

What graduates are saying:

"I'm glad my CCO signed me up."

"No longer will my anger control my behavior."

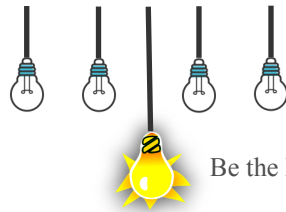
"I didn't want to go at first, but I'm glad I did because it helped me gain skills to get my kids back."

"I have tools now that can help me for the rest of my life"

"I am so proud of my accomplishment."

Ask your CCO today if you are eligible to participate in an upcoming class.

Sign up today - you'll be glad you did!



Be the Difference

Thinking for a Change (T4C)



"Working together for safe communities"

www.doc.wa.gov

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What we think determines who we are.

Who we are determines what we do!

By taking charge of our thinking, we can take control of our lives!



THINKING FOR A CHANGE

Learn to take control of your life by learning these three skills:

1. **Cognitive Self-Change**
In cognitive self-change you will look at paying attention to thoughts, recognizing risk, and using new thinking for better outcomes.
2. **Social Skills**
In social skills you will focus on getting along better with others by practicing skill steps such as, listening to others, apologizing, responding to anger, and making a complaint. Role playing is a large portion of these lessons.
3. **Problem Solving Skills**
The problem solving lessons uses the previous two lessons to help you achieve a better outcome or keep you from making a problem worse.

All of these lessons are aimed at giving you tools that you can use in your daily life.

What you can expect:

- Participants will complete an orientation prior to starting a group.
- Groups meet twice a week.
- Earn incentives for attendance and participation.

