



Psalm 1:1a: "How blessed is the man who does not
walk in the counsel of the wicked..."

Forsyth Jail and Prison Ministries
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THANKS TO OUR FRIENDS

Especially:

Alcoholics Anonymous and Relapse Prevention materials
Australia and Barbara Smith
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Prison Fellowship Materials
Teresa Walker

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Copies are free of charge to inmates, the formerly incarcerated, their families, and volunteers by contacting the Forsyth Jail and Prison Ministries, PO Box 11802, Winston-Salem, NC 27116, 336 759 0063.

It is also available online at the organization's website:
www.forsythjpm.org.

GOVERNMENT AIDS FOR EMPLOYMENT

1. Federal Bond Program

A fidelity bond is a special kind of insurance policy that protects an employer against any business losses due to employee theft of money or property. The US Government has a program that issues a special fidelity bond to insure ex-prisoners. It is issued free to the employer. The bonding can be in effect on the first day of work. Take this information with you to a job interview and tell them you can be bonded. For more information contact: The Federal Bonding Program, c/o The McLaughlin Company, 1725 DeSales St., NW, Suite 700, Washington DC 20036. 800-233-2258 and 202 293 5566 or via the Internet at www.bonds4jobs.com

2. Work Opportunity Tax Credit Program

The Work Opportunity Tax Credit (WOTC) is a federal tax credit program available to employers who hire new employees that have been incarcerated. The tax credit is used to reduce the federal tax liability of private-for-profit employers. Employers can claim a maximum federal income tax credit of \$2,400.00 per eligible worker. Proper forms must be completed and filed when the job begins. The exact amount of net savings depends upon each employer's tax bracket plus the amount of qualified wages paid. For more information contact the Employment Security Commission of North Carolina, Attn: Applicant Services Unit; WOTC/WtW, P.O. Box 27625, Raleigh, North Carolina 27611-7625, 919 733 4896, fax 919 733 3010.

PLAN TO PROSPER HANDBOOK

*For I know the plans I have for you, says the LORD,
plans for welfare and not for evil, to give you a future
and a hope.*

*Then you will call upon me and come and pray to me,
and I will hear you.*

*You will seek me and find me;
when you seek me with all your heart . . .
and I will bring you back . . .*

Jeremiah 29:11-14

The Forsyth Jail and Prison Ministries prepares offenders for release, as well as supports, assists, and unites ex-offenders in the Forsyth community. Offenders and ex-offenders receive guidance in meeting employment, family, and housing needs.

The Forsyth Jail and Prison Ministries is an inter-denominational ministry that empowers inmates to re-direct their lives, find reconciliation with one other, the community, and God.

*We are grateful for the support
of the community in general, and to The Kate B. Reynolds Charitable
Trust in particular, for making this program and handbook a reality.*

PLAN TO PROSPER HANDBOOK

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After 13 years in prison and about to get out I like the quote "There be no wine before its time." Everybody is trying to get something or somewhere fast. But is it really worth it? -ANGEL

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***The source is God,
 the enemy is yourself .
 BIG BOB***

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***“For I know the plans I have for you”
I’m getting out—***

You’ve thought about it a million times and yet it’s hard to imagine what life after incarceration is going to be like. You may feel Alone, Uncertain, Tense, and Scared about returning.

Every month this county receives over 100 men and women returning from jails and prisons. About 1 out of 3 will mess up during the first 6 months after release and go back. It’s hard. You’ll need folks to help.

Nobody can do it for you but no one can do it alone!

This Booklet will not help – IF YOU

- just want a place to land before hitting the streets again
- want to repeat old habits, old behavior with old results
- aren’t willing to risk and start everything over

This Booklet is for you -

IF you want to leave out better than you came in and you know it’s time for you to step up, step out, and step on! But you have to be looking for a plan to work, not a scheme to get by.

God has a plan for your life. You may not know what’s ahead but He does. I hope you’ll let Him show you that plan—one step at a time.

This booklet can help because it’s the work of men and women who slept in the same cells as you. They worked God’s plan—and you can as well!

Folks are praying for you and your plan to prosper.

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Hawley House
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Jericho House
Nehemiah House
Next Step Ministries
Oxford House
Partnership Village
Salvation Army Shelter
Samaritan Ministries Inn/Shelter
Solus Christus
Winston Salem Rescue Mission

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Hello, my name is Paul. Here's my story.

At the age of 19 I was sentenced to the NC Department of Correction to serve a 53-year sentence. There have been many lessons for me along the way. Some came easy, while others hit hard. I accepted the fact that where I am today is the result of my choices and past. There is no one else to blame and no excuses to be made.

Right now I'm 33. During this time I have grown up a lot. I realized that my lot in life had to be more than what I was living. Too many opportunities to grow or go home have been wasted. Now where I was once without direction, by the grace of God I am now living with a sense of purpose. Today I have character as opposed to being a character.

Fortunately, I heard the buzz on the yard about the Plan to Prosper (PtP) program that deals with real life issues of inmates and ex-offenders. The program has been instrumental in reinforcing the key values for my life. Most of all it's given a powerful message of self worth, encouraging us to think outside of the box about the future.

I now see that a good life is not something that I have to marvel at in others. It is just as available to me as anyone else. First I must decide what I want and need to accomplish. Then I have to outline and incorporate an achievable plan. I must have a plan – one that I am so committed to that no one can divert me away.

PtP also taught me that I do not have to be defined by my failures. My attitude, more than anything else, will be the most important asset for a successful transition. Nelson Mandela once said, "I am convinced that I have learned a great deal more from my failures than I ever will my triumphs." Today, I believe this wholeheartedly.

More than anything else I hope my words will encourage all those who struggle to stay encouraged and remember – sometimes the sourest lemons make the sweetest lemonade!

AN INMATE'S 23rd PSALM

An ex-offender named David wrote this as he returned to visit the same courtroom where he was tried 18 years earlier as a youth. The man has been out of jail, sober, and serving God faithfully for over 30 years. David wrote this paraphrase of the famous psalm after reflecting back on his experience of finding God's love behind bars.

Even when I thought that I could stand by myself, and not need Him, the Lord has always been my partner. I turned to Him after I got locked up, I shall not rush to get out before He is ready;

He makes me avoid the card games and drugs, so I can find some quiet time alone,

He shows me where I can find some peace at night on my bunk; He gives me back the serenity I lost.

He keeps me straight and near to those who help me to grow; because of who He is.

I have a lot to face before and after I am released, but I am not scared, for even behind bars He is with me.

I am reassured and can wait for good things because He is close.

You prepare a place for me even around those I have hurt, you have singled me out to receive a clear mind and a new heart; my forgiveness is more than I deserve and more than I can take in.

Surely I will invite your love, sobriety, and patience to accompany me every single day and I shall remain in His care for ever.

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Forsyth Jail and Prison Ministries
Hope Ridge Behavioral Health
I Am Now Inc.
Imprints for Families
Legal Aid Society of NW NC
Loaves and Fishes
Lutheran Services Carolinas
Mediation Services of Forsyth County
Mental Health Association in FC

If you always do what you've always done, you'll always get what you've always had!

THIS AIN'T NO JOKE!

- your situation is stressful - Worried about home, lost the job, no place to live, Something broke, your family fell apart, money ran out, drugs helped you make it,
- no one was there for you, the streets offered more than home, I never fit anywhere, YOU HAVE A LOT TO DEAL WITH

FIND SOME SUPPORT

- talk to someone – family, friend, volunteer, chaplain
- ask for help

BEFORE RELEASE

- get busy in positive programs and activities
- stay out of the jail/prison drama
- clear your head – leave the blame and bitterness behind
- if you have a drug/drinking problem, get on it
- get in a program

BE CAREFUL

- don't share personal items, unprotected sex is dangerous
- deal with medical issues, test for HIV, STD's, and Hep C
- you need to know – testing can save your life
- adapting to life behind bars was hard but you made it

*Plan Each Day to
Take One Step Forward*

GET READY

Enroll and take advantage of programs designed to assist you after release.

Get the documents that you'll need

- Social Security card
- Documentation of education, school, correspondence courses, training seminars
- Birth Certificate

Clear outstanding warrants/charges

Get someone to serve as a mentor/shepherd to watch over you

STRESSED OUT RIGHT BEFORE GETTING OUT?

Can't sleep, scared, what's going to happen?

No one to depend on, getting close to my day, disappointing everyone, afraid of being alone, where do I start?

Change your thinking and see the old habits that don't work.

CHANGE THE PLAN—CHANGE THE GAME

Put as much effort into adapting to life outside as you did to adapting to life inside

Have you tried new positive things?

Don't look back to the old places, move forward to new ones

Ask someone who has changed to show you HOW

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LISTEN TO SOMEONE WHO IS DIFFERENT

What are they doing different?
 Get with those folk, take their advice, learn a new way to live – outside the walls
 Let go of the old plan and let God give you a new plan
 Asking for help isn't easy – but neither is being incarcerated

Let go of stinking thinking!!

YOU NEED A PLAN

You need a real plan with real people – not a false scheme based on lies.

Don't lie to yourself, don't make excuses, order your steps.

A plan with real possibilities can be yours.

You need a group for support – because it's not easy going back home.

Learn what is out there and ask for what you need.

A plan will identify your needs, who can help, and where to go.

Things change – don't get discouraged.

Stay focused on your goals, follow the plan.

Remain open, keep it honest.

Give yourself a break and stay off the street.

PLAN TO PROSPER CONTRACT

FAMILY RELATIONSHIPS

EDUCATION

EMPLOYMENT

SPIRITUALITY

HEALTH/FITNESS

DRUG/ALCOHOL ABUSE

HOUSING

FINANCIAL

SERVICE/INVOLVEMENT

AFTER YOU'RE OUT

I'm ok now, this is no big deal, don't care, smarter than before, folks
on the block will help

Got my game back and ready to take it all, hooked up and locked
down

Look Where You Are Running—

It's not easy – 2 of 3 ex-offenders return in 3 years

Each bid behind bars gets longer – they always go up

It's hard 'cause the first 6 months out are the most difficult

Don't forget what put you in the box

Don't forget what life was like before you fell

Remember the first day locked up

It's no joke – IT'S YOUR LIFE

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WORK YOUR PLAN –ADJUST EXPECTATIONS

Work It

Track your Triggers to avoid Tragedy

USE THE SHORT TERM CHECKLIST

- Supervision— understand/receive in writing your probation/parole restrictions
- Get help with transportation
- Make sure not to make any crucial decisions during the first 6 months after release, move slowly
- Be honest
- Stay off the streets
- You are vulnerable to bad decisions and impulses
- Move slowly, be careful and cautious
- Keep your anger in check—frustration and stress lead to the fence

God is more interested in your character than your comfort.

-Rick Warren

THINGS TO DO BEFORE LEAVING

Check each item when completed

1. _____MAKE A PERSONAL COMMITMENT - to become the person God wants you to be
2. _____CREATE NEW HABITS – pray, exercise, read and learn, help someone else, write a journal
3. _____CREATE AND WORK YOUR PiP CONTRACT – if you don't have a plan to succeed, you are making a plan to fail!
4. _____PARTICIPATE IN PROGRAMS – to grow as a person, find assistance in re-entering, identify job opportunities, drug program, or to locate housing
5. _____ONLY SPEND TIME WITH OTHERS COMMITTED TO A NEW LIFE
6. _____MAKE CONTACTS WITH THOSE WHO CAN HELP – call and write others to help
7. _____GET PAPERS IN ORDER – for SS card, driver license, birth certificate, program certificates, resume, military discharge papers, prison release documents (upon release), education (college transcripts or GED certificates), etc.
8. _____CLEAR OUTSTANDING WARRANTS, CHARGES, ALIASES, AND DETAINERS – make a new start
9. _____MAKE A RESUME – include all program and work experience during incarceration

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10. ____ CHOOSE A PLACE TO WORSHIP – arrange transportation/get directions to a church on the first Sunday

11. ____ CONTACT A FAMILY MEMBER/FRIEND – share your release date as soon as possible

12. ____ ARRANGE TREATMENT AND SUPPORT FOR DRUG/ALCOHOL ABUSE – Contact to secure support from AA, NA, Step One, Mental Health, a personal sponsor, and treatment programs

13. ____ PICK UP – Find someone with a ride or ask for a bus ticket from someone to get home. Make sure you have a trusted contact person arranged to meet you well in advance. This is important - ask someone to help you out on your first day in order to make a positive transition to freedom from the start.

I stand firm on my determination to succeed in life this time around. I know it plays a major role in God's vision. I realize that I am human and that there will be times when I have too much to bear, I take peace knowing God is near. Forget not your mistakes and grab hold of life.

BEYR

TRIGGERS TO TRAGEDY

A trigger receives a little energy from the finger that produces a BIG BANG from a gun. For offenders/addicts a trigger is anything that moves you toward relapse. Triggers can be obvious - smelling pot smoke or tasting a sip of beer. They can be as innocent as seeing a TV commercial or hearing a particular song. Learning what sparks us in the wrong direction is crucial to gaining control over destructive desires.

Long before a person relapses there are warning signs that come before the actual event. Listen to your life and become familiar with your patterns of triggers, thoughts, and behavior. For example, if you have a problem that involves sex, you must avoid suggestive TV and movies with nudity. These can be triggers that spark a relapse in crime.

START BY

TRACKING your triggers by honestly reviewing past behaviors and cravings that come with them

WATCHING for thinking errors like believing you can make resist your triggers without help

ASKING Which events, circumstances, or mental conditions have led to your addictive actions?

What inaccurate thoughts do you believe?

What triggers led to your using?

FINDING A SPONSOR or mature friend to hold you accountable, to help you recognize your triggers and avoid them

DEVELOPING a strategy for daily events that are triggers

LOWERING STRESS - Monitor strong emotions/experiences like: Anger, frustration, social pressure, boredom, exhaustion, high-risk friends, death of a loved one, people's reactions to changes you are making in your life

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
Date:	

I. SERVICE/COMMUNITY INVOLVEMENT

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
#1		
#2		
#3		

WARNING SIGNS OF A RELAPSE

1. After first trying to change your life, you may encounter these warning signs of a relapse:

Increased Stress Change in Thinking
Change in Feeling Change in Behavior

2. Then you may stop paying attention to feelings or being honest and worry about yourself while denying that you are worried. At this point you may start to avoid anyone or anything that forces you to be honest about your feelings and behavior. Life then gets hard and one crisis arises after another. Some signs are:

Feeling powerless and completely focused on a crisis
Depression –unable to plan—begin to react to events
Cannot be flexible to deal with surprises and changes

3. Confusion surrounds you—friends are irritating, can't manage stress, loss of memory, deep depression, low motivation to be assertive, loss of sleep, loss of daily structure, irregular attendance at work/home/AA meetings, self pity, loss of impulse control, lying to friends/family, deep loneliness and social isolation.

4. Finally you start socially using again. Then it takes more and more to feel the same relief. You convince yourself that all your problems can be controlled or you just need to escape awhile. Feelings of shame flood over you. Health problems increase and join the loss of job, problems with family. You become ill, break the law, and your life spins totally out of control. Problems caused by the addiction increase.

GET HELP BEFORE IT'S TOO LATE!! Pray, talk to a friend, family member, or a professional. You can't do this alone—SEEK HELP! The next step may be the HOSPITAL, JAIL, or the CEMETERY.

TWELVE STEPS

The "Twelve Steps" are the core of the A.A. program of personal recovery from alcoholism. Experience suggests that members who make an earnest effort to follow these Steps and to apply them in daily living seem to get far more out of A.A. than do those members who seem to regard the Steps casually. Many members feel that the Steps are vital. Here is the text of the Twelve Steps, which first appeared in Alcoholics Anonymous, the A.A. book of experience:

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our short-comings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
Date:	

H. FINANCIAL

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
#1		
#2		
#3		

FINDING SUPPORT IN A CHURCH

Ex-offenders believe that the most important connection you may have is with a group of believers in a church. In fact, they insist that one can successfully start a new life ONLY in a community of support.

SHARING YOUR BACKGROUND

Some folks will accept you while others remain scared because of your background. GO SLOWLY – share your story with others over time. Allow them to get to know you. Make sure it's a safe place to make new friends. Not everyone needs to know your prison past up front, but share your past experience with the pastor. Most churches don't have many ex-offenders – that world will be new to them. Be patient. They will learn to trust you. This takes time.

FIND A MENTOR

Ask the pastor to help you find someone of your same sex to serve as a mentor. This mentor should be a friend who is not afraid to confront you. The mentor and the church can help in other areas of your life - finding work, beating an addiction, or managing your money.

AS YOU LOOK - REMEMBER

Pray and start on the first Sunday after release.
Ask the chaplain and volunteers you respect about their suggestions.
Ask someone for a ride—a friend, co-worker or sponsor to their church.
Meet with the pastor to discuss your situation and the church. The pastor can assist in finding connections, a job, counseling, and support.
Has the church had any preparation in receiving ex-inmates?
Which church worships in a style that you find comfortable?
Will you be challenged there to grow in the Lord?
Seek a church with people who offer encouragement, accountability, and growth

START! - attending regularly where God is leading you.

OBTAINING A NC DRIVER LICENSE/ID CARD

A NC Driver License and ID card can be obtained from any driver license office, regardless of where you live. Most offices are open from 8 a.m. to 5 p.m. Monday through Friday. The local offices are:

1. 2001 Silas Creek Parkway, Winston Salem, 336 761 2258
2. 3637 North Patterson Ave., Winston Salem, 336 761 2259
3. 810A N. Main St., Kernersville, 336 993 5651

You may obtain your driving record via the Internet or by completing the proper forms to make a request. Call the local DMV office for details.

GENERAL REQUIREMENTS

You must present your Social Security card at the time of issuance. If you are not eligible for a social security card, you must present documentation issued by the US Government indicating legal presence. If you do not have your current or expired license at renewal, you will be required to show the examiner **two documents of identification**. See the below for more specific documentation and requirements information. The vision and traffic sign recognition tests are always required for a license renewal. The road test requirement is at the discretion of the Examiner.

If you are getting a license, learner permit or an ID card for the first time in North Carolina, you will need to provide proof of:

Your Residence Address

Your Age and Identity

Your Social Security card

Proof of Automotive Liability Insurance

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
Date:	

G. HOUSING

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
#1		
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PROOF OF RESIDENCY

For the first time issuance of a North Carolina identification card, learner permit or driver license, proof of residency is required which must include name and current North Carolina residence address. This is in addition to proof of age and identity requirements. Acceptable documents include the following. NOTE: The proof of residency documents are subject to verifiable authenticity by the Division.

- (1) Documents issued by the United States Government or by the government of another nation, such as
 - Military orders
 - Valid passport
 - Immigration and Naturalization Service (INS) documents
 - Correspondence from Veterans Administration
 - Matricula Consular from Government of Mexico
 - Correspondence from the Social Security Administration
- (2) Documents issued by the State of North Carolina or its political subdivisions (County, city) another State, the Commonwealth of Puerto Rico or a U.S. Territory, such as
 - Valid North Carolina vehicle registration
 - Correspondence or a service card from Social Services
 - Property tax statement
 - Library card
 - North Carolina voter registration card
- (3) A preprinted bank or other corporate statement (Example: Bank statement)
- (4) A preprinted business letterhead

(5) Documents deemed reliable by the Division such as

- Apartment lease, housing contract, mortgage statement
- Utility bill (Power bill, cable bill, water bill, etc.) or contract for utility services
- School records signed by school official, including driver education certificates
- Computer generated tax record
- Current life, health, property or automobile insurance policy or binder
- Letter from homeless shelter
- Document from Social Services
- Computer generated check stub

A sworn affidavit may be used ONLY if one of the above documents is NOT available. In the case of a minor, a parent or legal guardian must sign the affidavit. General Statutes requires a \$2.00 fee for execution of an affidavit.

PROOF OF AGE AND IDENTITY

The DMV requires proof of your full name and your social security number (SSN) or a document issued by the United States Government indicating legal presence. To prove your name and age, you may present a valid or expired North Carolina Driver License, Learner Permit or Identification Card. If you do not have any of these, you must present two documents from the following list. The name must be the same on both documents and at least one must reflect the date of birth. **The documents cannot come from the same category (e.g. two school documents).**

- Driver License or State-Issued Identification Card from another state, Puerto Rico, a U.S. territory, or a Canadian province.

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
Date:	

F. DRUG/ALCOHOL ABUSE

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
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- Certified birth certificate issued by a government agency in the U.S., Puerto Rico, a U.S. territory, or Canada or U.S. Report of Consular Birth Abroad
- Original Social Security Card (not the metal or plastic card or laminated card or other reproductions);
- Official North Carolina School Registration records signed by a school official and Diplomas or GED issued by North Carolina schools, including secondary schools, community colleges, colleges and universities
- Unexpired U.S. Military Identification, including DD-2, DD-214, Common Access Card, and U.S. Military Dependents Card
- Valid, unexpired Passport from any nation

FORM OF ID ACCEPTED EXPLANATION

- A valid, unexpired license/ID card or learner permit with a photo meets the requirements for 1 form of ID
- A driver license, learner permit or ID card with photo which has been expired less than one year may be used as one form of identification
- A valid unexpired driver license, learner permit or ID card without a photo can be used as one form of identification. No photocopies allowed, unless certified by issuing agency. May not be laminated. Driver Education Certificates, Driving Eligibility Certificates and report cards are not accepted as proof of identification. They are acceptable for proof of residency.
- If from nation other than United States, the passport must include an unexpired INS stamp, such as the I-94 or I-551.

- A passport with a valid INS or BIS stamp counts as 2 documents, since the passport is issued by the country of origin and the immigration stamp is issued by the U.S.
- Certified marriage certificate from a Register of Deeds or appropriate government agency in the United States, Puerto Rico, U.S. territories or Canada.
- Limited Driving Privilege issued by North Carolina
- Valid, unexpired documents issued by the U.S. Bureau of Immigration Services (BIS) formerly known as Immigration & Naturalization Service (INS)
- Court documents from U.S. jurisdiction, Puerto Rico, U.S. territories or Canada
- U.S. Veterans Universal Access Card cannot be expired more than 1 year
- An expired immigration document may be valid if accompanied by a letter from US BIS or INS extending the expiration date (e.g. I-797)
- Primary BIS or INS document must have applicant's photo
- Divorce Decree
- Court order for change of name or gender
- Adoption Papers
- Certified Court order for child support

When you successfully receive a North Carolina driver license, you will have to surrender any driver license you have that was issued by another state. You will also be required to turn in any valid North Carolina identification cards in your possession. For an applicant under 18 years of age, the application for a graduated license must be signed by a parent or legal guardian.

90 DAYS FREE <i>Where I want to be</i> Date:	ACTION STEPS <i>3 Best plans to make goals</i>

E. HEALTH/FITNESS

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
#1		
#2		
#3		

SOCIAL SECURITY REQUIREMENT

It is required by law that you present DMV with a valid Social Security card.

When making application for an identification card, learners permit or driver license, it is required by law that you provide DMV with a valid Social Security card. If you are not eligible for a Social Security card, you must provide documentation issued by the United States Government indicating legal presence. By law, the DMV may disclose a Social Security Number only as follows:

- For the purpose of administering drivers license laws.
- To the Department of Health and Human Services, Child Support Enforcement Program for the purpose of establishing paternity or child support or enforcing a child support order.
- To the Department of Revenue for the purpose of verifying taxpayer identity.
- To the Office of Indigent Defense Services of the Judicial Department for the purpose of verifying the identity of a represented client and enforcing a court order to pay for the legal services rendered.
- To each county jury commission for the purpose of the verifying the identity of deceased persons whose names should be removed.

The Social Security number on an application will be kept confidential and will not be printed on your driver license, learner permit or identification card.

PROOF OF INSURANCE

For a driver license you will also need to show proof of Automobile Liability Insurance if you will be driving a personal vehicle or something other than a fleet vehicle (rental car, company car). The N.C. General Assembly has enacted legislation to require some (but not all) driver license applicants in North Carolina to submit proof of automobile liability insurance coverage in order to obtain a North Carolina driver license. Proof of liability insurance coverage applies to those:

- Applying for an original license, including transfers from out-of-state;
- Whose licenses are being restored after revocation or suspension; or Awarded a "Limited Driving Privilege" by the court.

Certification of liability insurance coverage must be submitted on DMV Form DL-123, or an original liability insurance policy, binder or an insurance card and must come from an insurance company licensed to do business in North Carolina. These documents must show:

- Applicant's name;
- Effective date of policy;
- Expiration date; and date the policy was issued

Form DL-123, binders and certificates are valid only for 30 days from the date of issuance. This does not apply to applicants who do not own currently registered motor vehicles and who do not operate nonfleet private passenger motor vehicles that are owned by other persons. In such cases it is required that a certification of exemption (DL-123A) be signed at the driver license office.

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
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D. SPIRITUALITY

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
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#3		

The exemption restricts the driver to the operation of "Fleet Vehicles Only". To remove the restriction the driver must pay a \$10.00 fee and submit DMV Form DL-123.

IDENTIFICATION CARDS

Any resident of North Carolina can be issued a special identification card provided he or she does not have a valid driver license. An ID card, like a driver license, is valid for a period of five or eight years, depending on your age. The cost for an ID is \$10.00.

Requirements:

Getting a North Carolina Identification Card is just like getting your driver license, without the tests. For an ID card you will need:

- Proof of Residency;
- Proof of Age and Identity;

It is required by law that you present DMV with a valid Social Security card. If you are not eligible for a Social Security card, you must provide documentation issued by the United States Government indicating legal presence.

A more detailed explanation of the above requirements can be found in the previous sections.

RESTORATION OF VOTING RIGHTS

MISDEMEANANTS AND PERSONS AWAITING TRIAL

In North Carolina, being convicted of a misdemeanor or awaiting trial for a misdemeanor/felony does not mean that one loses his right to vote. Such a person may vote while serving his sentence by following these instructions.

If one is not already registered to vote, he can request a registration form by writing or calling the County Board of Elections office. When completing the registration form, a misdemeanant should use the address of the residence where he will be living after release. This form must be mailed into the Board of Elections Office in the county of one's home residence. The Office must receive the form and information at least 25 days before the election.

If one is going to complete the sentence before the election, he may vote at the proper voting location or use an Absentee ballot. If he is not going to complete the sentence before the election, he may vote using an Absentee ballot. The Absentee ballot may be requested at the same time that a request of a registration form from the County Board of Elections is made.

An Absentee ballot must be requested at least 50 days before the election. When using an Absentee ballot, the following articles must accompany the ballot:

- a copy of a current ID with photo
- a copy of a document proving the residence of the voter (bill, check, bank statement)

Follow the previous instructions regarding the use of an Absentee ballot or contact the local County Board of Elections for additional instructions.

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
Date:	

C. EMPLOYMENT

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
#1		
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VOTING RIGHTS — FORMER FELONS

In North Carolina, when a person is convicted of a felony, they lose their citizenship rights, including the right to vote. However, the right to vote is restored automatically when the person completes all of the terms of the sentence (including parole, probation, and restitution). To avoid difficulties in voting or registering one should request a Certificate of Restoration of Forfeited Rights of Citizenship from his releasing officer. This certificate is not necessary but may make it easier.

In order to vote in a NC election, after finishing a sentence and parole, one should follow these instructions:

Even if one has already registered to vote before a felony conviction, he must register to vote again after completing the sentence. First, obtain a registration form by writing or calling the County Board of Elections office. When completing that form, use the address of the residence where you are living. Second, mail the form into the County Board of Elections. The Office must receive the form at least 25 days before the election.

If one is going to complete the sentence before the election, he may vote at the proper voting location or use an Absentee ballot. Follow the previous instructions regarding the use of an Absentee ballot or contact the local County Board of Elections for additional instructions.

I gave my life to God over and over with just words. The last time I meant it and something happened. -JUDY

MAKING YOURSELF MORE MARKETABLE

A survey asked hiring managers to share what job seekers with criminal records can do to make themselves more marketable to employers. Here's what they recommend:

- Be upfront and honest about the conviction, and stress what you learned from it;
- Be willing to work your way up;
- Stay positive;
- Prepare while you are in prison (take classes, get a degree or participate in vocational training);
- Don't apply to jobs where your record would automatically disqualify you;
- Volunteer;
- Take freelance or temporary assignments;
- Consider joining the military;
- Start your own business;
- Monitor what is said on social media.

(article found on <http://msn.careerbuilder.com>)

There is no 401k plan in prison.
-RHONDA

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
Date:	

B. EDUCATION

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
#1		
#2		
#3		

10 IMPORTANT GUIDES FOR YOUR JOB INTERVIEW

An interview is a big moment. You may get nervous. It's an emotional roller coaster. Here are some easy guidelines to help you make the best impression possible.

1. **Be on time.** Give yourself plenty of extra time to get there so you can relax and catch your breath.
2. **Bring your references and all necessary papers.** Even if you've already given the company the names and numbers of your references, bring them anyway.
3. **Go into the interview alone.** If someone drives you, ask the person to wait in the car or at a nearby coffee shop. If the company has a reception area, the person might wait there. Don't take children.
4. **Look the interviewer in the eye.** Show interest and confidence. Eye contact is telling. Staring at the floor or out the window says nothing good. Listen to questions and answer them as best you can. Stick to the subject.
5. **Don't make excuses.** If you talk about past failures, talk about lessons learned. Take responsibility and switch to talking about your strengths. Share your criminal record and what you have done since then to change, grow, and improve your life!
6. **Watch your body language.** Don't fold your arms in front of you like a wall separating you from the interviewer. Most of the time leave your hands in your lap. Don't slouch in a chair or lean back. Sit up straight or lean slightly forward.
7. **Don't interrupt** when the interviewer is talking to you.
8. **Ask about the next step.** Before getting up to leave, ask what is the next step. Then smile and shake hands firmly while making eye contact.
9. **Be positive** and don't complain about anything.
10. **Write a thank-you letter.** This will set you apart from other candidates. It tells the interviewer you're interested.

CREATING YOUR RESUME

A résumé is a list or summary of your work experience and education. It organizes the facts about you in written form, describes what you have done and are able to do. It is important because many employers want to see your experience before granting an interview. A résumé also makes you organize your thinking and what you have to offer.

- A résumé should be neat in appearance and typed
- Include your jobs while incarcerated, skills you have picked up and present them a positive light
- Be clear, brief and use bullet points with short sentences
- Have key phrases and use action words like “prepared,” “managed,” “developed,” and “created.”
- Add percentages, dollar totals, and numbers
- Highlight your strengths, and what is most relevant to the potential employer
- Put the strong and most relevant points first where they are more apt to be read
- Match the needs of the hiring company - tailor your resume to the position
- In typing - the font size should not be smaller than 10 point, and the length of your resume should be 1-2 pages
- Ask a friend to read it before sending - take their comments into consideration, and revise your resume

90 DAYS FREE <i>Where I want to be</i>	ACTION STEPS <i>3 Best plans to make goals</i>
Date:	

A. FAMILY RELATIONSHIPS

GOALS	BEFORE RELEASE <i>What I need to have done</i> Date:	30 DAYS OUTSIDE <i>What I need to complete</i> Date:
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EXAMPLE OF A RESUME

JC Smith

307 Craft Drive

Winston Salem, NC 27105, 336-555-5555

JOB OBJECTIVE

To become gainfully employed with a company that utilizes both my educational and vocational skills.

WORK EXPERIENCE

Farmer/Heavy Equipment Performed jobs related to animal care, gardening, sorting, and agricultural inspecting. Dept. of Correction (DOC), Tillery Farm-Tillery, NC, 6/05-10/05

Landscaping Managed tasks to achieve a clean outdoor environment, including planting new vegetation, and general maintenance of flowering plants and shrubs. DOC, Swan Quarter, Hyde County, NC, 6/04-6/05

Laundry House Operator Assembled items, prepared clothing for cleaning, removal of stains. Supervised machines to ensure that items were not misplaced. DOC, Swan Quarter, Hyde County, NC, 9/03-6/04

Food service Performed jobs of chefs, cooks and food preparation workers, including food-processing, butchers, meat cutter, and bakers. DOC, Swan Quarter, Hyde County, NC, 4/03- 9/03

EDUCATION

Masonry Certificate, 4-9/03, Johnson Comm. College, Smithfield, NC

Computer Certificate, 4-10/06, Surry Comm. College, Dobson, NC

Light Construction\Framing Certificate, 4-10/06, Surry Comm.

College, Dobson, NC

G.E.D- In process, expect to complete this year

AREA RESOURCES

The following section contains various resources in the greater Forsyth County/Piedmont region. They are divided into various groups that are of value to the ex-offender returning to the community. Some groups may appear in more than one section.

Most offer supplies and services for free. But others may require a fee for assistance. Be sure to have a clear understanding of the details of their services.

The contact information for each was verified shortly before printing. Remember that certain information may have recently changed. **You need to contact each organization before visiting.**

There may be other resources not included here. These are all we could find and confirm while making the booklet.

There is help out there if you ask for it.

It's good to know someone still believes in you. That will help you, while in and out of prison. Some folks helped me to be a believer in myself, and let me know there are other ways! My eyes are open now.

JERMELLE

YOUR PLAN TO PROSPER CONTRACT

All areas of your life are interconnected. This contract helps you achieve your goals by creating a concrete Plan to Prosper. The first step is to develop 2-3 goals in each of the 9 areas. Your life can be transformed by creating goals and following the steps.

For example, a family goal might be to re-connect with your son. Enter that in the GOAL #1 box. In order to accomplish this you might have to: make amends with his mother, commit to spending weekends with your son, and meeting with his teachers in school. These 3 plans would be ACTION STEPS. You would write them in the last box of the row opposite GOAL #1. Your progress is recorded under the columns, BEFORE RELEASE, 30 DAYS OUTSIDE and 90 DAYS FREE.

If you want to prosper, you need a plan. The plan is CRITICAL to a new life and avoiding a return to crime and incarceration. As you make progress with the plan, your new life becomes clearer.

Every day you MUST work on at least ONE ACTION STEP. Write it down the night before and check it off at the end of the day. After achieving a GOAL, it is vital to create a new one.

Find a trusted person to offer support and hold you accountable in working the plan. A NEW BEGINNING IS STRESSFUL AND HARD. NEW PLANS WILL HAVE TO REPLACE SETBACKS. This tool has guided hundreds of formerly incarcerated people into a NEW LIFE.

Listen to the wisdom of ex-offenders and identify your goals for your personal Plan to Prosper contract on the following pages.

**START NOW – LET GOD GIVE YOU A
PLAN TO PROSPER AND
TURN YOUR DREAMS INTO DEEDS!**

Education, Training, Skills

Benevolence Farm (women)
4265 Thompson Mill Rd
Graham, NC 27253
Tanya Jisa, MSW
919 433 7457
www.benevolencefarm.org

Agriculture and horticulture training. Career development, Entrepreneurship/small business training

Carolina Trucking Academy
3720 S. Wilmington Street
Raleigh NC 27603
919 329 0632
www.carolinatruckingacademy.com

Provides vocational training for commercial truck driving and CDL licensure. Job placement.

Forsyth County Public Library
660 West 5th Street
Winston Salem, NC 27101
336 703 2665
www.forsyth.cc/library/central

Books, free internet access, word processing & computer learning center.

Forsyth Technical Community College
2100 Silas Creek Parkway
Winston Salem, NC 27103
336 723-0371
www.forsythtech.edu

Offers various career & education choices, job training, assistance with vocational preparation & links to job opportunities, grants and scholarships available.

Education, Training, Skills

Goodwill Industries of NW NC
2701 University Parkway
Winston Salem, NC 27115
336 724 3625
www.goodwillnwnnc.org

JobLink Career Center - Forsyth County
450 W. Hanes Mill Rd, Ste 101
Winston Salem NC 27105
336 776 6720
www.careercenteroffices.com

Small Business Technology Development Center
WSSU School of Business
RJR Center, 112B
Winston Salem, NC 27110
336 750 2030
www.sbtcdc.org/offices/wssu

Education & workplace training for employment skills, job development and opportunities.

Provides career planning, employment assistance and job training. A professional setting where job seekers can search for employment and training opportunities.

Assistance & counseling for the management of a small business.

9 KEY AREAS FOR YOUR LIFE

Successful ex-offenders have identified these 9 categories as essential for your new start.

A. FAMILY RELATIONSHIPS

One of the hardest—personal lives are hard to mend. Your children and loved ones need you. You have to earn your way back with them one day at a time! They want to trust you—give them a reason.

B. EDUCATION

After prison/jail you need to grow and add life and job skills. Maximize your talents and abilities. Invest in your future.

C. EMPLOYMENT

Go to work immediately. This produces money, occupies time, provides stability, and allows progress. You have been working for the prison—now you can get something in return that will build a future.

D. SPIRITUALITY

Trust in God, talk to God, and listen to God. His help will be there when challenges and fears come. Spend time alone with Him daily. Join a group to help your spiritual growth. This is the glue that makes it stick.

E. HEALTH/FITNESS

Jails/prisons are full of bad health. Get your health examined asap. Eat good foods. Jog/lift weights. Goodbye to fast foods, cars, and people.

F. DRUG/ALCOHOL ABUSE

More than 75% of offenders have these problems. This led them to jail. You won't stay out if you don't get good help. Work AA and NA. Find a sponsor. Make the meetings. Life is good off drugs.

G. HOUSING

You gotta sleep and rest in a safe place. Find a good environment.

H. FINANCIAL

It ain't how much you make—it's how much you keep. Make a budget and be careful. Money can be as bad as a drug.

I. SERVICE/INVOLVEMENT

Give back! Help and share God's blessings to others!

Service/Community Involvement

Food Bank of NW North Carolina

3655 Reed St.
Winston Salem, NC 27107
336 784 5770
www.hungernwnc.org

Forsyth Humane Society

61 Miller St.
Winston Salem, NC 27104
336 721 1303
www.forsythhumane.org

Habitat for Humanity, Inc

1023 W. 14th Street
Winston Salem, NC 27105
336 765 8854
www.habitatforsyth.org

Piedmont Authority for Regional Transportation

107 Arrow Road
Greensboro NC 27409
336 662 0002/Transit info 336 883 7278
(Provides public transportation, rideshare/vanpooling/carpooling, and emergency ride home.)
www.partnc.org

Winston Salem Recreation and Parks Department

Bryce A Stuart Municipal Bldg, 100-E
First St., Suite 407
Winston Salem, NC 27101
336 727 8481
www.cityofws.org

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Employment/Financial

Employment Security

Commission of NC/Job Link
450 West Hanes Mill Rd., #101,
Winston Salem, NC 27105, 336
776 6720 / 776 6750
www.ncesc1.com

Info on state unemployment benefits. Career training, Former Offender Initiative program and workforce investment-provides funding for 2 years of college.

Family Services Inc.

“Ways to Work” program
1200 Broad St.
Winston Salem NC 27101
722 8173-Delaine
www.familyservicesforsyth.org

Provides small car loans to bad/no credit lo-income families to purchase car or for car repair.Criteria-Working 9 mos and have child custody

Financial Pathways of the Piedmont

8064 North Point Blvd. Suite 204
Winston Salem, NC 27106
336 896 1191
www.financialpaths.org

Helps achieve financial self-sufficiency, financial stability, & financial crises by debt reduction programs, housing, budget counseling, and information on use of credit.

Forsyth County Workforce Center

450 West Hanes Mill Rd., #101
Winston Salem, NC 27105
336 776 6720
www.ncesc1.com

Maintains a listing of job openings for City of Winston Salem employment opportunities in all departments.

Human Resources Dept. Winston Salem

100 E. First St., Suite 131
Winston Salem, NC 27101
336 747 6800
www.cityofws.org

Work release program for offenders referred by Bureau of Prisons. Emergency Assistance Program to help with power bills etc.

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Employment/Financial

Professionals in Transition

4410 Providence Lane, #C
Winston Salem, NC 27106
336 757 1099
www.Jobsearching.org

Weekly support group meetings
for the unemployed & the
under-employed-7-8:30 p.m.

Service Corporation/ Americorp NCCC

400 W. Fourth St., Ste 310
Winston Salem, NC 27101
336 761 2033
www.nationalservice.gov

Financial assist. For house and
residence. Workforce training
and job placement assistance.

Winston-Salem Urban League

201 West 5th St.
Winston Salem, NC 27101
336 725 5614
www.wsurban.org

Financial assistance for
housing/house

*Most coming out of prison don't have skills to
make it in society. They never picked up a
book to learn about ways to establish credit,
obtain a loan, purchase a home or fill out a
check. They are about to get out but have
never filled out a job application or have the
verbal skills to express themselves to get hired.*
-WALT

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Recovery/Substance Abuse

Winston-Salem Rescue Mission

1939 Morningstar Dr.
Yadkinville, NC 27055
336 463 5155
www.wsrescue.org

Alpha Acres program is
structured 9 months
of Bible study, work
& recreation.

Service/Community Involvement

Most churches in the Winston Salem/Forsyth County area offer a
wide range of volunteer opportunities. There are also places to serve
among the other organizations listed in this booklet.

American Red Cross NW Chapter

690 Coliseum Dr.
Winston Salem, NC 27106,
336 724 0511
www.redcross.org

Arts Council of Winston Salem

206 N. Spruce St., #3
Winston Salem, NC 27101
336 722 2585
www.intothearts.org

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Recovery/Substance Abuse

Reformers Unanimous

Gospel Light Baptist Church
890 Walkertown/Guthrie Rd.
Winston Salem, NC 27101
336 399 2358
www.glbcs.org

Faith-based ministry for functioning addicts. Provides support through small group counseling. Free transportation, free nursery and kids programs.

Solus Christus

2552 Baltimore Rd.
East Bend NC 27018
336 813 3007
www.soluschristusinc.org

Safe house for women awaiting entrance into a drug treatment program.

Teen Challenge

PO Box 77914
Greensboro, NC 27417
336 292 7795
www.teenchallengeusa.com

Residential rehabilitation based on Christian principles, discipline and structure— offering guidance for all life for young men. Thrift store onsite.

The Bridge

1080 Snow Bridge Lane
Kernersville NC 27284
336 996 6880
www.aboutthebridge.com/bridgehouse

180-day therapy program/safe house for those recovering from substance abuse. Apply online.

Triangle Residential Options for Substance Abusers - TROSA

1820 James St.
Durham, NC 27707
919 419 1059
www.trosainc.org

Long-term, residential substance abuse recovery program for persons with a strong desire to change their lives; includes vocational training, education & aftercare.

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Food/Clothing

American Red Cross

690 Coliseum Rd.
Winston-Salem, NC 27106
336 679 7225
www.redcross.org

Disaster related support only for individuals & families.

Ardmore UM Church

630 Hawthorne Rd.
Winston Salem, NC 27103
336 723 3695
www.ardmoreumc.org

Food pantry 1st and 3rd Thursday of each month.
5:30 pm-7:30 pm

Carver Road Church of Christ

4399 Carver School Rd.
Winston-Salem, NC 27105
336 767 7949
www.carverroadchurchofchrist.org

Wed. food pantry-must call Tuesday 9-11 for appointment.
1st Sat. of month 10am-noon clothes bank. Counseling by appt.-call and ask for pastor.

Catholic Social Services

627 West Second St.
Winston-Salem, NC 27101
336 727 0705
336 725 4263
www.ccdoc.org

Emergency services available for at-risk children up to 3 y.o. For children only. Tues/Thurs-WEE care (kids care)

Church of the Ascension

183 Fork-Bixby Rd.
Advance, NC 27006
336 998 0857
www.church-of-the-ascension-advance.dionc.org

Range of programs offered to ex-offenders

Food/Clothing

Crisis Control Ministry
200 East 10th St.
Winston-Salem, NC 27101
336 724 7875
www.crisiscontrol.org

**Goler Memorial
AME Zion Church**
630 N. Patterson Ave.
Winston-Salem, NC 27101
336 724 9411
<http://golermemorial.org>

Shalom Project @
Green Street UMC
639 S Green Street
Winston Salem, NC 27101
336 722 8379
www.greenstreetumc.org

King Outreach Ministries
413 Kingsway Dr.
King, NC 27021
336 983 4358
www.kingoutreach.org

Emergency food & services available. Interview required
Food, rent, mortgage, medical assist.

Provides meals & services also needs assessment , toiletries, clothing, etc. Community meal on Thurs-call for time (usually 11-1pm)

Tues.-Food pantry & clothing bank.
Wed.-4:30 p.m. Free medical clinic-1st come 1st served.
Wed-community meal 6p.m.

Prescription medicine services. Provides services for clothing, money, food to Stokes County residents in crisis situations through a thrift shop & budget counseling. Pay (some) bills 9-6pm Wed-Fri, 9-2pm Sat.

Recovery/Substance Abuse

Insight Human Services
665 West 4th St.
Winston Salem NC, 27101
336 725 8389
www.insightnc.org

Narcotics Anonymous
800 876 5985
24 hr Help-line
www.na.org

NC TASC Services
500 W. 4th St., Ste 103
Winston Salem NC 27101
336 714 7099
www.nctasc.net

Pierced Ministries & Rehab Svcs
P.O. Box 16389
High Point, NC. 27261
336 340 2218/307-3899
www.pierced4me.org

Intensive 90 day outpatient program- medical evaluation, assessment, individual/ group counseling & detox through outpatient, partial hospitalization & day treatment
Methadone maintenance and saboxin programs

Holds over 45 meetings per week. For recovering persons—Weekly schedule is available by calling.

Provides community-based treatment and rehabilitation to drug-involved and mentally ill offenders as an alternative to reentry to the correctional setting.

9 mo. Residential recovery program. Unique tailor made approach to recovery, restoration and redirection w/in a family based environment.

Recovery/Substance Abuse

Delancey Street NC

811 North Elm St.
Greensboro, NC 27401
336 379 8477
www.delanceystreetfoundation.org

Offers a residential setting for the recovery of persons from alcohol/drug addiction

Fellowship Home of WS

661 North Spring St.
Winston Salem, NC 27101
336 727 1084
www.thefellowshiphome.org

Sponsors a semi-structured Halfway house providing relapse prevention, counseling, housing, requires 1 AA/NA meeting per day for 90 days. Min stay-90 days

FIRST

32 Knox Road
Ridgecrest, NC 28770
888 852 7453 24 hours
828 669 0011
www.firstinc.org

Inpatient short & long term residential therapeutic treatment program for chronic substance abusers. Veteran friendly.

Forsyth Medical Center

3333 Silas Creek Pkwy.
Winston Salem, NC 27103
336 718 3550 or 800 718 3550
www.novanthealth.org

A wide range of out/in patient programs including: detoxification, self care, support groups, family recovery, support groups, & substance abuse education.

Hebron Colony Ministries

356 Old Turnpike Rd.
Boone, NC 28607
828 963 4842
www.hebroncolony.org

A Christian recovery center for men offering a 10-week program. Work program onsite bring 300\$ refundable medical deposit.

Food/Clothing

New Jerusalem Baptist Church

1212 N Dunleith Ave.
Winston Salem, NC 27101
336 723 9743
www.newjerusalemmissionarybaptistchurch.com

Emergency food only.
Mon-11-2pm

North Winston Baptist Church

4023 Tise Ave.
Winston Salem, NC 27105
336 767 8446

Food & clothing supplies for emergency needs.

Potter's House Ministries

1229 NE 25th Street
Winston Salem, NC 27105
336 724 0023

Food & clothing supplies for emergency needs.

Salvation Army

910 Cleveland Avenue
Winston-Salem, NC 27101
336 722 8721
www.salvationarmycarolinas.org

Distributes food boxes –M-F

Samaritan Ministries Soup Kitchen

414 E. Northwest Blvd.
Winston Salem NC 27105
336 748 1962
www.samaritanforsyth.org

Meal-M-F 11am-1pm,Sat/Sun-Noon-2pm

St. John CME Church

350 Northwest Crawford Pl. Winston Salem, NC 27105
336 725 3968
stjohncme.com

Food for emergency needs on the 2nd and 3rd Thursday each month from 1pm-3pm.

Food/Clothing

St. Paul UMC

2400 Dellabrook Rd.
Winston Salem, NC 27105
336 723 4531
www.stpaulumcws.org

Emergency food only
Wed. 130-300 pm

St. Peter's World Outreach

3683 Old Lexington Rd.
Winston Salem, NC 27107
336 650 0200
www.spwoc.com

Clothes bank Tues/Thurs. 9-12pm.-1st & 3rd Sat 9-12pm

Second Harvest Food Bank

3655 Reed St.
WinstonSalem NC 27107
336 784 5770/748 8207 fax
www.hungernwnc.org

M-F 8:3am-5pm

Sunnyside Ministry of the Moravian Church

319 Haled St.
Winston Salem NC 27127
336 724 7558
www.sunnysidemministries.wordpress.com

Provides help for elderly/
disabled & low-income persons.
Emergency help with rent,
utilities, clothing, & food.

Union Baptist Church

1200 N. Trade Street
Winston Salem, NC 27105
336 724 9305
www.unionbaptistwsnc.org

Food & clothing supplies for
emergency needs.
3rd Thurs 1-4pm

Winston-Salem Rescue Mission

718 N. Trade Street
Winston Salem, NC 27101
336 723 1848
www.wsrescue.org

Food Pantry-Wed 8:20-10 am
Fri 1-3 pm. Pic ID required.
Clothes bank-M/T 1-2:30pm Fri
9-1030 am. Pic ID req. 42

Recovery/Substance Abuse

Celebrate Recovery@

Pinedale Christian Church
3395 Peter's Creek Parkway
Winston Salem, NC 27127
336 788 7600
www.pinedale.org

A Christ-centered recovery
program. Thursday evening
6:15-9pm

Center Point Human Services

4045 University Pkwy.
Winston Salem, NC 27106
888 581 9988, 336 714 9100
www.cphs.org

Provides mental health services
for all indigent persons facing
developmental disabilities &
substance abuse issues.

Coalition for Drug Abuse Prevention

8025 North Point Blvd., Ste 225
Winston Salem, NC 27106
336 759 7500
www.cdap.org

Offers resource information
about local programs & the
services to local community
groups. Provides training and
referrals for parents &
assistance for groups to
develop skills to prevent drug
abuse.

Daymark Recovery Services

725 North Highland Ave.
Winston Salem, NC 27101
336 607-8523
www.daymarkrecovery.org

Provides a variety of
recovery/psychiatric services
for persons with mental,
behavioral & drug abuse
issues.

Recovery/Substance Abuse

Addiction Recovery Care Association—ARCA

1931 Union Cross Rd.
Winston Salem, NC 27107
336 784 9470
www.arcanc.org

Alcoholics Anonymous

1020 Brookstown Ave., No. 10
Winston Salem, NC 27107
AA Lifeline: 336 725 6031
www.aa.org

Al Anon

PO Box 26062
Winston Salem, NC 27114
336 723 1452
www.al-anon.alateen.org

Benevolence Farm (women)

4265 Thompson Mill Rd.
Graham NC 27253
919 433 7457
www.benevolencefarm.org

Residential treatment for persons with alcohol/drug problems. Treatment includes support group for addicts & family members.

Offers fellowship & guidance for persons recovering from alcoholism through 42 active groups & more than 118 meetings/week. Call the answering service for further information.

Sponsors support groups for adult children of alcoholics, adults abused or neglected as children, & adults from dysfunctional families.

Self sustainable farm which provides housing and employment for female offenders

General Support/Counseling

Ardmore UM Church

630 S. Hawthorne Rd.
Winston Salem, NC 27103
336 722 5686
www.ardmoreumc.org

Associates in Christian Counseling

8025 North Point Blvd. Ste 231
Winston Salem, NC 27106
336 896 0065
www.christiancounseling.org

Association for Couples Marriage Enrichment—ACME

PO Box 21374
Winston Salem NC 27120
336 724 1526
www.bettermarriages.org

Contact—Help Line

Crisis Hot Line 888 581 9988
National Hot Line 800 784 2433/800 932 4616
www.contacthelpline.org

Family Service Shelter/ Family Services (GSO)

336 387 6161
www.familyservice-piedmont.org

Transportation for senior citizens to medical needs, groceries & drug stores.-Call 10am-noon weekdays 2 days before ride needed.

Professional counseling for a variety of needs. Some financial assistance is available for counseling.

Provides services, prevention & programs for the enrichment of healthy marriages

Crisis response telephone line for distressed persons.

Temporary shelter for women & children who are victims of domestic/sexual violence that offers counseling, guidance & referrals to legal services.

General Support/Counseling

Family Violence

1200 South Broad St.
Winston Salem, NC 27101
336 722 8173
24 hr Crisis Line 336 723 8125

Offers sexual assault response program, & support group for abused women & men.
Counseling-couples, individ, children, adoptions-Ways to Work program Car loan program if employed P/T for 9 mos.

Forsyth County Social Svcs

741 Highland Ave.
Winston Salem NC 27101
336 703 3800
www.co.forsyth.nc.us/dss/

Public Assistance.
Foodstamps, Medicaid

Forsyth Jail and Prison Ministries

307 Craft Dr.
Winston Salem, NC 27105
336 759 0063

Provides worship, support groups, counseling, after-care support and referrals, & life skills programs to incarcerated persons, ex-offenders & their families.

Hope Ridge Behavioral Health

725 N. Highland Ave.
Winston Salem NC 27101
725 7777
www.hoperidge.org

Mental illness, substance abuse, developmental disabilities

Medical

Triad Health Project

801 Summit Ave.
Greensboro NC 27405
336 275 1654
www.triadhealthproject.com

Free HIV/AIDS, STD Testing and counseling M-F 5p-7p
No. appt. Necessary

Veterans Outpatient Clinic

1695 Kernersville Medical Pkwy.
Kernersville NC 27284
336 515 5000
www.salisburyva.gov

Health care for veterans and their families

Wake Forest Baptist Med. Center

1 Medical Center
Winston Salem NC 27103
716 2011/713 9000 Emgcy Svc.
www.wakehealth.edu

Medical and emergency svcs.

Winston Salem Industries for the Blind

7730 N. Point Blvd.
Winston Salem, NC 27103
336 759 0551
www.wsifb.com

Employs blind and legally blind persons

WS Rescue Mission, Inc.

718 N. Trade Street
Winston Salem, NC 27101
336 723 1848
www.wsrescue.org

Offers medical Mon/Thurs 7-9am. Dental- 2nd/4th Thurs tooth extraction only.

Medical

Old Town Baptist Medical Clinic

4386 Shattalon Dr.
Winston Salem, NC 27106
336 924 1552
www.otbclife.org

Provides Medical Clinic & programs to anyone. On the 1st and 3rd Mon. beginning 8/13.

Public Health Department - Forsyth County

799 North Highland Ave.
Winston Salem, NC 27101
336 703 3100
www.co.forsyth.nc.us/publichealth/

Community health promotion, disease prevention, & protection of the environment for Forsyth County residents.

St. Paul's Episcopal Church

520 Summit St.
Winston Salem, NC 27101
336 723 4391
www.stpaulswinstonsalem.org

Referrals for emergency medical & prescription assistance.

Smile Smarter

2041 Silas Creek Pkwy.
Winston-Salem, NC 27107
336 777 1272
www.smailstartesdental.com

Service & care for children/ youth under 20 years of age.

Southside United Health Center

3009 Waughton St. Ste. A
336 293 8728
336 293 8733 fax
www.healthgrades.com

Provide health services to the insured and uninsured
M-F 8a-5p
Sat 8a-2p

General Support/Counseling

I Am Now Inc.

509 Ferndale Blvd.
High Point NC 27262
336 889 6064
www.transitionalhousing.org

Non-residential homeless prevention program. Offers supportive services and mentoring.

Imprints for Families

502 North Broad St.
Winston Salem, NC 27101
336 722 6296
www.imprintscares.org

Offers family programs, before & after school programs, pediatrics staff, home visits, parenting groups.

Legal Aid Society of NW NC

102 West 3rd St., Suite 460
Winston Salem NC 27101
336 725 9162
866 219 5262 Help line
877 579 7567 Senior Help
www.legalaidnc.org

Offers free legal services that provide assistance in civil matters to eligible low income clients.

Loaves & Fishes (Centenary UMC)

646 West Fifth St.
Winston Salem, NC 27101
336 724 6311
www.centenary-ws.org

Food, financial assistance & pastoral counseling-apt. necessary Tues 9-930 (9 appts only)

General Support/ Counseling

Lutheran Services Carolinas

5712 Shattalon Dr. #47
Winston Salem, NC 27105
336 744 7350
www.lutheranservicescarolinas.net

Transitional Apartment Program
Safe housing options for adults with mental illness who are homeless or at risk of homelessness. Counseling, financial aid, therapy and support svcs. Job training. Call for requirements.

Mediation Services of Forsyth County

107 Westdale Ave NW #B
Winston Salem, NC 27101
336 724 2870
www.mnnc.org

Assists with non-violent court cases of various disputes, including domestic, landlord, employee disputes, youth & educational problems.

Mental Health Association Forsyth County

1509 South Hawthorne Rd.
Winston Salem, NC 27103
336 768 3880
www.triadmentalhealth.org

Provides support groups for people with mental illnesses.

Next Step Ministries

PO Box 793
Kernersville, NC 27285
336 413 5858/336 413 3156
www.nextstepdv.org

Battered women's shelter for women and children leaving abusive situations. Provides support & counseling.

On Wings Like a Dove

455 S. Church Street
Winston Salem, NC 27101
336 829 5060
www.onwingslikeadove.com

Provides spiritual & emotional support to the families of prodigals & prisoners.

Medical

Community Care Center

2135 New Walkertown Rd.
Winston Salem, NC 27101
336 723 6722
www.cccforsyth.org

Provides free Medical Clinic & a Dental Clinic with adjustable fees. Closed Fri-Sun.

Crisis Control Pharmacy

200 East 10th St.
Winston Salem NC 27101
336 724 7453
www.crisiscontrol.org

Offers emergency assistance for prescription medications, food, rent, mortgage and utilities for persons in crisis situations for Forsyth/Stokes residents.

Downtown Health Plaza of Baptist Hospital

1200 N. Martin Luther King Dr.
Winston Salem, NC 27101
336 716 9253
www.wakehealth.edu

Offers outpatient treatment and personal health care through departments and programs to all Forsyth County residents.

Shalom Project @ Green Street UMC

639 South Green St.
Winston Salem, NC 27101
336 722 8379
www.greenstreetumc.org

Provides Medical Clinic on Wed until 4:30 pm.

Holly Haven Family Care Home/AIDS Care Service

PO Box 21373
Winston Salem NC 27120
336 777 0208
www.aidscareservice.org

Offers a home providing care for people seriously ill with AIDS related symptoms.

Medical

Bethany Baptist Church Medical Clinic

600 Old Hollow Rd.
Winston-Salem, NC 27105
336 767 0760
www.bethany.ws

Provides various medical
services to anyone for free. On
2nd Sat. of month 9-noon

Center Point Human Services

4045 University Pkwy.
Winston Salem, NC 27106
888 581 9988, 336 714 9100
www.cphs.org

Managed care entry portal for
people with developmental
disabilities, mental health
concerns, & substance abuse
concerns.

*Every time I got into
trouble, it was like – no
big thing. I lived in a
myth that it was all easy
– ran from the pain.
DENORRIS*

General Support/Counseling

Potter's House Ministries

1229 NE 25th St.
Winston Salem, NC 27105
336 724 0023

Counseling, after school
programs, food pantry, & general
support with meeting basic
needs.

Project New Start-YWCA

941 West St.
Winston Salem, NC 27101
336 721 0733
www.ywcaws.org

Offers program with YWCA for
women & families affected by
incarceration.

Project Reentry

2701 University Parkway
Winston Salem, NC 27115
336-748-4666
www.goodwillnwc.org

Helps ex-offenders avoid
potential pitfalls associated with
life after incarceration through
pre-release programs and post
release services.

Salem Pregnancy Care Ctr

1342 Westgate Center Dr.
Winston Salem, NC 27103
336 760 3680
www.salempregnancy.org

Various services including
free pregnancy tests, referrals for
medical care, referrals for
housing & adoption.

SCAN-Child Abuse Center of NC

500 W Northwest Blvd.
Winston Salem, NC 27105
336 748 9028
www.exchangescan.org

Various services-mother
community support groups,
childcare, intensive-in home
intervention program-1st time
parent program, classes for new
dads, under 5 club

Transformed Lives Stockton House

2610 New Walkertown Road
Winston Salem NC 27101
336 293 7959
www.transformedlivesws.com

Training and mentorship
M & W- by apt. only
T & Th-Computer lab,10a-2p
F-Food pantry 9-noon, All open
to the public

General Support/ Counseling

Transition Aftercare Network—TAN

840 West Morgan St.
Raleigh, NC 27699
919 838 3628
www.doc.state.nc.us

A DOC program that provides volunteers who support ex-offenders by assisting with housing, food, clothing & employment.

Trinity Center, Inc.

640 Holly Ave.
Winston Salem, NC 27101
336 725 3999
www.trinitycenterinc.com

Offers counseling, spiritual formation, & education. Some financial assistance for counseling is available.

Union Baptist Church

1200 N. Trade St.
Winston Salem, NC 27101
336 724 9305
www.unionbaptistwsnc.org

Corner to Corner ex-offender Bible program-contact Kia Hood

United Way of Forsyth County

301 N Main St. Suite 1700
Winston Salem, NC 27101
336 723 3601
www.forsythunitedway.org

Information & referral services to community agencies in Forsyth County

W-S First Assembly of God Counseling Center/Support Group

3730 University Pkwy.
Winston Salem, NC 27106
336 759 7517
www.wsfirst.com

Counseling & general support with meeting basic needs. Support group meets to dialogue about struggles/issues of life after release employment opportunities & relationships.

Legal Assistance

ACLU Legal Foundation of NC

PO Box 28004, Raleigh, NC 27611
919 834 3466
www.acluofnorthcarolina.org

Seeks to defend civil liberties such as privacy rights, religious freedom, free speech, and equal protection under the law.

Legal Aid Society of NC

102 W. 3rd Street Ste. 460
Winston Salem NC 27107
336 725 9166
www.legalaidnc.org

Offers free legal services that provide assistance in civil matters to eligible low income clients in the following categories: housing employment, disability, and food stamps.

NAACP Legal Defense Fund

4805 Mt. Hope Drive
Baltimore MD 21215
877 622 2798
www.naacp.org

Assistance with legal cases involving broad issues of racial discrimination, hatred & equality.

North Carolina Prisoner Legal Services

PO Box 25397
Raleigh, NC 27611
919 856 2200
www.ncpls.org

Offers representation on conditions cases, sentences calculations, work release & provides forms for divorce.

Housing/Shelter

Samaritan Ministries Inn/Shelter

1243 Patterson Ave.
Winston-Salem, NC 27101
336 748 1962
www.samaritanforsyth.org

Provides housing to men ONLY
for up to 90 days. Provides
lunch to all people 365 days a
year.

Solus Christus

PO Box 416
East Bend, NC 27108
336 813 3007
www.soluschristusinc.org

Housing for women struggling
with addiction

Winston-Salem Rescue Mission

718 N Trade St.
Winston-Salem, NC 27101
336 723 1848
www.wsrescue.org

Offers emergency shelter &
food assistance.

Servicios Latinos (Catholic Services)

Casa Guadalupe
621 W. 2nd Street
Winston Salem, NC 27101
336 727 4745

Asistencia con la Junta de
Apelaciones de Immigrantes,
traducción de documentos,
interpretación por teléfono,
impuestos y referencias, y una
dispensa alimentacion.

Latino Services Casa Guadalupe

621 W. 2nd Street
Winston Salem, NC 27101
336 727 4745

Assistance with Board of
Immigration Appeals,
translation of documents,
interpretations by phone, taxes
and referrals, & a food pantry.

Government Agencies

Winston-Salem (citi-link) Human Relations Dept.

101 N. Main Street, Suite 109
Winston Salem, NC 27102
336 727 8000
www.cityofws.org

Provides information on
discrimination practices/laws,
regarding housing, landlord/
tenant rights, mediates
landlord-tenant disputes, &
other racial disputes/concerns.

Community Correction Office

102 W 3rd St., Suite 520
Winston Salem, NC 27101
336 761 2424

Probation Office for ex-
offenders under supervision.

Elections/Voting Forsyth County Board

201 N Chestnut St.
Winston Salem, NC 27101
336 703 2800, State Office in
Raleigh, 866 522 4723
www.forsyth.cc/elections/

Assistance & information on
laws regarding voting
Privileges - See section,
"VOTING RIGHTS," for details
about the restoration of
your voting privileges.

Since I've been locked up I've seen a lot of bad things, bad decisions made, and bad results having happened because of these bad decisions. After being incarcerated I've learned to appreciate my freedom, depend on myself, because people will let you down. Stay away from all trouble – and trouble makers, surround yourself with positive people. Pick a positive plan and stay focused and maintain it at all times.

DUCK

Government Agencies

Employment Security Commission

450 W. Hanes Mill Rd #101
Winston Salem, NC 27101
336 776 6720
www.ncesc1.com

Provides assistance with employment, unemployment benefits, & career planning.

GED-State Office

5016 MSC
Raleigh, NC 27699-5016
919 807 7100
www.gedtestingservice.com

Provides copies of GED records.

Human Resources Dept.

E. First St., Suite 131
Winston Salem, NC 27101
336 747 6800
www.cityofws.org

Maintains a listing of job openings for City of Winston Salem employment opportunities in all departments.

Motor Vehicles Dept.

3637 North Patterson Ave.
Winston Salem NC 27105
336 761 2259
www.ncdot.gov

Provides NC driver's licenses & ID cards. *See other section, "OBTAINING A NC DRIVER LICENSE/ID CARD" for details.*

Public Health Department Forsyth County

799 North Highland Ave.
Winston Salem NC 27101
336 703 3100
www.co.forsyth.nc.us/publichealth/

Community health promotion, disease prevention, & protection of the environment for Forsyth County residents

Housing/Shelter

Next Step Ministries

P.O. Box 793
Kernersville, NC 27285
Crisis line: 336 413 5858
Backup crisis line:
336 413 3156
Office: 336 413 7054
www.nextstepdv.org

Battered women's shelter for women and children leaving abusive situations. Provides general support & counseling.

Oxford House

3655 King Hill Dr (women)
Winston Salem NC 27104
2484 Lynhurst Dr (men)
Winston Salem NC 27103
336 842 3404(w) 602 1832(m)
www.oxfordhousenc.org

Transitional home for female and male substance abusers

Partnership Village

135 Greenbriar Rd,
Greensboro, NC 27405
336 286 6401
www.greensborourbanministry.org

Affordable housing, studios, 1/2 bedroom apartments.

Salvation Army Shelter

1255 N. Trade St.
Winston Salem, NC 27101
336 722 9597
Nakia Brown 448-1077/722 3597 x.201
www.salvationarmycarolinas.org

Halfway house/shelter
Transitional facility includes discipleship program for spiritual, emotional support.

Housing/Shelter

Group Homes of Forsyth
8064 N. Point Blvd. Ste 201
Winston Salem, NC 27106
336 831 1300
www.grphms.com

Hawley House (YWCA)
941 W Street
Winston Salem, NC 27101
336 721 0733
www.ywcaws.org

House of Refuge
PO Box 71
Germanton, NC 27109
336 287 5134
www.wowwomenofwisdom.org

Housing Authority of WS
500 W 4th St, Suite 300
Winston Salem, NC 27101
336 727 8500
www.haws.org

Jericho House
2824 Liberty Road
Greensboro NC 27406
336 275 9625
www.servantleadergreensboro.com

Nehemiah House
Winston Salem, NC 27101
336 692 5256

Women's residential recovery facility.

Christian transitional facility for women with structured environment that offers counseling, educational and life-skills programs.

Christian residential home for ex-offenders.

Provides adequate, affordable, viable, Section 8 & public housing & community supportive services emphasizing self-sufficiency.

To meet the physical, emotional and spiritual needs of homeless men, women and children.

Bible based 4 bed housing facility for recently released
Job placement assistance
Accepts sex offenders

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Government Agencies

**Register of Deeds—
Forsyth County**
201 N Chestnut St., 2nd Fl.
Winston Salem, NC 27101
336-703-2700
www.forsyth.cc/rod/

**Smart Start
- Forsyth County**
7820 North Point Blvd. Ste 200
Winston Salem, NC 27106
336 725 6011
www.smartstart-fc.org

Social Security Administration
1370 Lockland Avenue
Winston Salem, NC 27103
877 402 0828
<https://www.ssa.gov>

**Winston-Salem Transit Authority
(WSTA)**
100 West 5th Street
Winston Salem NC 27101
Transportation Center 336 727
2257
www.wstransit.com

Provides copies of Birth, Death, Marriage Certificates/Licenses.

Offers opportunities for early education, quality care, family support in preparation for kindergarten for all children up to 5 years of age.

Provides help with new or replacement SS cards and determination of eligibility and claim filing for retirement, disability, Medicare, and SSI.

Government Agencies

Veteran Affairs Department United States

251 North Main St.
Winston Salem, NC 27155
800 827 1000
www.va.gov

Provides information, advice & assistance related to all veteran benefits programs such as disability payments, education & training, vocational rehabilitation, home loans, medical benefits, etc.

Vital Records Office

Cooper Mem. Health Bldg.
225 N. McDowell Street
Raleigh, NC 27603-1382
919 733 3526
www.publichealth.nc.gov

Provides certified copies of birth certificate of persons born in North Carolina.

Vocational Rehabilitation Services

2201 Brewer Rd.
Winston Salem, NC 27127
336 784 2700
www.ncdhhs.gov

Provides services to vocationally disabled individuals.

YouthBuild of WS

336 397 7770
youthbuildws@cityofws.org

To empower youth between 16-24 y.o. to reclaim their lives through education, job training and more. Call for requirements

The children? They'll make it ok. Take care of you first. That means getting your heart and life together. Understand where you are and where you need to go. Have a plan. Find someone else to hang out with – they are something but it ain't your friends. -LINDA

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Housing/Shelter

Addiction Recovery Care Association-ARCA

1931 Union Cross Rd.
Winston Salem, NC 27107
336 784 9470
www.arcanc.org

Offers a residential & outpatient program to overcome chemical dependency

Bethesda Center

930 North Patterson Ave.
Winston Salem, NC 27101
336 722 9951
www.bethesdacenter.org

Day & night shelter offering services for homeless persons, and assistance for the mentally disabled.

Benevolence Farm (women)

4265 Thompson Mill Rd.
Graham NC 27253
919 433 7457
www.benevolencefarm.org

Provides stable housing on a sustainable farm.

Eureka House

1452 Emerald St.
Winston Salem, NC 27105
336 782-3075
www.eurekahouse.org

Ex-offender support group & transitional facility includes discipleship program for spiritual, emotional support.

Experiment in Self-Reliance

3480 Dominion St NE
Winston-Salem, NC 27105
336 722 9400
www.eisr.org

Assists in the development of skills, transitional housing, building assets, obtaining education and housing.

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