

**FORSYTH JAIL & PRISON MINISTRIES**

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# PLAN 2 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."



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

## PLAN 2 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 County 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 and find reconciliation with one other, the community, and God.

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

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## *“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 one out of three will mess up during the first six months after release and go back. It’s hard. Nobody can do it for you, but no one can do it alone. You’ll need folks to help.

This Booklet will *not* help if you:

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

This Booklet *will* help if you:

- want to leave better than you came in and you know it’s time for you to step up, step out, and step on!
- have 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. 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. The next few pages offer you some encouragement in their words.

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 2 Prosper (P2P) 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 me a powerful sense of self worth and made me think positively about 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.*

*P2P 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.*

AMEN

## THIS AIN'T NO JOKE!

Your situation is stressful. Maybe you had an unhappy home life, lost your job, or had no place to live and something broke. Your family fell apart, money ran out, and drugs helped you make it. No one was there for you; the streets offered more than home; you don't feel like you fit anywhere ... YOU HAVE A LOT TO DEAL WITH.

## STRESSED OUT RIGHT BEFORE GETTING OUT?

Can't sleep, scared, wondering what's going to happen? No one to depend on, getting close to your day, feel like you're disappointing everyone, afraid of being alone. 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.

## LISTEN TO SOMEONE WHO IS DIFFERENT

What are they doing differently? Get with those folks, take their advice, and 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.

## 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.

Your new life awaits. LET'S GET STARTED!



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

## BEFORE YOUR RELEASE

We understand that all you can think about is getting out, but there is some groundwork that should be laid before your release that will help ensure a smooth transition.

**MAKE A PERSONAL COMMITMENT** to become the person God wants you to be.

**CREATE NEW HABITS** – pray, exercise, read and learn, help someone else, write a journal.

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

**STAY OUT** of the jail/prison drama.

**CLEAR YOUR HEAD** – leave the blame and bitterness behind.

**SPEND TIME** with others committed to a new life.

**ASK SOMEONE** to serve as a mentor/shepherd to watch over you after your release.

*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*

## BEFORE YOUR RELEASE

Check each item when completed. See Resources pages for additional help.

- \_\_\_\_\_ Understand/receive in writing your probation/parole restrictions.
- \_\_\_\_\_ Create and work your P2P contract.  
*If you don't have a plan to succeed, you are making a plan to fail!*
- \_\_\_\_\_ Secure housing.
- \_\_\_\_\_ Make contact with those who can help.
- \_\_\_\_\_ Clear outstanding warrants, charges, aliases, and detainers.
- \_\_\_\_\_ Build a resume.  
*Include all program and work experience during incarceration.*
- \_\_\_\_\_ Choose a place to worship.  
*Arrange transportation/get directions to a church on the first Sunday.*
- \_\_\_\_\_ Ask a trusted person to pick you up upon release.

## BEFORE YOUR RELEASE

- \_\_\_\_\_ Contact a family member or friend.  
*Share your release date as soon as possible and ask for help on your first day in order to make a positive transition to freedom from the start.*
  - \_\_\_\_\_ 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.*
- Get documentation in order:
- \_\_\_\_\_ Social Security card
  - \_\_\_\_\_ Driver's license
  - \_\_\_\_\_ Birth certificate
  - \_\_\_\_\_ Program certificates
  - \_\_\_\_\_ Military discharge papers
  - \_\_\_\_\_ Education (college transcripts, GED certificates, training certificates)
  - \_\_\_\_\_ Prison release documents (upon release)

## AFTER YOUR RELEASE

- Plan each day to take one step forward
- Don't share personal items.
- Avoid unprotected sex.
- Deal with medical issues, test for HIV, STDs, and Hep C. You need to know; testing can save your life.
- Make sure not to make any crucial decisions during the first six months after release.
- Be honest
- Stay off the streets
- Realize that you are vulnerable to bad decisions and impulses.
- Move slowly; be careful and cautious.
- Keep your anger in check. Frustration and stress can lead to negative consequences.

### DANGEROUS SELF-TALK

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.

## AFTER YOUR RELEASE

### SOME ADVICE FROM THOSE WHO HAVE BEEN THERE

It's not easy – two of three ex-offenders return in three years. Each bid behind bars gets longer – they always go up. It's hard 'cause the first six 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.

*God is more interested in your character than your comfort.*  
– Rick Warren



## 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. Listen to your life and become familiar with the patterns of your 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.

**WATCH** for thinking errors like believing you can make resist your triggers without help.

**ASK** which events, circumstances, or mental conditions have led to your addictive actions. What inaccurate thoughts do you believe? What triggers led to your using?

**FIND A SPONSOR** or mature friend to hold you accountable and to help you recognize your triggers and avoid them.

**DEVELOP** a strategy for daily events that are triggers.

**LOWER 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, etc.

## WARNING SIGNS OF A RELAPSE



Initial warning signs of a relapse include increased stress and changes in thinking, feelings, and behavior.

Then you may stop paying attention to feelings and 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. The life 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

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

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 for a while. Feelings of shame flood over you. Health problems increase along with problems with your family. You become ill, break the law, and your life spins totally out of control. **GET HELP!** 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. On the following page 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 and 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.

## 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. Ask yourself 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

## 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 attending church 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. Ask if the church has any preparation in receiving ex-inmates.



## 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. The local offices are:

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

Driver license offices serve only walk-in customers from noon until closing on weekdays. Appointments are only available in the mornings and can be scheduled up to 90 days in advance at [skiptheline.ncdot.gov](http://skiptheline.ncdot.gov). Additionally, 40 offices are open an hour early to provide services starting at 7 a.m. See [ncdot.gov](http://ncdot.gov) for details.

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

## 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.
- 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

## 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.



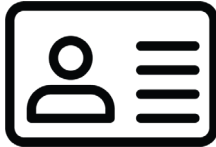
1. Documents issued by the United States Government or by the government of another nation, such as
  - Military orders
  - Valid passport
  - Immigration and Naturalization Service (INS) documents
  - Correspondence from Veterans Administration
  - Matricula Consular from Government of Mexico
2. Documents 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
  - 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.

## FORM OF ID ACCEPTED EXPLANATION

- A valid, unexpired license/ID card or learner permit with a photo meets the requirements for one 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 two 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's 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.

## 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's 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's license applicants in North Carolina to submit proof of automobile liability insurance coverage in order to obtain a North Carolina driver's 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 N.C. 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. 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's license. An ID card, like a driver's 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.



## 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.

Even if you were already registered to vote before a felony conviction, you must register to vote again after completing the sentence. In order to vote in a N.C. election after finishing a sentence and parole, follow these instructions:

1. 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.
2. Mail the form into the County Board of Elections. The Office must receive the form at least 25 days before the election.

If you are going to complete the sentence before the election, you 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.

## 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.



## 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.

*There is no 401k plan in prison.*

*- Rhonda*

## 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

## 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

## GOVERNMENT AIDS FOR EMPLOYMENT 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  
[bonds4jobs.com](http://bonds4jobs.com)

## 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:  
N.C. Division of Workforce Solutions  
N.C. Department of Commerce  
Attn: WOTC Team  
4316 Mail Service Center  
Raleigh, NC 27699-4316  
Phone: 984-960-8926  
Email: [BusinessServices@ncworks.gov](mailto:BusinessServices@ncworks.gov)

## 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!*

*- former inmate*

## EDUCATION/TRAINING/SKILLS

**Benevolence Farm (women)**  
4265 Thompson Mill Rd  
Graham, NC 27253  
Cassie Hanson  
336-639-8436  
hello@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  
carolinatruckingacademy.com

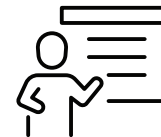
Provides vocational training for commercial truck driving and CDL licensure. Job placement.

**Forsyth County Public Library**  
660 West 5th Street  
Winston-Salem, NC 27101  
336-703-2665  
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  
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 27105  
336-725-1203  
goodwillnwc.org

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

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

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

**Small Business Technology Development Center**  
WSSU School of Business  
112B RJR Center  
601 S. MLK Jr. Drive  
Winston-Salem, NC 27110  
336-750-2030  
sbtcd.org/offices/wssu

Assistance & counseling for the management of a small business.

**StepUp Greensboro**  
607 N. Elm St.  
Greensboro, NC 27401  
336-676-5871  
stepupgreensboro.org

Assistance in employment, job and life skills.

## EMPLOYMENT/FINANCIAL

**Employment Security Commission of NC/Job Link**  
2701 University Pkwy.  
Winston-Salem, NC 27105,  
336-776-6720 / 776-6750  
ncworks.gov

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

**Family Services Inc. “Ways to Work” program**  
1200 Broad St.  
Winston-Salem NC 27101  
336-722-8173  
familyservicesforsyth.org

Provides small car loans to bad/no credit/low-income families to purchase car or for car repair. Criteria: working nine months and have child custody.

**Financial Pathways of the Piedmont**  
7820 North Point Blvd.  
Suite 100  
Winston-Salem, NC 27106  
336-896-1191  
financialpaths.org

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

**Service Corporation/ Americorp NCCC**  
400 W. Fourth St., Ste 310  
Winston-Salem, NC 27101  
336-761-2033  
nationalservice.gov

Financial assistance for house and residence. Workforce training and job placement assistance.

## EMPLOYMENT/FINANCIAL

**Winston Salem Human Resources Dept.**  
100 E. First St., Suite 131  
Winston-Salem, NC 27101  
336-727-8000  
cityofws.org/656/  
Human-Resources

**Winston Salem Urban League** Financial assistance for housing.  
201 West 5th St.  
Winston-Salem, NC 27101  
336-717-1223  
wsurban.org

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

*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

## FOOD/CLOTHING

**American Red Cross**  
690 Coliseum Rd.  
Winston-Salem, NC 27106  
336-679-7225  
redcross.org

**Ardmore United Methodist Church**  
630 Hawthorne Rd.  
Winston-Salem, NC 27103  
336-723-3695  
ardmoreumc.org

**Carver Road Church of Christ**  
4399 Carver School Rd.  
Winston-Salem, NC 27105  
336-767-7949  
carverroadchurchofchrist.org

**Catholic Social Services**  
1612 East 14th Street  
Winston-Salem, NC 27105  
336-727-0705  
ccdoc.org

Disaster related support only for individuals & families.

Food pantry/clothing closet the first and third Thursdays of the month from 5:30-7. Photo ID is required.

Clothing bank first Saturday each month 10am-noon. Counseling and/or Bible studies with the minister please call the office at (336)767-7949.

Services available for at-risk children. Tuesdays 1:45-3:45pm by appointment only. Boys & girls clothing preemie to 5T.

## FOOD/CLOTHING

**Clemmons Food Pantry**  
2660 Neudorf Rd.  
Clemmons, NC 27012  
336-331-3432  
clemmonsfoodpantry.org

Tues: 4-6pm, Thurs: 3:30-7pm,  
Sat: 9-11am.

**Crisis Control Ministry**  
200 East 10th St.  
Winston-Salem, NC 27101  
336-724-7453  
crisiscontrol.org

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

**The Dream Center of  
Forsyth County**  
3650-J N. Patterson Ave.  
Winston-Salem, NC 27105  
336-744-3632  
info@dreamcenterfc.com

Food, clothing, and counseling.

**Episcopal Church of the  
Ascension at Fork**  
183 Fork-Bixby Rd.  
Advance, NC 27006  
336-998-0857  
ascension-fork.org/

Range of programs offered to  
ex-offenders.

## FOOD/CLOTHING

**Shalom Project @  
Green Street UMC**  
639 S Green Street  
Winston-Salem, NC 27101  
336-721-0606  
theshalomprojectnc.org

Food/clothing Tues 9-noon.  
Free medical clinic Wednesdays  
5-7pm at 3815 Maplewood Ave.

**King Outreach Ministries**  
221 Ingram Drive  
King, NC 27021  
336-983-4357  
kingoutreach.org

Prescription medicine services.  
Provides services for clothing,  
money, food to Stokes County  
residents in crisis situation.  
Apply in-person Mon-Fri from  
9-11:30am or call.

**Salvation Army**  
1255 N. Trade Street  
Winston-Salem, NC 27101  
336-777-8721  
southernusa.salvationarmy.  
org/winston-salem/

W-S distributes food Wed  
8:30-10am at 1255 N. Trade  
Street.  
Kernersville distributes food  
Mon/Tue/Thurs noon-1pm at  
130 E. Mountain Street.

**Samaritan Ministries  
Soup Kitchen**  
414 E. Northwest Blvd.  
Winston-Salem NC 27105  
336-748-1962  
www.samaritanforsyth.org

Mon-Sat: 11-1  
Sun: noon-2



## FOOD/CLOTHING

**St. John CME Church**  
350 Northwest Crawford Pl.  
Winston-Salem, NC 27105  
336-725-3968  
stjohncme.org

Food pantry:  
Every 4th Wed 9-11:30am  
Every 2nd and 3rd Thurs 1-3pm

Emergency food only  
Wed 1-3pm

**St. Paul United Methodist Ch**  
2400 Dellabrook Rd.  
Winston-Salem, NC 27105  
336 723 4531  
stpaulumcws.org

**St. Peter's World Outreach Ctr**  
3683 Old Lexington Rd.  
Winston-Salem, NC 27107  
336-650-0200  
spwoc.com

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

**Second Harvest Food Bank**  
3330 Shorefair Drive  
Winston-Salem NC 27105  
336-784-5770/784-7369 fax  
hungernwnc.org

Mon-Fri 8:30am-5pm.

## FOOD/CLOTHING

**Sunnyside Ministry of the  
Moravian Church**  
319 Haled St.  
Winston Salem NC 27127  
336-724-7558  
sunnysideministry.org

Provides help for elderly/  
disabled & low-income persons.  
Emergency help with rent,  
utilities, clothing, and food.  
Client interviews Mon-Fri  
9-11am and Mon-Thurs 1-3pm.

**Trinity Methodist Church**  
3819 Country Club Road  
Winston-Salem NC 27104  
336-765-0150  
trinitymethodists@gmail.com

2nd and 4th Fri, 10am-12noon.  
Food pantry & clothing.

**Union Baptist Church**  
1200 N. Trade Street  
Winston-Salem, NC 27105  
336-724-9305  
unionbaptistwsnc.org

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

**Winston-Salem  
Rescue Mission**  
718 N. Trade Street  
Winston-Salem, NC 27101  
336-723-1848

Pantry Tues 9am; Fri 1pm.  
Clothing Wed 8-9:30am at  
710 N. Trade Street.



## GENERAL SUPPORT/COUNSELING

**Agape Faith  
Counseling Center**  
Triad Dream Center  
3650-J North Patterson Ave  
Winston-Salem, NC 27105  
dreamcenterforsyth.com

Call 336-725-5129 to schedule  
an appointment.

**Associates in Christian  
Counseling**  
8025 North Point Blvd.  
Suite 231  
Winston-Salem, NC 27106  
336-896-0065  
christiancounseling.org

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

**Association for Couples  
Marriage Enrichment-ACME**  
PO Box 21374  
Winston-Salem NC 27120  
336-724-1526  
www.bettermarriages.org

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

**Contact-Help Line**  
Crisis Hot Line 888-581-9988  
National Hot Line 800-784-2433  
800-932-4616  
contacthelpline.org

Crisis response telephone line  
for distressed persons.

## GENERAL SUPPORT/COUNSELING

**Family Service Shelter/  
Family Services (GSO)**  
902 Bonner Dr.  
Jamestown, NC 27282  
336-387-6161  
fspcares.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  
familyservicesforsyth.org

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

**Forsyth County Social Svcs**  
741 North Highland Ave.  
Winston-Salem NC 27101  
336-703-3800  
co.forsyth.nc.us/dss

Public assistance. Food stamps,  
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.

## GENERAL SUPPORT/COUNSELING

**Hawley House/YWCA**  
941 West Street  
Winston-Salem, NC 27101  
336-721-0733  
ywcaws.org/hawley-house

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

**I Am Now, Inc.**  
509 Ferndale Blvd.  
High Point, NC 27262  
336-889-6064  
transitionalhousing.com/  
i-am-now-inc

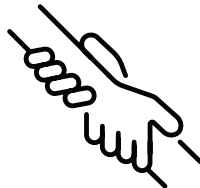
Non-residential homeless prevention program. Offers supportive services and mentoring.

**Imprints for Families**  
711 Coliseum Plaza Court  
Winston-Salem, NC 27106  
336-722-6296  
imprintscares.org

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

**Loaves & Fishes  
(Centenary UMC)**  
646 West Fifth St.  
Winston-Salem, NC 27101  
336-724-6311  
centenary-ws.org

Financial assistance to residents in 27101 and 27105 only. Food assistance to all Forsyth Co. residents. Tues 10-11:30am at East entrance at 633 W. 4 1/2 St.



## GENERAL SUPPORT/COUNSELING

**Lutheran Services Carolinas**  
5712 Shattalon Dr. #47  
Winston-Salem, NC 27105  
336-448-0453  
lutheranservicescarolinas.net

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

**Mediation Services of  
Forsyth County**  
107 Westdale Ave NW #B  
Winston Salem, NC 27101  
336 724 2870  
mnncc.org

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

**Mental Health Association  
Forsyth County**  
1509 South Hawthorne Rd.  
Winston-Salem, NC 27103  
336-768-3880  
triadmentalhealth.org

Provides support groups for people with mental illnesses. Mon-Thurs 9-5; Fri 9-1.

**Next Step Ministries**  
PO Box 793  
Kernersville, NC 27285  
336-413-7054  
www.nextstepdv.org

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

## GENERAL SUPPORT/COUNSELING

**On Wings Like a Dove**  
455 S. Church Street  
Winston-Salem, NC 27101  
336-829-5060  
onwingslikeadove.com

**Parenting Path**  
500 W Northwest Blvd.  
Winston-Salem, NC 27105  
336-748-9028  
parentingpath.org

**Piedmont Authority for  
Regional Transportation**  
107 Arrow Road  
Greensboro, NC 27409  
336-662-0002/Transit info  
336-883-7278  
partnc.org

**Potter's House Ministries**  
1229 NE 25th St.  
Winston-Salem, NC 27105  
336-724-0023  
pottershousewsnc.com

Provides spiritual & emotional support to the families of prodigals & prisoners. Tues-Thurs 10-2.

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

Provides public transportation, rideshare/vanpooling/carpooling, and emergency ride home

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

## GENERAL SUPPORT/COUNSELING

**Project New Start - YWCA**  
318 Indera Mills Court  
Winston Salem, NC 27101  
336-722-5138  
ywcaws.org

**Project Reentry**  
2701 University Parkway  
Winston-Salem, NC 27115  
336-748-4666  
goodwillnwc.org

**Transition Aftercare Network  
(TAN)**  
831 West Morgan Street  
Raleigh, NC 27699  
984-255-6170  
DOPTAN@ncdps.gov

**Trinity Center, Inc.**  
640 Holly Ave.  
Winston-Salem, NC 27101  
336-725-3999  
trinitycenterinc.com

**Union Baptist Church**  
1200 N. Trade St.  
Winston-Salem, NC 27101  
336-724-9305  
unionbaptistwsnc.org

A program that provides structure and support to incarcerated women at the Forsyth County Detention Center and women recently released.

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

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

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

Corner to Corner ex-offender Bible program. Contact Kia Hood.

## GENERAL SUPPORT/COUNSELING

**United Way of Forsyth County**  
301 N. Main St., Suite 1700  
Winston-Salem, NC 27101  
336-723-3601  
forsythunitedway.org

**W-S First Assembly of God  
Counseling Center/  
Support Group**  
3730 University Pkwy.  
Winston-Salem, NC 27106  
336-759-7517  
wsfirst.com

**Winston-Salem  
Human Relations Dept.**  
101 N. Main Street, Suite 109  
Winston-Salem, NC 27102  
336-727-8000  
cityofws.org

Information & referral services to community agencies in Forsyth County.

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

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

## GOVERNMENT AGENCIES

**Community Correction  
Office**  
301 N. Church Street  
Winston-Salem, NC 27101  
336-761-2424

Probation Office for ex-offenders under supervision.

**Employment Security  
Commission**  
2701 University Parkway  
Winston-Salem, NC 27105  
336-776-6720  
ncworks.gov

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

**Forsyth County Board  
of Elections**  
201 N. Chestnut St.  
Winston-Salem, NC 27101  
336-703-2800

Assistance & information on laws regarding voting privileges.

**Forsyth County Department  
of Public Health**  
799 North Highland Ave.  
Winston-Salem NC 27101  
336-703-3100  
co.forsyth.nc.us/publichealth/

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

*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.*

- Linda

## GOVERNMENT AGENCIES

<b>Motor Vehicles Dept.</b> 3637 North Patterson Ave. Winston Salem NC 27105 336 761 2259 www.ncdot.gov	Provides NC driver's licenses & ID cards. Click "NCDMV Website" under NCDMV Quick Links.
<b>North Carolina Department of Public Instruction</b> Education Building 301 N. Wilmington Street Raleigh, NC 27601-2825 984-236-2100 For testing: ged.com For transcript: ged.com/ life_after_ged	Provides copies of GED records.
<b>Register of Deeds Office - Forsyth County</b> 201 N Chestnut St., 2nd Fl. Winston Salem, NC 27101 336-703-2700 forsyth.cc/rod	Provides copies of Birth, Death, Marriage Certificates/Licenses.
<b>Smart Start Forsyth County</b> 7820 North Point Blvd, Ste 200 Winston-Salem, NC 27106 336-725-6011 smartstart-fc.org	Offers opportunities for early education, quality care, family support in preparation for kindergarten for all children up to 5 years of age.

## GOVERNMENT AGENCIES

<b>Social Security Administration</b> 1370 Lockland Avenue Winston-Salem, NC 27103 877-402-0828 www.ssa.gov	Provides help with new or replacement SS cards and determination of eligibility and claim filing for retirement, disability, Medicare, and SSI.
<b>Veteran Affairs Department United States</b> 251 North Main St. #111 Winston-Salem, NC 27155 800-827-1000 336-714-6099 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.
<b>Vital Records Office</b> Cooper Mem. Health Bldg. 225 N. McDowell Street Raleigh, NC 27603-1382 919-733-3000 vitalrecords.nc.gov	Provides certified copies of birth certificate of persons born in North Carolina.
<b>Vocational Rehabilitation Services</b> 2201 Brewer Rd. Winston-Salem, NC 27127 336-968-3230 ncdhhs.gov	Provides services to vocationally disabled individuals. Caseworker will setup interview to see if ex-offender qualifies for services. Call for initial appointment.

## GOVERNMENT AGENCIES

**Winston-Salem Human Resources Dept.**  
E. First St., Suite 131  
Winston Salem, NC 27101  
336-727-8000  
cityofws.org/656/Human-Resources

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

**YouthBuild of WS**  
336-397-7770  
cityofws.org/496/YouthBuild

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

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

## HOUSING/SHELTER

**Addiction Recovery Care Association (ARCA)**  
5755 Shattalon Drive  
Winston-Salem, NC 27105  
336-784-9470  
arcanc.org

**Brian's Place, Inc.**  
617 Mulberry St  
Winston-Salem, NC 27101  
336-955-2877

**Bethesda Center**  
930 North Patterson Ave.  
Winston-Salem, NC 27101  
336-722-9951  
bethesdacenter.org

**Benevolence Farm (women)**  
4265 Thompson Mill Rd.  
Graham, NC 27253  
Cassie Hanson 336-639-8436  
hello@benevolencefarm.org

**City with Dwellings**  
HUB at Augsburg  
Community Center  
502 N. Broad St  
Winston-Salem, NC 27101  
336-790-9766  
citywithdwellings.org

Offers a residential & outpatient program to overcome chemical dependency.

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

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

Provides stable housing on a sustainable farm.

Works with homeless to find housing. Open Mon-Thurs 2-4pm.

## HOUSING/SHELTER

**Eureka House**  
1452 Emerald St.  
Winston-Salem, NC 27105  
336-782-3075  
www.eureka-house.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  
eISR.org

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

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

Women's residential recovery facility.

**Hawley House/YWCA**  
941 West Street  
Winston-Salem, NC 27101  
336-721-0733  
ywcaWS.org/hawley-house

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

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

Christian residential home for ex-offenders.

## HOUSING/SHELTER

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

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

**Jericho House**  
2824 Liberty Road  
Greensboro, NC 27406  
336-275-9628  
jericho\_house@yahoo.com

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

**Nehemiah House**  
Winston Salem, NC 27101  
336-692-5256

Bible-based four-bed housing facility for recently released. Job placement assistance. Accepts sex offenders.

**Next Step Ministries**  
955 NC 66 27284  
P.O. Box 793  
Kernersville, NC 27285  
Crisis line: 336-413-5858  
Backup crisis line: 336-413-3156  
Office: 336-413-7054  
nextstepdv.org

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

*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



## HOUSING/SHELTER

### **Oxford House**

*Men:* 1906 Brewer Road  
Winston-Salem, NC 27127  
336-293-8800

*Women:* 4331 Indiana Avenue  
Winston-Salem, NC 27105  
336-829-5747  
oxfordhouseenc.org

Affordable housing, studios,  
one- and two-bedroom  
apartments.

### **Partnership Village**

305 W. Gate City Blvd  
Greensboro, NC 27406  
greensborourbanministry.org

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

### **Salvation Army**

901 Cleveland Avenue  
Winston-Salem, NC 27101  
336-723-6366  
southernusa.salvationarmy.org/  
winston-salem/

### **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.

## HOUSING/SHELTER

### **Solus Christus**

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

Housing for women struggling  
with addiction.

### **Winston-Salem Rescue Mission**

718 N Trade St.  
Winston-Salem, NC 27101  
336-723-1848  
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 Inmigrantes,  
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, and a  
food pantry.



## LEGAL ASSISTANCE

**ACLU Legal Foundation of NC**  
PO Box 28004  
Raleigh, NC 27611  
919-834-3466  
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  
legalaidsnc.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  
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  
ncpls.org

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



## MEDICAL

**Atrium Health  
Wake Forest Baptist**  
1 Medical Center  
Winston Salem NC 27103  
336-716-9253 Emgcy Svc.  
wakehealth.edu

Medical and emergency services.

**Community Care Center**  
2135 New Walkertown Rd.  
Winston-Salem, NC 27101  
336-723-7904  
<https://carectr.org/>

Provides free Medical Clinic & a Dental Clinic with adjustable fees. Mon-Thurs 9am-9pm. Tues-Wed 9-5. Closed Fri/Sat/Sun.

**Crisis Control Pharmacy**  
200 East 10th St.  
Winston Salem NC 27101  
336-724-7453  
crisiscontrol.org

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

**Downtown Health Plaza of Baptist Hospital**  
1200 N. Martin Luther King Dr.  
Winston-Salem, NC 27101  
336-713-9800  
wakehealth.edu

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

## MEDICAL

**Forsyth County Department of Public Health**  
799 North Highland Ave.  
Winston-Salem, NC 27101  
336-703-3100  
co.forsyth.nc.us/publichealth

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

**Shalom Project @ Green Street UMC**  
639 South Green St.  
Winston-Salem, NC 27101  
336-721-0606  
greenstreetumc.org

Free medical clinic Wednesdays 5-7pm at 3815 Maplewood Ave.

**St. Paul's Episcopal Church**  
520 Summit St.  
Winston-Salem, NC 27101  
336-723-4391  
stpaulswinstonsalem.org

Referrals for emergency medical & prescription assistance.

**Salem Pregnancy Care Ctr**  
3001 Maplewood Avenue  
Winston-Salem, NC 27103  
336-760-3680  
salempregnancy.org

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

## MEDICAL

**Smile Starters**  
2041 Silas Creek Pkwy.  
Winston-Salem, NC 27103  
336-777-1272  
smilestarterdental.com

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

**Southside United Health Center**  
3009 Waughton St., Ste. A  
Winston-Salem, NC 27107  
336-293-8728  
336-293-8733 fax  
uhcenters.org

Provide health services to the insured and uninsured.  
Office Hours Mon-Fri 8-5  
\*Sat 8-12 by appointment only.  
Behavioral Health Services  
Tues-Fri 8-5.

**Triad Health Project**  
801 Summit Ave.  
Greensboro, NC 27405  
336-275-1654  
triadhealthproject.org

Free HIV/AIDS, STD testing and counseling Mon-Fri 5-7pm.  
Schedule free test online or call.

**Veterans Outpatient Clinic**  
1695 Kernersville  
Medical Pkwy.  
Kernersville, NC 27284  
336-515-5000  
va.gov/salisbury-health-care

Health care for veterans and their families.

## MEDICAL

**Winston Salem Industries for the Blind**  
7730 N. Point Blvd.  
Winston Salem, NC 27103  
336-759-0551  
ifbsolutions.org

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  
at 6:30am.



## RECOVERY/SUBSTANCE ABUSE

**Addiction Recovery Care Association (ARCA)**  
5755 Shattalon Drive  
Winston-Salem, NC 27105  
336-784-9470  
arcanc.org

Offers a residential & outpatient program to overcome chemical dependency.

**Alcoholics Anonymous**  
1020 Brookstown Ave., # 10  
Winston-Salem, NC 27107  
AA Lifeline: 336-725-6031  
nwpi.net

800-839-1686 to find a meeting  
866-972-0134 to talk to someone for help (confidential)  
alcoholicsanonymous.com

**Al Anon**  
PO Box 26062  
Winston-Salem, NC 27114  
336-723-1452  
triadalanon.org

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

**Benevolence Farm (women)**  
4265 Thompson Mill Rd.  
Graham, NC 27253  
Cassie Hanson 336-639-8436  
hello@benevolencefarm.org

Provides stable housing on a sustainable farm.

## RECOVERY/SUBSTANCE ABUSE

**Celebrate Recovery@  
Pinedale Christian Church**  
3395 Peter's Creek Parkway  
Winston-Salem, NC 27127  
336-788-7600  
pinedale.church

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

**Coalition for Drug Abuse Prevention**  
8025 North Point Blvd.  
Suite 225  
Winston-Salem, NC 27106  
336-759-7500  
cdap.org

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

**Daymark Recovery Services**  
650 North Highland Avenue  
Suite 100  
336-607-8523  
daymarkrecovery.org

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

**Delancey Street NC**  
811 North Elm St.  
Greensboro, NC 27401  
336-379-8477  
rise4me.com/resources/  
delancey-street-foundation

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

## RECOVERY/SUBSTANCE ABUSE

**Fellowship Home of WS**  
661 North Spring St.  
Winston-Salem, NC 27101  
336-727-1084  
thefellowshiphome.org

Sponsors a semi-structured Halfway house providing relapse prevention, counseling, and housing. Requires one AA/NA meeting per day for 90 days. 90-day minimum stay.

**Hebron Colony Ministries**  
356 Old Turnpike Rd.  
Boone, NC 28607  
828-963-4842  
hebricolony.org

A Christian recovery center for men offering a 10-week program. Work program onsite. Blood test required.

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

Medication-assisted treatment; residential and outpatient treatment; ambulatory detoxification; clinical assessments; group, family and individual counseling; recovery education.

*After 13 years in prison, I'm about to get out.  
I like the quote, "There be no wine before its time."*

- ANGEL

## RECOVERY/SUBSTANCE ABUSE

**Narcotics Anonymous**  
818-773-9999  
24 hr Help-line  
na.org

**NC TASC Services**  
501 W. 4th St., Ste 103  
Winston-Salem NC 27101  
336-714-7099  
nctasc.net

**Novant Health Forsyth  
Medical Center**  
3333 Silas Creek Pkwy.  
Winston-Salem, NC 27103  
336-718-3550 or  
800-718-3550  
novanthealth.org

**Pierced Ministries &  
Rehab Services**  
PO Box 4669  
High Point, NC. 27263  
336-340-2218  
336-307-3899  
pierced4me.org

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

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

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

Nine-month residential recovery program. Unique tailor made approach to recovery, restoration and redirection within a family-based environment.

## RECOVERY/SUBSTANCE ABUSE

**Reformers Unanimous**  
Gospel Light Baptist Church  
890 Walkertown-Guthrie Rd.  
Winston-Salem, NC 27101  
336-722-9700  
glbcs.org

**Solus Christus**  
2552 Baltimore Rd.  
East Bend, NC 27018  
336-813-3007  
soluschristusinc.org

**Teen Challenge**  
1912 Boulevard Street  
Greensboro, NC 27407  
336-292-7795  
teenchallengeusa.com

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

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

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

*The source is God;  
the enemy is yourself .  
- Big Bob*

## RECOVERY/SUBSTANCE ABUSE

**Triangle Residential Options for Substance Abusers (TROSA)** Long-term, residential substance abuse recovery program for persons with a strong desire to change their lives; includes vocational training, education & aftercare.  
1820 James St.  
Durham, NC 27707  
919-419-1059  
trosainc.org

**Winston-Salem Rescue Mission** Life Builders: 90-day residential program.  
1939 Morningstar Dr. Transformers: long-term recovery program.  
Yadkinville, NC 27055  
336-723-1848  
wsrescue.org/recovery-programs



## 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**  
650 Coliseum Dr.  
Winston-Salem, NC 27106,  
336-724-0511  
redcross.org

**Second Harvest Food Bank of NW North Carolina**  
3330 Shorefair Drive  
Winston-Salem, NC 27105  
336-784-5770  
hungernwnc.org

**Arts Council of Winston Salem**  
206 N. Spruce St., #3  
Winston-Salem, NC 27101  
336-722-2585  
intothearts.org

**Winston Salem Recreation and Parks Department**  
Bryce A Stuart Municipal Bldg  
100 E. First St., Suite 407  
Winston-Salem, NC 27101  
336-727-8000  
cityofws.org

**Forsyth Humane Society**  
4881 Country Club Road  
Winston-Salem, NC 27104  
336-721-1303  
forsythhumane.org

**Habitat for Humanity, Inc.**  
1023 W. 14th Street  
Winston-Salem, NC 27105  
336-765-8854  
habitatforsyth.org

# 9

## KEY AREAS FOR YOUR LIFE

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



### 1. 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 to.

### 2. EDUCATION

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

### 3. 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.

### 4. 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.

### 5. HEALTH/FITNESS

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

### 6. 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.

### 7. HOUSING

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

### 8. 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.

### 9. SERVICE/INVOLVEMENT

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



## PLAN 2 PROSPER CONTRACT

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

For example, a family goal might be to reconnect 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 three 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 2 Prosper** contract on the following pages.

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

## FAMILY RELATIONSHIP GOALS

#1

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#2

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#3

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## EDUCATION GOALS

#1

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## EMPLOYMENT GOALS

#1

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## SPIRITUALITY GOALS

#1

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## HEALTH/FITNESS GOALS

#1

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#2

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## SUBSTANCE ABUSE GOALS

#1

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#2

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#3

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## HOUSING GOALS

#1

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#2

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#3

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## FINANCIAL GOALS

#1

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#2

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#3

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### THANKS TO OUR FRIENDS

*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  
 Post Crime Achievers  
 Prison Fellowship Materials  
 Teresa Walker

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