

# PLAN TO PROSPER



*Psalm 48:10: "As your name, O God, so your praise reaches to the ends of the earth. Your right hand is filled with righteousness."*

Forsyth Jail and Prison Ministries  
PO Box 11802  
Winston Salem, NC 27116  
336.759.0063



## THANKS TO OUR FRIENDS

## NOTES

### *Especially:*

Alcoholics Anonymous and Relapse Prevention materials  
Australia and Barbara Smith  
Brenda Diggs  
Exodus Transitional Community, NYC  
Henry Wilkinson  
James Rowdy  
Kate B. Reynolds Charitable Trust  
Mr. and Mrs. Kevin F. Moore  
Mt. Tabor United Methodist Church  
New York City Human Rights Commission  
Old Town Baptist Church  
Post Crime Achievers  
Prison Fellowship Materials  
Teresa Walker

*Copyright 2019. All Rights Reserved. No part of this handbook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, or by any information storage and retrieval system, without prior written permission from the Forsyth Jail and Prison Ministries.*

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](http://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](http://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.*

### Table of Contents

Introduction .....	2
Hello My Name is .....	7
An Inmate’s 23rd Psalm .....	8
Listen— Your Life Ain’t No Joke .....	9
Things To Do Before Leaving .....	14
Triggers to Tragedy .....	16
Warning Signs of a Relapse .....	17
Twelve Steps .....	18
Finding Support in a Church .....	19
Obtaining a NC Driver License/ID Card .....	20
Restoration of Voting Rights .....	28
Making Yourself More Marketable .....	30
Government Aids for Employment .....	31
Creating a Resume .....	32
Example of a Resume .....	33

### Service/Community Involvement

67-68

- American Red Cross, NW chapter
- Arts Council of Winston Salem
- Food Bank of NW North Carolina
- Forsyth Humane Society
- Habitat for Humanity, Inc
- Piedmont Authority for Regional Transportation
- Winston Salem Recreation and Parks Department

*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*

## INDEX BY SECTIONS

### Recovery/Substance Abuse

62-67

Addiction Recovery Care Association - ARCA  
 Alcoholics Anonymous - AA  
 Al-Anon  
 Benevolence Farm  
 Celebrate Recovery  
 Center Point Human Services  
 Coalition for Drug Abuse Prevention  
 Daymark Recovery Services  
 Delancey Street NC  
 Fellowship Home of Winston Salem  
 FIRST  
 Forsyth Medical Center  
 Hebron Colony Ministries  
 Insight Human Services  
 Narcotics Anonymous  
 NC TASC Services  
 New Salem/Prodigals Community  
 Pierce Ministries & Rehab Services  
 Reformers Unanimous  
 Solus Christus  
 Teen Challenge  
 The Bridge House  
 Triangle Residential Options for Substance Abusers - TROSA  
 Winston Salem Rescue Mission/Alpha Acres

---

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

**BIG BOB**

Area Resources .....	34
Education, Training, Skills .....	35
Employment/Financial .....	37
Food/Clothing .....	39
General Support/Counseling .....	43
Government Agencies .....	49
Housing/Shelter .....	53
Servicios Latinos/Latin Services .....	56
Legal Assistance .....	57
Medical .....	58
Recovery/Substance Abuse .....	62
Service/Community Involvement .....	67
9 Key Areas for Your Life .....	69
Your Plan to Prosper Contract .....	70
Contracts .....	71
Index Alphabetized .....	90
Index by Sections .....	95
Government Aids for Employment.....	106

**“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.**

**INDEX BY SECTIONS**

<b>Servicios Latinos/Latino Services</b>	<b>56</b>
Casa Guadalupe	
<b>Legal Assistance</b>	<b>57</b>
America Civil Liberties Union Legal Foundation of NC	
Legal Aid Society of NW NC	
National Association for the Advancement of Colored People (NAACP) Legal Defense Fund	
NC Prisoners’ Legal Services	
<b>Medical</b>	<b>58-62</b>
Bethany Baptist Church Medical Clinic	
Center Point Human Services	
Community Care Center	
Crisis Control Pharmacy	
Downtown Health Plaza of Baptist Hospital	
Green St United Methodist Church/Shalom Project	
Holly Haven Family Care/AIDS Care Service	
Old Town Baptist Church Medical Clinic	
Public Health Department of Forsyth County	
St. Paul’s Episcopal Church	
Smile Starter	
Southside United Health Center	
Triad Health Project	
Veterans Outpatient Clinic	
Wake Forest Baptist Med. Center	
Winston Salem Industries for the Blind	
Winston Salem Rescue Mission	

## INDEX BY SECTIONS

### Government Agencies

Veteran Affairs – United States  
Vital Records Office—Raleigh  
Vocational Rehabilitation Office  
Winston-Salem Transit Authority (WSTA)  
YouthBuild of WS

cont. 49-52

### Housing/Shelter

ARCA – Addiction Recovery Care Association  
Bethesda Center  
Benevolence Farm  
Eureka House  
Experiment in Self Reliance  
Group Homes of Forsyth County  
Hawley House  
House of Refuge  
Housing Authority of Winston Salem  
Jericho House  
Nehemiah House  
Next Step Ministries  
Oxford House  
Partnership Village  
Salvation Army Shelter  
Samaritan Ministries Inn/Shelter  
Solus Christus  
Winston Salem Rescue Mission

53-56

### 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.*

## INDEX BY SECTIONS

### General Support/Counseling

cont. 43-48

Next Step Ministries  
On Wings Like a Dove  
Potter's House Ministries  
Project New Start – YWCA  
Project Reentry  
Salem Pregnancy Care Center  
SCAN - Child Abuse Center of North Carolina  
Transformed Lives Stockton House  
Transition Aftercare Network TAN – NC Dept. of Corrections  
Trinity Center, Inc  
Union Baptist Church  
United Way of FC  
WS First Assembly of God Counseling Center  
Winston Salem Human Relations Dept

### Government Agencies

49-52

Citi-Link/WS Human Relations Department  
Community Correction Office  
Elections Board - Forsyth County  
Employment Security Commission – Forsyth County  
GED Scores Office  
Human Resources Department  
Motor Vehicles Department  
Public Health Department - Forsyth County  
Register of Deeds Office - Forsyth County  
Smart Start - Forsyth County  
Social Security Administration

## INDEX BY SECTIONS

### Food/Clothing

King Outreach Ministries  
New Jerusalem Baptist Church  
North Winston Baptist Church  
Potter's House Ministries  
Salvation Army  
Samaritan Ministries Soup Kitchen  
St. John's Christian Methodist Episcopal Church  
St. Paul United Methodist Church  
St. Peter's World Outreach Center  
Second Harvest Food Bank  
Sunnyside Ministry of the Moravian Church  
Union Baptist Church  
Winston Salem Rescue Mission

cont. 39-42

### General Support/Counseling

Ardmore United Methodist Church  
Associates in Christian Counseling  
Association for Couples in Marriage Enrichment-ACME  
Contact Help Line  
Family Service Shelter/Family Services  
Family Violence  
Forsyth County Social Services  
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

43-48

*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

## INDEX BY SECTIONS

### Education, Training, Skills

35-36

Benevolence Farm

Carolina Trucking Academy

Forsyth County Public Library

Forsyth Technical College

Goodwill Industries of NW NC

JobLink Center-Forsyth County

Small Business Technology Development Center

### Employment/Financial

37-38

Employment Security Commission/Job Link

Family Services Inc.

Financial Pathways of the Piedmont

Forsyth County Workforce Center

Human Resources Dept.

Professionals in Transition

Service Corporation/Americorp

Winston Salem Urban League

### Food/Clothing

39-42

American Red Cross

Ardmore UM Church

Carver Road Church of Christ

Catholic Social Services

Church of the Ascension

Crisis Control Ministry

Goler Memorial AME Zion

Green Street United Methodist Church/Shalom Project

## INDEX ALPHABETIZED

Social Security Administration	51
Solus Christus	56
Southside United Health Center	60
St. John's Christian Methodist Episcopal Church	41
St. Paul United Methodist Church	42
St. Paul's Episcopal Church	60
St. Peter's World Outreach Center	42
Step One	66
Sunnyside Ministry of the Moravian Church	42
Teen Challenge	66
Transformed Lives Stockton House	47
Transition Aftercare Network TAN	
- NC Dept. of Correction	48
Triad Health Project	61
Triangle Residential Options for Substance Abusers	
- TROSA	66
Trinity Center, Inc	48
Union Baptist Church	42, 48
United Way of Forsyth County	48
Veteran Affairs – United States	52
Veterans Outpatient Clinic	61
Vital Records Office	52
Vocational Rehabilitation Services	52
Wake Forest Baptist Med. Center	61
Winston Salem First Assembly of God	48
Winston Salem Human Relations Dept	49
Winston Salem Industries for the Blind	61
Winston Salem Recreation and Parks Department	68
Winston Salem Rescue Mission	42, 56, 61, 67
Winston Salem Transit Authority (WSTA)	51
Winston Salem Urban League	38
YouthBuild of WS	52

## 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***

## INDEX ALPHABETIZED

Next Step Ministries	46,55
North Carolina Prisoners' Legal Services	57
North Winston Baptist Church	41
Old Town Baptist Church Medical Clinic	60
On Wings Like a Dove	46
Oxford House	55
Partnership Village	55
Piedmont Authority for Regional Transportation	68
Pierced Ministries & Rehab Services	65
Potter's House Ministries	41, 47
Professionals in Transition	38
Project New Start – YWCA	47
Project Reentry	47
Public Health Department - Forsyth County	50, 60
Register of Deeds Office - Forsyth County	51
Salem Pregnancy Care Center	47
Salvation Army	41, 55
Samaritan Ministries	41,56
SCAN Child Abuse Center of NC	47
Second Harvest Food Bank	42
Service Corporation/Americorp	38
Shalom Project/Greenstreet UMC	40,59
Small Business Technology Development Center	36
Smart Start - Forsyth County	51
Smile Starter	60

## INDEX ALPHABETIZED

Group Homes of Forsyth County	54
Habitat for Humanity, Inc	68
Hawley House	54
Hebron Colony	64
Holly Haven Family Care/AIDS Care Service	59
Hope Ridge Behavioral Health Center	44
House of Refuge	54
Housing Authority of Winston Salem	54
Human Resources Department - Winston Salem	37, 50
I Am Now Inc.	45
Imprints for Families	45
Insight Human Services	65
Jericho House	54
JobLink Center-Forsyth County	36
King Outreach Ministries	40
Legal Aid Society of NW North Carolina	45, 57
Loaves and Fishes	45
Lutheran Support Service	46
Mediation Services of Forsyth County	46
Mental Health Association in Forsyth County	46
Motor Vehicles Department - North Carolina	50
Narcotics Anonymous-NA	65
National Association for the Advancement of Colored People	
Legal Defense Fund-NAACP	57
NC TASC Services	65
Nehemiah House	54
New Jerusalem Baptist Church	41

## 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 PtP 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

## INDEX ALPHABETIZED

Crisis Control Ministry	40
Crisis Control Pharmacy	59
Daymark Recovery Services	63
Delancey Street North Carolina	64
Downtown Health Plaza of Baptist Hospital	59
Elections/Voting - Forsyth County Board	49
Employment Security Commission/Job Link	37, 50
Eureka House	53
Experiment in Self Reliance	53
Family Services Inc.	37
Family Service Shelter/Family Services	43
Family Violence	44
Fellowship Home of Winston Salem	64
Financial Pathways of the Piedmont	37
FIRST	64
Food Bank of NW North Carolina	68
Forsyth County Public Library	35
Forsyth County Social Service	44
Forsyth County Workforce Center	37
Forsyth Humane Society	68
Forsyth Jail and Prison Ministries	44
Forsyth Medical Center	64
Forsyth Technical College	35
GED - State Office	50
Goler Memorial AME Zion	40
Goodwill Industries of NW North Carolina	36

## INDEX ALPHABETIZED

Addiction Recovery Care Association-ARCA	53, 62
Al-Anon	62
Alcoholics Anonymous - AA	62
America Civil Liberties Union Legal Foundation of NC-ACLU	57
American Red Cross, NW chapter	39, 67
Ardmore United Methodist Church	39, 43
Arts Council of Winston Salem	67
Associates in Christian Counseling	43
Association for Couples in Marriage Enrichment-ACME	43
Benevolence Farm	35, 53, 62
Bethany Baptist Church Medical Clinic	58
Bethesda Center	53
Carolina Trucking Academy	35
Carver Road Church of Christ	39
Casa Guadalupe	56
Catholic Social Services	39
Celebrate Recovery	63
Center Point Human Services	58, 63
Church of the Ascension	39
Coalition for Drug Abuse Prevention	63
Community Care Center	59
Community Correction Office	49
Contact Help Line	43

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**  
*Where I want to be*

**ACTION STEPS**

*3 Best plans to make goals*

**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**  
*Where I want to be*

**ACTION STEPS**

*3 Best plans to make goals*

**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**  
*Where I want to be*

**ACTION STEPS**

*3 Best plans to make goals*

**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		
#2		
#3		

## 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**  
*Where I want to be*

**ACTION STEPS**

*3 Best plans to make goals*

**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:
#1		
#2		
#3		

- 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.

<b>90 DAYS FREE</b> <i>Where I want to be</i> <b>Date:</b>	<b>ACTION STEPS</b> <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.

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

## 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:
#1		
#2		
#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 misdemeanor 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.

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

## 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		
#2		
#3		

## 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**

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

## 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**

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

## 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:
#1		
#2		
#3		

## 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](http://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](http://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](http://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](http://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 3621  
www.goodwillnwc.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.sbtadc.org/offices/wssu

### **StepUp Greensboro**

707 N. Greene St.  
Greensboro, NC 27401  
www.stepupgreensboro.org

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.

Assistance in employment, job and life skills

## 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](http://www.hungernwnc.org)

### Forsyth Humane Society

61 Miller St.  
Winston Salem, NC 27104  
336 721 1303  
[www.forsythhumane.org](http://www.forsythhumane.org)

### Habitat for Humanity, Inc

1023 W. 14th Street  
Winston Salem, NC 27105  
336 765 8854  
[www.habitatforsyth.org](http://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](http://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](http://www.cityofws.org)

## Employment/Financial

### Employment Security

**Commission of NC/Job Link**  
460 West Hanes Mill Rd., #101,  
Winston Salem, NC 27105, 336  
776 6720 / 776 6750  
[Des.nc.gov/des](http://Des.nc.gov/des)

### Family Services Inc.

**“Ways to Work” program**  
1200 Broad St.  
Winston Salem NC 27101  
722 8173-Delaine  
[www.familyservicesforsyth.org](http://www.familyservicesforsyth.org)

### Financial Pathways of the Piedmont

7820 North Point Blvd. Suite 100  
Winston Salem, NC 27106  
336 896 1191  
[www.financialpaths.org](http://www.financialpaths.org)

### Forsyth County Workforce Center

450 West Hanes Mill Rd., #101  
Winston Salem, NC 27105  
336 776 6720  
[www.ncesc1.com](http://www.ncesc1.com)

### Human Resources Dept. Winston Salem

100 E. First St., Suite 131  
Winston Salem, NC 27101  
336 747 6800  
[www.cityofws.org](http://www.cityofws.org)

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

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

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

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

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

## Employment/Financial

### Professionals in Transition

690 Coliseum Drive  
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

## 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

---

*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

## 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.

## Food/Clothing

### American Red Cross

690 Coliseum Rd.  
Winston-Salem, NC 27106  
336 679 7225 & 336 724 0511  
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

### **Clemmons Food Pantry**

2585 Old Glory Rd, Suite 109  
Clemmons, NC 27012  
336 331 3432

Tues: 4-6pm, Thurs: 4-7pm,  
Sat:9-11am

### **Crisis Control Ministry**

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

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

### **Goler Memorial AME Zion Church**

630 N. Patterson Ave.  
Winston-Salem, NC 27101  
336 724 9411  
http://golermemorial.org

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

### **Shalom Project @**

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

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

### **King Outreach Ministries**

413 Kingsway Dr.  
King, NC 27021  
336 983 4357  
www.kingoutreach.org

Prescription medicine services. Provides services for clothing, money, food to Stokes County residents in crisis situation & budget counseling.  
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

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

### **Narcotics Anonymous**

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

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

### **NC TASC Services**

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

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

### **Pierced Ministries & Rehab Svcs**

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

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.newjerusalemmissionarybaptistchurchwsnc.org

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**

901 Cleveland Avenue  
Winston-Salem, NC 27101  
336 723 6366  
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](http://www.stpaulumcws.org)

### St. Peter's World Outreach

3683 Old Lexington Rd.  
Winston Salem, NC 27107  
336 650 0200  
[www.spwoc.com](http://www.spwoc.com)

### Second Harvest Food Bank

3655 Reed St.  
Winston-Salem NC 27107  
336 784 5770/784 7369 fax  
[www.hungernwnc.org](http://www.hungernwnc.org)

### Sunnyside Ministry of the Moravian Church

319 Haled St.  
Winston Salem NC 27127  
336 724 7558  
[www.sunnysideministries.wordpress.com](http://www.sunnysideministries.wordpress.com)

### Union Baptist Church

1200 N. Trade Street  
Winston Salem, NC 27105  
336 724 9305  
[www.unionbaptistwsnc.org](http://www.unionbaptistwsnc.org)

### Winston-Salem Rescue Mission

718 N. Trade Street  
Winston Salem, NC 27101  
336 723 1848  
[www.wsrescue.org](http://www.wsrescue.org)

Emergency food only  
Wed. 130-300 pm

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

M-F 8:3am-5pm

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

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

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.

## Recovery/Substance Abuse

### Celebrate Recovery@

Pinedale Christian Church  
3395 Peter's Creek Parkway  
Winston Salem, NC 27127  
336 788 7600  
[www.pinedale.org](http://www.pinedale.org)

### Center Point Human Services

4045 University Pkwy.  
Winston Salem, NC 27106  
888 581 9988, 336 714 9100  
[www.cphs.org](http://www.cphs.org)

### Coalition for Drug Abuse Prevention

8025 North Point Blvd., Ste 225  
Winston Salem, NC 27106  
336 517 0308  
[www.cdap.org](http://www.cdap.org)

### Daymark Recovery Services

725 North Highland Ave.  
Winston Salem, NC 27101  
336 607-8523  
[www.daymarkrecovery.org](http://www.daymarkrecovery.org)

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

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

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.

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., # 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  
336 525 9339  
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

### **Agape Faith Counseling Center**

Triad Dream Center  
3650-J North Patterson Ave  
Winston-Salem, NC 27105

### **Ardmore UM Church**

630 S. Hawthorne Rd.  
Winston Salem, NC 27103  
336 723 3695  
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

Faith-based approach to healing, restoration through the inspired Word of God.  
M-Th Appointment only.

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.

## General Support/Counseling

### Family Service Shelter/ Family Services (GSO)

336 387 6161  
www.familyservice-  
piedmont.org

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

### 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 North 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  
forsythjpm.org

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

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

### **Public Health Department - Forsyth County**

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

### **St. Paul's Episcopal Church**

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

### **Smile Smarter**

2041 Silas Creek Pkwy.  
Winston-Salem, NC 27103  
336 777 1272  
www.smailstartesdental.com

### **Southside United Health Center**

3009 Waughton St. Ste. A  
336 293 8730  
336 293 8733 fax  
www.healthgrades.com

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

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

Referrals for emergency medical & prescription assistance.

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

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

### **Imprints for Families**

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

### **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

### **Loaves & Fishes (Centenary UMC)**

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

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

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

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

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

## General Support/ Counseling

**Lutheran Services Carolinas**  
5712 Shattalon Dr. #47  
Winston Salem, NC 27105  
336 744 7350  
[www.lutheranservicescarolinas.net](http://www.lutheranservicescarolinas.net)

**Mediation Services of Forsyth County**  
107 Westdale Ave NW #B  
Winston Salem, NC 27101  
336 724 2870  
[www.mnnc.org](http://www.mnnc.org)

**Mental Health Association Forsyth County**  
1509 South Hawthorne Rd.  
Winston Salem, NC 27103  
336 768 3880  
[www.triadmentalhealth.org](http://www.triadmentalhealth.org)

**Next Step Ministries**  
PO Box 793  
Kernersville, NC 27285  
336 413 5858/336 413 3156  
[www.nextstepdv.org](http://www.nextstepdv.org)

**On Wings Like a Dove**  
455 S. Church Street  
Winston Salem, NC 27101  
336 829 5060  
[www.onwingslikeadove.com](http://www.onwingslikeadove.com)

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.

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

Provides support groups for people with mental illnesses.

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

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](http://www.cccforsyth.org)

**Crisis Control Pharmacy**  
200 East 10<sup>th</sup> St.  
Winston Salem NC 27101  
336 724 7453  
[www.crisiscontrol.org](http://www.crisiscontrol.org)

**Downtown Health Plaza of Baptist Hospital**  
1200 N. Martin Luther King Dr.  
Winston Salem, NC 27101  
336 713 9800  
[www.wakehealth.edu](http://www.wakehealth.edu)

**Shalom Project @ Green Street UMC**  
639 South Green St.  
Winston Salem, NC 27101  
336 721 0606  
[www.greenstreetumc.org](http://www.greenstreetumc.org)

**Holly Haven Family Care Home/AIDS Care Service**  
PO Box 21373  
Winston Salem NC 27120  
336 777 0208  
[www.aidscareservice.org](http://www.aidscareservice.org)

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

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

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

Provides Medical Clinic on Wed until 4:30 pm.

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**  
1201 Glade Street  
Winston Salem, NC 27101  
336 721 0733  
www.ywcaaws.org

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

**Project Reentry**  
2701 University Parkway  
Winston Salem, NC 27115  
336 724 3621  
www.goodwillnwno.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](http://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](http://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](http://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](http://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](http://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](http://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 9162  
[www.legalaidnc.org](http://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](http://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](http://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 alimentación.

### **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.

### **Vocational Rehabilitation Services**

2201 Brewer Rd., W-S, 27127  
336.784.2700

Caseworker will setup interview to see if ex-offender qualifies for services. Call for initial appointment.

### **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

955 NC 66 27284  
P.O. Box 793  
Kernersville, NC 27285

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

### Crisis line: 336 413 5858

Backup crisis line:  
336 413 3156  
Office: 336 413 7054  
www.nextstepdv.org

Transitional home for female and male substance abusers

### 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.oxfordhouseenc.org

Affordable housing, studios, 1/2 bedroom apartments.

### Partnership Village

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

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

### Salvation Army Shelter

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

## Housing/Shelter

### City w/ Dwellings

633 W. 4th St., W-S, NC 27101  
Open: Tues/Thurs 9a-12p

### Group Homes of Forsyth

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

### Hawley House (YWCA)

941 West 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 9628  
servantleadergreensboro.com

### Nehemiah House

Winston Salem, NC 27101  
336 692 5256

Works with homeless to find housing

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

## 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. #111  
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.ncdhs.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*

## Housing/Shelter

Addiction Recovery Care Assoc-ARCA  
1931 Union Cross Rd.  
Winston Salem, NC 27107  
336 784 9470  
www.arcanc.org

Offers a residential & outpatient program to overcome chemical dependency

### **Brian's Place Inc.**

617 Mulberry St  
Winston-Salem, NC 27101

Provides 12 month, faith-based residential program designed to reach out to former justice-involved individuals.

### **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.