

SPOKANE COMMUNITY JUSTICE CENTER PROGRAMS

PROGRAM	WHAT DOES IT CHANGE?	YOU KNOW SOMEONE NEEDS IT BECAUSE...	CLASSES OFFERED
Stress Anger Management	<ul style="list-style-type: none"> ★ Create an understanding of stress, and anger triggers ★ Helps adopt tools to channel stress and address anger in healthy, non-violent ways. 	<ul style="list-style-type: none"> ★ Poor history of coping skills ★ Self reports difficulty managing stress in past or present ★ Uncooperative with supervision ★ History of Assaultive/ Aggressive Behavior ★ Non-compliance with conditions ★ Family members encouraged to participate. 	<ul style="list-style-type: none"> ★ Monday-Friday 1-3pm (2 wks)
Job Hunters X	<ul style="list-style-type: none"> ★ Resume Writing ★ Completing Applications ★ Interviewing Techniques ★ Job Search Strategies ★ Job Leads and local resources. 	<p>Needs assistance with:</p> <ul style="list-style-type: none"> ★ overcoming barriers to employment ★ work opportunity tax credits, fidelity bonds, incarceration speech. 	<ul style="list-style-type: none"> ★ Monday-Wednesday 9am-4pm, ★ Thursdays one on one appointments ★ Fridays one on one appointments
Moral Reconation Therapy	<ul style="list-style-type: none"> ★ Helps correct thinking errors ★ Take responsibility for actions ★ Set future goals. 	<ul style="list-style-type: none"> ★ Blames others for their situation ★ Does not take responsibility for actions ★ Hostile towards conventional values ★ Limited pro-social supports ★ History of continuing criminal lifestyle. 	<ul style="list-style-type: none"> ★ Tuesday 5-6:30 pm ★ Thursday 2-3:30pm (SOMRT) ★ Thursdays 3:30-5pm (12 steps. Offender may only complete one step per week)
Getting It Right	<ul style="list-style-type: none"> ★ Personal growth ★ Responsible Thinking ★ Managing Life ★ Relapse Prevention (e.g. criminal, chemical dependency, etc.) ★ Change Plan ★ Passport to Action 	<ul style="list-style-type: none"> ★ Blames others for situations ★ Poor relationships ★ Patterns of relapse ★ Family members encouraged to participate in Managing My Life segment. 	<ul style="list-style-type: none"> ★ Wednesday 9-11 am (4-8 wks per module) ★ Five Modules
Relapse Education Program	<ul style="list-style-type: none"> ★ Guides in identifying the thinking, feeling, and self-defeating behaviors that may result in relapse ★ The program encourages participation in self-help programs ★ Cognitive behavioral group for chemical dependency ★ This is not the RPC group provided by CEC/Civigenics 	<ul style="list-style-type: none"> ★ Continues to engage in self-defeating behaviors that may result in relapse ★ Prior participation in chemical dependency treatment required 	<ul style="list-style-type: none"> ★ Monday 3:45-5pm (8 wks), open ended class
Partners in Parenting	<ul style="list-style-type: none"> ★ Emphasizes building skills ★ Provides support to parents ★ Helps parents understand the needs and abilities of children in different stages of development. 	<ul style="list-style-type: none"> ★ Anyone that has contact with children. ★ May be better suited for offenders with younger children ★ Participants do not need to have custody of their children to participate. Family members encouraged to participate. 	<ul style="list-style-type: none"> ★ Thursdays 5 – 6:30 pm (8 wks)
Nurturing Fathers	<ul style="list-style-type: none"> ★ Equips men to become better fathers by understanding themselves, how they were parented and how this affects the type of father they are or will be. 	<ul style="list-style-type: none"> ★ Anyone that is a father ★ Does not have to have custody of their children to participate in the class. ★ Persons convicted of sex offenses and crimes against children considered on a case by case basis. 	<ul style="list-style-type: none"> ★ Tuesdays 5-7pm (13 wks) ★ Closed class after two sessions

7/17/2009 **For more information about programming options, please contact the Spokane CJC at (509) 363-2724**

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Strengthening Families	<ul style="list-style-type: none"> ★ Caregivers and youth age 9-17 yrs old participate together ★ Caregivers learn about using love and limits, making house rules, encouraging good behavior, protecting against substance abuse, communication with youth, how to help youth with peer pressure. ★ Youth learn about having goals and dreams, appreciating caregivers, dealing with stress, following rules, handling peer pressure, reaching out to others, handling conflict, communicating with caregivers, and making good friends. 	<ul style="list-style-type: none"> ★ Participants with children ages 9-17 ★ Persons convicted of sex offenses and crimes against children are prohibited from participating. ★ Family members encouraged to participate 	<ul style="list-style-type: none"> ★ Thursday 5-7:30pm (7 wks) ★ Closed class after two sessions
Child Support Orientation	<ul style="list-style-type: none"> ★ Explains the importance of paying child support obligations ★ Enables offenders to get back on track with paying their child support obligation after major changes in circumstances ★ Enhances communication between the offender and the Division of Child Support 	<ul style="list-style-type: none"> ★ Anyone that has a child support obligation. 	<ul style="list-style-type: none"> ★ Monday 1-2pm
Cooking Class	<ul style="list-style-type: none"> ★ Learn to create great affordable meals in one skillet ★ Sample the meal ★ Supplies are provided by the facilitator 	<ul style="list-style-type: none"> ★ Anyone living on a limited income ★ Family members encouraged to participate. 	<ul style="list-style-type: none"> ★ Tuesday 12:30 (5 wks) ★ Open ended class
Relationship Works	<ul style="list-style-type: none"> ★ Develops skill and knowledge to make you better equipped to improve and develop your relationship ★ Learn about personality types, compatibility, speaker/listening skills, handling anger, conflict resolution, budgets, and managing household tasks 	<ul style="list-style-type: none"> ★ Class designed for couples (married, engaged, dating and trying to figure out if the person you are with is the person you want to form a life long relationship with) ★ Family members encouraged to participate 	<ul style="list-style-type: none"> ★ Wednesday 6:00 – 9:00 pm (4 wks) ★ Closed class
How Not to Marry a Jerk(ette)	<ul style="list-style-type: none"> ★ Deeper understanding of yourself, the people you date, and the mysterious connections which create the thing we call “love” 	<ul style="list-style-type: none"> ★ Designed for singles ★ Family members encouraged to participate 	<ul style="list-style-type: none"> ★ Class offered at Brownstone and Eleanor Chase Work Release ★ Offenders on Community Supervision approved on a case by case basis and on a space available basis ★ Closed class ★ Brownstone: Fridays 6-8pm (4 wks) ★ Eleanor Chase: Wednesdays 6-8pm (4 wks)