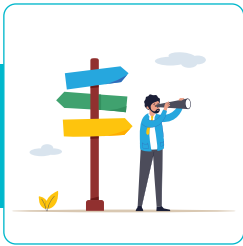


## LIFESKILLS COURSE #L 507



# Navigating Reentry



## COURSE DESCRIPTION

The *Navigating Reentry* course provides practical guidance and support for individuals transitioning from incarceration to community life. It covers essential skills, resources, and strategies for overcoming challenges and achieving long-term success in reentry.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Taking personal responsibility
- Positive subconscious thoughts
- Opportunity and Growth
- Self-Awareness
- Goal setting and achievement
- Strengthen ability to overcome adversity



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a coach or mentor.
- **Group**—To be completed in a group format with a facilitator.
- **Hybrid**—A combination of self directed learning and group instruction.



## COURSE INFORMATION

Author and Publisher: ACCI Lifeskills  
 Course Format: eLearning  
 Item Number: L 507  
 eLearning Length: 141 Slides  
 Scientific Model: Cognitive Restructuring

## CRIMINOGENIC NEEDS MET

Reentry  
 Restorative Justice



## COURSE CONTENT

### Unit 1: Understanding the Re-entry process

Developing a vision for the future and anticipating obstacles.

### Unit 2: Securing Basic Needs

Building a foundation for a stable and healthy life after prison.

### Unit 3: Safety and Security

Focusing on your physical environment, financial independence, and emotional well-being.

### Unit 4: Love, Belonging and Esteem

Developing a sense of connection, respect, and personal growth.

### Unit 5: Self Actualization

Finding a deeper purpose, and living a life that aligns with true values and potential.



## eLEARNING ACTIVITIES

- Narration & Story Telling
- Animated Thoughts
- Self Assessments
- Scenario Based Learning
- Focused Journaling
- Application and Skill Building



## PURCHASE OPTIONS

- License to reprint
- Purchase individual courses
- eLearning License

*Finding your way home requires good planning, support, and a resilient mindset*