



TRANSITIONS

TOGETHER
REACHING
AN
NEW
STRENGTH
IN
TODAYS
INSUFFICIENT
OPTIONS
NULLIFYING
SUCCESS!

What we are about

The Transitions program is designed to reintegrate former prisoners into the community, reduce prison recidivism, and improve the public safety through addressing the educational, employment, healthcare, housing and family relationship needs of prisoners re-entering society by providing support and connection to needed services in the community after prisoners have been released.

It is only when we can understand what ex-offenders encounter on a daily basis, that we can begin to design a path of change. Transitions has several training sessions, each working to address the distinct needs of men who come into contact with the criminal justice system.

The staff of the CUL Transitions Program are totally aware of the difficulties involving ex-offenders, and works constantly to support and direct them on a positive path.

6 Weeks of Change

Cognitive Behavior Intervention (C.B.I.)

The 6 Weeks of Change program uses as its core, a problem solving program embellished by both cognitive restructuring and social skills interventions.

The idea behind the course is that each participant can learn to take charge of their lives, and lead more productive and more effective lives, by taking control over the thoughts and feelings that go on inside of us.

This idea, that thinking is behind the way we feel and the way we act and everything that we do, is the basic idea of the program. And because our thinking controls so much about us, we can learn to control our own lives by learning how to take control of our thinking.

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