

Everett Community Justice Center Programming Registration

Participant: Register in a program by placing your name in the corresponding the box.

CCO: Send Registration Referral to *CO Justin Roundy*

Program	Day	Time	Register me!
RPM# Awesome Program			<i>Name and DOC Number</i>
C037 Moral Recognition Therapy (M.R.T.)	Monday	5:30 – 6:30 pm	
	Tuesday (SO)	9:00 – 10:00 am	
	Tuesday	5:00 – 6:00 pm	
	Wednesday	7:00 – 8:00 am	
	Wednesday	9:00 – 10:00 am	
F101 Community Fellowship	Monday	9:30 – 11:00 am	
F818 S.M.A.R.T. Recovery	Tuesday	2:00 – 3:00 pm	
C060 Partners in Parenting	Tuesday	4:00 - 5:30 pm	
C057 Getting It Right/Responsible Thinking	Wednesday	8:00 – 9:00 am	
C057 Getting It Right/Personal Growth- Managing My Life-Change Plan	Wednesday	9:00 – 10:00 am	
F451 WSU Food \$ense every other month	Wednesdays	10:00–11:30am	
F075 Mental Health Relapse Prevention (MHRP)	Wednesday	11:30 – 12:30 pm	
F715 Women’s Issues Group	Wednesday	11:30 – 1:30 pm	
F715 Women In Motion	Wednesday	1:00 – 2:00	
Truth 101 – Beginning April 6, 2011	2 nd and 4 th Wednesday	5:30 - 6:30 pm	
F001 Landscaping (On Hold)	Thursday	11:00 – 12:30 pm	
NA New Freedom Group at DOC (formerly open AA)	Friday	12:00 – 1:00 pm	
NA Work Force Readiness This class held @ Everett WorkSource, Pilchuck Room	Friday	1:00 - 4:00 pm	
F502 Creative Energies	Friday	1:00 – 2:30 pm	
F001 R.E.A.P. This class is held at ECJC Beginning: May 7, 2011 there is a \$15.00 fee for this class, per session	Saturday	10:00 - 12:00 pm	
NA New Guarded or Guided Group at DOC (formerly Open CA)	Saturday	Noon – 1:00 pm	
C057 Getting It Right/Relapse Prevention	Sunday	1:30 – 2:30	
C057 Getting It Right/Responsible Thinking	Sunday	2:30 – 3:30 pm	
NA ECJC Drop-In Center	Sat & Sunday	8:00 am-4:00pm	
NA Work Crew	Daily	8:00am-4:00pm	

Programming participation may be optional or required through (please check reason for referral):

Court order: _____ OAP/OSP: _____ Sanction: _____

CCO Name/Position #: _____

Referral Date: _____

The Everett Community Justice Center staff and facilitators welcome you and hope your program involvement will be life enhancing, recovery enriching, help you to achieve your personal goals and improve the quality of your life

Program Descriptions

Community Fellowship: Christian volunteers who want to see you succeed in your life, offer counseling from Biblical principles, spiritual guidance and encouragement (optional only).

Creative Energies: Provides an opportunity for participants to explore creative talents and try new artistic or crafting activities. Participants must be willing to try new things. Builds leisure and social skills, task completion and improves self confidence and self-esteem, in a supportive pro-social environment.

Getting It Right: There are five separate classes in this offender program:

- **Getting It Right: Responsible Thinking** – This class will help participants identify thinking errors that lead to irresponsible and criminal behaviors. Learn to change those thinking errors to more positive and responsible ways of thinking and your behavior will change.
- **Getting It Right: Relapse Prevention** – This class will help participants realize relapse is a process, not an event; examine past efforts to control behavior; identify relapse warning signs; develop ways to handle each warning sign and create a personalized relapse prevention plan.
- **Personal Growth** – This class will help participants identify the difference between healthy and unhealthy relationships; learn ways to communicate effectively with others; explore ways to understand and meet your parental roles and responsibilities; explore the role anger plays in your life and criminal behavior and how to control that anger; look at how your actions affect the lives of others.
- **Managing My Life** – This class will help participants understand how life management skills can help serve as a bridge to new behavior; learn 10 new habits that will help participants be successful in the community; look at financial situations and responsibilities; learn how time management can help participants maintain a crime-free life; explore ways to achieve and maintain good health; examine legal responsibilities; begin making plans to secure meaningful employment; practice coping skills to help maintain a crime-free life and identify hopes and goals to enter a new phase of life.
- **Change Plan** – This class will help participants make change happen by understanding how individuals change and developing strategies to make positive changes in their own lives.

Horticulture (Garden) Club: Participants work with a Master Gardener, exploring the world of horticulture. The participants work in an actual garden; learn garden design, planting strategies and plant care. Members will harvest what is grown. Class takes place twice-monthly, April through September and monthly during the winter.

Landscaping: For individuals interested in helping design and work on projects to beautify the ECJC garden. For individuals interested in helping design and work on projects to beautify the ECJC garden. Topics to include: Aesthetics of Design, Landscape Planning, Basic Wood Working and Tool Safety.

Mental Health Relapse Prevention (M.H.R.P.): Program helps participants gain insight into mental illness, Medication, and symptom management. Participants learn and practice; social, daily living and leisure skills and to recognize and develop strategies to halt destructive high risk behaviors.

Moral Recognition Therapy (M.R.T.): Program is designed to enhance self-image, develop a positive identity and to facilitate the development of a higher stage of moral reasoning. Participants will work through 12 progressive steps of stages of moral reasoning in a supportive group environment.

Partners in Parenting: An 8 session parenting program, developed by the Institute of Behavioral Research, Texas Christian University. Through instruction, modeling and role play, parents are encouraged to improve their positive parenting abilities and are exposed to a variety of parenting concepts and skills.

Reinvesting Energy to Achieve Your Potential (R.E.A.P.): Program is an interactive self-worth development system. R.E.A.P teaches fundamental principles to support the development of ways to tackle barriers affecting positive advancement in life. Come and learn strategies which have a very high probability of working when applied. Being taught how to think and not what to think, will in the long run, improve behaviors in your personal lives.

Self Management and Recovery Training (S.M.A.R.T.): Program is dedicated to helping individuals gain independence from addictive behaviors. Through classroom instruction, participants are encouraged to adopt new skills to prevent self-destructive and addictive behaviors.

Women's Group: A group dedicated to identifying and addressing issues specific to women. The aim is to empower women and encourage participants to develop and use group networking to solve problems.

Women in Motion: This class allows the female offender to become part of a support network within a group that explores life skills, activities, education, and other alternatives in the community that are available to them. The class helps the female offender find alternatives to the criminal lifestyle they are accustomed to. The class is based on a 12 week program that can be expanded to 24 weeks depending on the needs of the participants.

Workforce Readiness: A workshop for individuals with criminal backgrounds that will cover job search, applications, resumes, employer incentives, how to talk about your background, area resources and more.

WSU Food Sense Program: Program is designed to assist participants to learn to budget dollars, make nutritious, low-cost meals and develop good eating habits. Focus is on assisting individuals who are low income, receiving limited food benefits and/or who might acquire food from local food banks.

TRUTH 101: Let the truth be told; do you want to be free? Are you ready to commit to living a life from a position of personal conviction and clear barriers? What to expect: a reality check and important facts you need to know, the major solution problem you are challenged with, the solution to this problem, and learn 6 truths that will change your life.