

## OTHER PROGRAMS AT JHSM

### Record Suspension Program

If a dated criminal record is preventing you from finding employment, our caseworkers can help you apply for a record suspension or pardon.

### Literacy Program

We help individuals improve the basic reading and writing skills they need for work, school, parenting, and community participation.

### Bail Navigator Program

For individuals on bail who want to improve the outcome of their involvement with the justice system, and need support to maintain their release conditions.

### Healing & Harm Reduction Substance Use Program

This open-group program provides a safe space for men to talk about their substance use and create a plan to reduce harm to themselves and others.

### Four Healing Roads Lodge Halfway House

An inclusive and welcoming halfway house for men traveling from a life of incarceration towards freedom and reintegration into the community.

Contact [office@johnhoward.mb.ca](mailto:office@johnhoward.mb.ca) for info



The John Howard Society works with individuals who are in conflict with the law - before, during, and after incarceration. We provide support and guidance to individuals to empower them so they will not re-offend once they return to the community. Our programs and services help address the root causes of crime, and build healthy families and safer communities. All our services are offered for free and without judgement.

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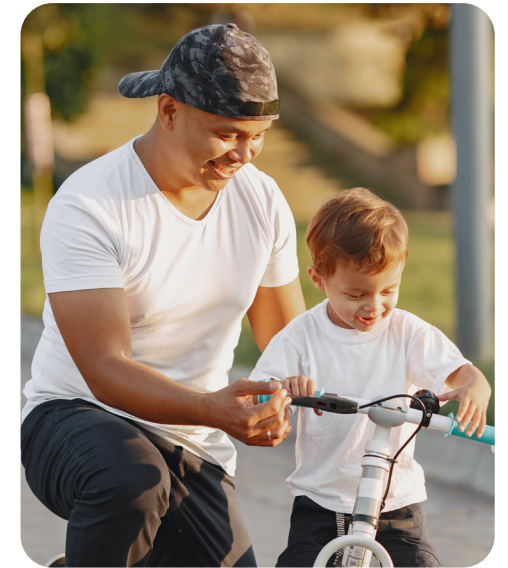
The John Howard Society of Manitoba is located on the original lands of the Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation.

**John Howard**  
THE JOHN HOWARD SOCIETY OF MANITOBA

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## REINTEGRATION SERVICES



**Helping individuals reconnect to community during and after their involvement with the justice system.**

**Change from the inside**

## COURSES

All courses are offered free of charge.

### Anger Management (End to Aggression)

This court-approved anger management program helps participants understand anger and learn tools to deal with conflict. Participants explore how the way they think affects how they feel, and ultimately affects their actions.

- 10 sessions over 5 weeks
- Tues and Thurs, 6:00 pm to 8:30 pm

### Positive parenting program

This program helps parents build positive, caring relationships with their children. It equips parents with strategies for dealing with common developmental, behavioural, and emotional issues that their children might face. The program is offered in a group setting.

- 4 sessions over 2 weeks
- Tues and Thurs, 6:00 pm to 8:30 pm

### Introduction to healthy relationships

This program provides participants with information about healthy relationships, healthy and unhealthy behaviour within relationships, and tools to promote behavioural change.

*Please note: This is an informational program and not a treatment option.*

- 2 sessions over 1 week
- Tues and Thurs, 6:00 pm to 8:30 pm

### Coming to terms

This program provides information to help participants evaluate their use of alcohol and other drugs, and the consequences that it may pose on their lives, as well as the lives around them. It aims to develop self-awareness and progression through the Stages of Change.

- 10 sessions over 5 weeks
- Tues and Thurs, 6:00 pm to 8:30 pm



## CLOTHING CLOSET

We provide free clothing for men in the community. We have casual clothing (t-shirts, jeans, and sweaters), coats, and winter wear. We also provide work boots for men who provide a letter from an employer confirming employment.

### Clothing upon release

If you need clothing upon release from an institution, ask your caseworker to email us with your requests. Our team will prepare clothing for your release. Please make this request 4 weeks prior to release.

## HYGIENE KITS

We provide hygiene items for individuals in the community, including those who have recently been released from an institution. Hygiene kits include basic toiletries such as soap, tooth paste, shaver, shampoo, deodorant, comb, shaving cream, and socks.

## BIRTH CERTIFICATES

We help participants start their birth certificate application while they are incarcerated so that their birth certificate is ready when they are released. This gives them a head start on obtaining bank accounts, status cards, and other ID.

## HOW TO GET STARTED



To access any of these programs or services, please contact...

**Tania Wiebe**  
**204-775-1514 ext. 110**  
**[twiebe@johnhoward.mb.ca](mailto:twiebe@johnhoward.mb.ca)**