself.
 - Don't blame yourself for what I did. Nothing you did made me do what I did.
 - I decided to do what I did and I cannot blame you, drugs, anything or anybody but myself.

7. Help the victim to not blame others for what you have done.
 - Your family, our society, the system or others are not to blame for what I have done.
 - I am responsible for what I have done and deserve all of the blame for what I did. Nothing anyone else did invited or pushed me to
 -

8. Give the victim a hope for the future.
 - I hope you will be strong, be a survivor and rise above what I have done to hurt you.
 - I wish you the strength and courage to heal from my actions.
 - I am getting help so that I will never do this again to anyone else.

LESSON #28
Ready, Set, Go

The day has come. You're out. The papers are signed and the door is open. You feel the open space around you and try to let it sink in. You feel joyful about leaving the ugliness of prison behind you. At the same time you feel deep fear about going into the world that you left behind months or years ago. Things have changed. Your partner, if s/he waited for you, is happy but unsure. Your child has grown taller but doesn't seem quite ready yet for a hug. She looks like she needs new clothes and shoes and all your worries about getting a job to pay for your family's needs come flooding into your mind. The arguments you had with your partner about money are not forgotten. The day before you got into the trouble that landed you in jail, you had a loud argument that you are still angry about. This is going to be a lot harder than you thought. Right about now, it would feel great to slip into a bar and wash some of these worries away.

Serving a jail term was stressful to say the least. Getting out of jail is also stressful in a different way. That is why you want to start preparing well ahead of time as the last lesson suggested. This lesson will talk about some ways to deal with the stress once you get home.

Each day, it is important that you **make a plan for the day**. Decide where you will go, what you will do when you get there, to whom you will talk and whom you will avoid. Don't leave any block of time in the day unplanned but don't make too many plans that will build stress. If your plans include other people, don't assume that you know what they are thinking or that you can make plans for them. Write your

plan on a piece of paper and show it to someone who will hold you to it. Take the initiative. Don't wait for someone to plan your activities for you. Pick up the phone to make your appointments and get information you need. Don't leave it for another day.

To remind yourself of your new direction, **talk to yourself**. Say encouraging things to yourself like:

- “I handled that pretty well.”
- “That was a mistake, but I won't do that again.”
- “I'm improving every day.”
- “I'm proud of myself.”
- “I think I'm ready to try something new.”
- “I knew I could make this change.”
- “This is going to be hard, but I've done hard things before.”

Keep repeating these kinds of statements until all your old tapes of negative self-talk are erased. When you start putting yourself down, cut yourself off. Refuse to listen to the negative talk you have given yourself in the past. Act like a good parent to yourself by being patient and loving with yourself.

Make a private space for yourself to spend some time. One lifer named Glenn turned his woodshed into a copy of his prison cell where he could go and think alone. Explain to your family member or friend why you need to be alone at times. Though you may have felt lonely in jail, you didn't have the personal space that everyone needs. In the first few weeks after your release, you may have to push yourself to be with people more than you'd like. You have come out of a difficult time and at this point in your life, you need to find a balance between looking after yourself

and spending time with others.

Plan for problems that are likely to come up.

- If there is a chance you will run into an old buddy that has helped to get you into trouble before, what will you plan to do that will give him the clear message that you are not available?
- If your alcoholic ex-girlfriend is looking great in every way, how will you let her know you need to get yourself on your feet before you spend time with a partner?
- If someone offers you money that has strings attached, what will you do or say to make it clear that you are refusing the offer?
- If you feel tempted to go to the bar for just one night, where will you go instead?
- If your child is throwing a fit, what will you do to keep yourself calm?

Read the next lesson for ideas for these questions.

EXERCISE #28

Volunteering your time and skill is a great way to get a job and make new friends. You don't make money but you can make a good name for yourself and get to know employers who may hire you in the future.

Make a list of the **skills** you are good at doing. Make another list of **places** in your community that could use a volunteer. If you are stuck for ideas, use these word banks.

<p>Skills: doing repairs, tutoring, caring for animals, woodworking, cooking, typing, cleaning, painting, visiting seniors, shelving books at the library, working with youth, organizing games, tree-planting, yard-work, gardening, making crafts, writing, art, others</p>	<p>Places: school, art gallery, friendship centre, seniors' centre, library, gym, community centre, skating rink, adult education centre, church, museum, band office, soup kitchen, second-hand store, camp, craft store, food bank, housing projects, humane society for pets, others</p>
--	--

My skills

Places in my community

Now draw a line from each skill to the places where you could use those skills.

LESSON #29
Getting Along with People

Your plans for your new life are falling into place and you have checked them out with a friend and a support worker. You've taken some programs and learned some new things about yourself. You've talked things through with your family members. You have a decent place to stay for the time being. But you still have worries about how you're going to act around people and how they will act around you. Accept the fact that you feel some fear. It is natural to feel this way when you are entering into new experiences.

Work at being as honest as you can with people. You don't have to offer the information, but if it comes up, tell the truth. An example of what you could say is, "I made some pretty awful mistakes and I have paid for them. For me, that part of my life is over and done with." Most people can understand and accept that. If other people have been covering for you, you might want to thank them for their help, but let them know that you have decided to be up front with people from this point.

Talk about your prison experience to at least one other person. Talk to someone who is willing to listen and can answer your questions. You may want to talk to someone at the Elizabeth Fry Society or the John Howard Society in your area. The counselor or chaplain in the prison could tell you about other counseling services in your community. Contact the Indian Friendship Centre if you want to speak with an elder. A good friend or close family member may also be of help to you. Prison can

be a violent place and you can't pretend it never happened.

Don't pretend you're not afraid. Your fears may be small or big, but they are real. Do what you need to do to face them. Talk to someone, spend time alone, or ask the creator to watch over you.

Try to stay away from places where conflict is likely to happen. This is especially true for the first few weeks and months after your release. Give yourself plenty of time to prepare for meetings with those who may give you a rough time. This will likely mean staying away from the bar scene.

Learn to walk away from fights. In prison, you didn't want to look weak, but on the street, it isn't worth the trouble to prove anything. You are in charge of your life now, with your own rules. No one can upset you without your permission.

Deal with putdowns using truth and humour. If people at your job are giving you a hard time about your past, you will want to deal with it without losing your job. If you keep your anger inside, it may come out when you are at home with your family. Could you be up front with co-workers and help them understand your situation? Is there anything you could say to turn the putdown into a harmless joke? If things don't improve, could you ask your foreman for a transfer to another location?

Keep your head clear of drugs and alcohol. We make better decisions when we are

sober. Can you afford to get high or drunk just once? What happened the last time? It is not enough to wish to stay out of trouble. We have to make smart decisions, like deciding to spend time with friends and family who don't drink.

(from Life After Prison by Al Wengerd, Herald Press, 1984)

EXERCISE #29

Part One: Make a list of the people who have been a bad influence in your life. Beside each name, write a short plan on 1) how you will stay away from that person, and 2) what you will say when you see them again.

Name: _____

Plan: _____

Part Two: The following true story has no punctuation. Read the story once. Then, as you read it the second time, fill in the periods, commas, apostrophes, quotation marks, or capital letters. The first sentence is done for you.

Another Chance

Greg got a day pass and he was going to visit the couple who came to visit him every two weeks in prison. they were volunteers in the open circle program greg knew that john and shirley were nervous but he didnt blame them my life hasn't been like theirs i killed someone and since ive been in here ive seen things they havent been exposed to

greg made his first trip to the outside after being in prison for more than ten years that first time i asked to go back inside before getting into the car the car had a computer that talked and told the person if the seatbelt was not fastened or if the door was unlocked the car talked to me and that scared the hell out of me if thats what happened to cars since id been in jail i couldn't imagine what had happened to the rest of the world

after a while greg got used to these outings but sometimes he forgot where he was once in a restaurant i put the knife and fork in my back pocket like we do here after every meal and carried the tray up to the clerk she looked at me like i was crazy

greg felt comfortable with john and shirley but was worried about meeting their family and friends i was scared what those people would be like I thought they would see me and think i should be locked up with the key thrown away when greg met the family he stopped being nervous the kids especially were great when he met john and

shirleys friends he saw that more people were willing to accept him and give him another chance

(adapted from Open Circle Scrapbook compiled by Rick Zerbe Cornelson)

Part Three: Fill out this application form for a public library card. Public libraries let you borrow books for a small fee or free of charge. Libraries are also a great place to borrow books and toys for your children.

APPLICATION FOR LIBRARY CARD

Identification with current address is required for applicants 13 years and older

Applicant's Last Name: (Please print clearly)		First Name	Initials
_____		_____	__
Parent/Legal Guardian: (when applicant is under the age of 18)		First Name	Initials
_____		_____	__
Mailing Address			
_____	_____	_____	_ _ _ _ _ _ _
Apt#	Street#	Street Name (Box, Group, R.R.)	City Postal Code
() - _____	Date of Birth:	____ / ____ / ____	_____
Telephone	Month	Day	Year Home Address (if different from Mailing)

School/Employer (name and address)			

E-mail Address		Former Name	
_____		_____	
Former Address			

PREFERRED READING LANGUAGE: English ____ French ____ Other ____ (specify) _____			
Statement of Responsibility: The signer agrees to be responsible for all materials borrowed, and to abide by the rules & regulations of the Library. If the signer is under 18, the parent/guardian is responsible for all materials borrowed.			
Signature of Applicant (if 13 or older) or parent/legal guardian: _____			

LESSON #30
Getting Along with Family- Part One

So many things have changed since you got out. You thought you would have been used to the changes by now, but new ones keep popping up. Some days you wonder if your kids really want you home. Your partner is out of the house so much, you wonder if s/he is seeing someone on the side. Some days you feel like you would just as soon return to prison.

Remember that all people who care about each other have problems.

Don't deny that there are problems. If your family is showing signs that point to a problem, don't run away from it. Ask them to tell you more so that you can understand what is happening and why it is happening.

Don't go looking for problems. This is the opposite of pretending there are no problems. Trust cannot grow if you are always testing your family's love for you. If your child forgets to do something you asked her to do, that doesn't mean she doesn't love you. If your partner comes home one or two hours later than expected, it doesn't

mean s/he is seeing another lover.

Accept that you are starting with a low level of trust. In prison, you learned not to trust people. It will take time to build trust. You will feel a lot of pressure to make things work because you need your family so much. Give yourself time. Give your family time. It doesn't all have to happen this week or this month. There is hope.

Don't be afraid to get help from a friend or an elder or counselor. People who are outside the family often have a clearer picture of what is going on and notice things that you are not seeing.

(from Life After Prison by Al Wengerd, Herald Press, 1984)

EXERCISE #30

Part One: Check-mark the lines that are true of your family. Put a star beside the phrases that you wish were true of your family.

- | | |
|--|--|
| <input type="checkbox"/> watch movies together | <input type="checkbox"/> talk about problems |
| <input type="checkbox"/> rooms get cleaned | <input type="checkbox"/> TV time gets shared |
| <input type="checkbox"/> schoolwork gets done | <input type="checkbox"/> grandparents visit |
| <input type="checkbox"/> eat meals together | <input type="checkbox"/> tell jokes together |
| <input type="checkbox"/> invite friends over | <input type="checkbox"/> tell stories together |
| <input type="checkbox"/> share housework | <input type="checkbox"/> give respect |
| <input type="checkbox"/> shop together | <input type="checkbox"/> play games together |

Check-mark the areas **in your life** where you will need to build trust with your partner:

- spending money
- keeping a job
- spending time by yourself
- spending time with friends
- being a good parent
- touching and hugging
- having sex
- sharing household chores
- staying away from drugs and alcohol
- finding good friends

____ staying away from bad friends

____ controlling anger

Put double check-marks beside those areas that may need a long time, months or years, to build the trust.

In which of the areas on the last page do you need to learn to trust your partner?

LESSON #31

Getting Along With Family- Part Two

Earn respect from the children. They will truly respect you if they know you care for them. If they are afraid of you, their respect will only last as long as you are in the room. Trying to beat them into being good will only make them worse in the long run. Your kids are not used to having you in the house, but they will adjust. They really do need and want you. All the times that you say “good for you” and “let’s play a game” and “how was your day” will add up to build the respect between you. Remember that your kids need and want your time and attention much more than the things that money can buy.

Work together with your partner to teach the children. Things will likely not go back to the way they were before your prison term. Talk with your partner about new ways to share the child-rearing. Decide on some basic rules you will agree on such as:

- listening without interrupting,
- taking turns with child-care on weekends,
- spending time together just for fun, and
- both of you sharing the responsibility for disciplining so that one of you isn’t the “bad guy”. Agree on house rules ahead of time so that your child doesn’t get two different messages.

Accept that both you and your partner have changed. You may feel that

you hardly even know each other any more. Neither of you is to blame for what you are feeling. You both had to change in order to survive. Your partner had to become more independent and you became more dependent while living in jail. She/he became closer to the children and you became more distant. You have less trust for people and she/he had to learn to trust more people. She/he wants to be close to you and you are not used to warm and loving touching.

Try to talk about the changes to understand what is happening between you. Take lots of time to adjust to the changes. It may be helpful to think of yourselves as new friends getting to know each other like you did when you first met. The best way to get re-acquainted is to talk with each other.

Your partner may have found out that she could take care of herself while you were in jail. She used to depend on you for things but now she has become a stronger person. It will take courage to accept this change in your partner. This is also your chance to grow as a person. Can you encourage her independence while you are trying to become less dependent yourself? Could you look after the housework while she is out earning money and take the time to make an arrangement that is satisfying to both of you?

Maybe the opposite happened to you. You may have become a more mature person while you were in prison. Your partner may be surprised at the changes and feel left behind. Again, the key is to talk about it. You may find that you can begin working toward a more equal relationship than you had before.

(from Life After Prison by Al Wengerd, Herald Press, 1984)

EXERCISE #31

Part One: Finish these sentences with how you have changed during your jail sentence.

My body has changed in _____
_____.

My thinking has changed about _____
_____.

My spirit has changed by _____
_____.

My feelings have changed about _____
_____.

During my jail sentence, my partner has changed in _____

_____.

Part Two: Write a poem using your five senses as you did in Lesson 24. Finish the sentences that are started for you.

Write a poem about guilt or feeling accepted or both.

Guilt is _____(colour)

It sounds like _____

It feels like _____

It smells like _____

It tastes like _____

Feeling accepted is _____(colour)

It sounds like _____

It feels like _____

It smells like _____

It tastes like _____

LESSON #32
Now What?

This workbook was designed to give you the opportunity to explore services and information that may be helpful as you approach your release date.

It is up to you to use the information in a way that would best suit you. It is also up to you to contact the services described throughout if you feel that they could assist you.

If you are interested in learning more about the different services available throughout the city of Winnipeg, you can go down to your local library and look for a Community Resource Book called *Contact - Community Information*. *Contact* has information on a variety of services such as literacy, treatment programs, health centres, crisis lines, community centres, housing information, and churches, to name just a few.

Other Literacy Workbooks that may be helpful for you in dealing with issues upon your release include: *Hurting People: A Victim Awareness Manual*, *Healthy Lifestyles*, and *Relapse Prevention*.

GLOSSARY

abide -	to stay with; to put up with
abbreviation -	short form; reduction
accordance -	agreeing with
adequate -	enough; suitable
approximately -	about; almost; around
aspects -	quality; appearance
candidate -	an applicant; being suitable for
concrete -	solid; actual; particular
consecutive -	unbroken; one thing after another
empathy -	to feel sympathy or compassion
enhancing -	strengthening; making better
equivalent -	the same; matching
holistic -	everything; including; surrounding
impact -	effect
integrate -	adjust; adapt; mix
liaison -	acting as a connecting link; helping with a process
maternal -	related through your mother; your mother=s parents

- overwhelming** - too much to handle; weighty
- paternal** - related through your father; your father=s parents
- phase** - period; stage; step
- philosophy** - theories; general principles
- post secondary** - as in post secondary education - schooling after high school
- potential** - likelihood; ability
- reintegrate** - getting back into
- resolve** - to settle; to determine
- retrieve** - to get; to pick-up
- subsequent** - additional; extra
- substantial** - a lot of
- symptoms** - signs or characteristics of
- transition** - a change; a variation

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Wengerd, Al. Life After Prison. Scottsdale, PA: Herald Press, 1984

- JHS Community Integration Program participants

What do you think of this Workbook?

What is the title of this workbook?

Did you find this workbook useful? Yes__ No__ Why or why not?

Did you learn things that you wanted to know about? Yes__ No__

Example: _____

Do you think that you will use any of the ideas in your everyday life? Y__N__

How: _____

Was the reading too easy__ just right__ or too difficult__?

Was the reading boring__ or interesting__?

I suggest: _____

Were the exercises too easy__ just right__ or too difficult__?

Were the exercises boring__ or interesting__?

I suggest: _____

Which other workbooks, if any, have you completed?

What other topics would you like to learn about in a workbook?

Do you think the workbooks are a good way to learn about these topics?

Yes__ No__

Do you think there are other ways to learn about these topics? Do you have any suggestions for us? _____

Thank you for taking the time to complete this form.

Please return the completed form to the John Howard Society instructor or send it to:

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