

*Eighth Annual
Women Moving Forward
Re-Entry Conference*

Saturday, April 23, 2016



Email: tellusyourstory@wmfmd.org | Web: www.wmfmd.org/shareyourstory.html

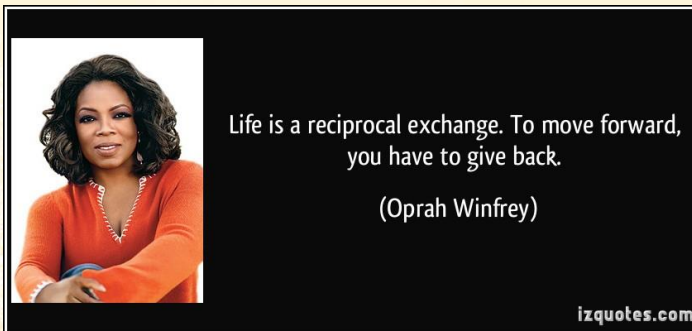


are you
ready?

By: Marlaine Rose

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Dear Participant,

Welcome to the eighth annual “Women Moving Forward” re-entry conference, initiated by the National Association of Women Judges (NAWJ), the nation’s leading voice for women jurists dedicated to ensuring equal justice and access to the courts for women, minorities, and other historically disfavored groups.

Our goal is to provide resources and information to support your successful transition back to the community. The conference will open with a dynamic keynote speaker, Alisha F. Saulsbury, LCSW-C from the Trauma, Addictions, Mental Health and Recovery (TAMAR) program. The program will close with parting comments from renowned speaker Thomas Lane. You will have the opportunity to attend several workshops on topics pertinent to your return home such as health and wellness, parenting and family reunification, budgeting and money management, education, completing probation and parole successfully, and “Job Interviewing 101”.

One of the items in your conference bag is a resource list of domestic violence and mental health resources. In addition, you will each be receiving a **1GB USB Flash Drive**. They will be kept in your base file, and given to you the day of your release. Each flash drive will be preloaded with your resume or a resume template, along with very valuable resource information including 12 step meeting listings, healthcare insurance application and social services information, birth certificate and social security card applications, pro se legal resources, conflict resolution, and other resources such as the best business clothing for your body type and personal development skills. It is our hope that this small gift, along with your participation in the 2016 WMF Conference, will enable each of you to move forward with confidence.

This conference is a collaboration of legal and lay professionals who have donated their time and talents to facilitate your success. Some of the groups involved with this effort include: Alternative Directions, Maryland Commission for Women, Maryland Women’s Bar Association and Out for Justice. Special thanks to our sponsors, Correct Rx Pharmacy Services, The Luv u Project, The National Association of Women Judges-District 4, and the Women’s Bar Association. We wish to recognize Warden Chippendale and staff of MCIW for their generous hospitality and continued support, for without them, this event would not be possible.

On behalf of our sponsors and committee members, know that we care about you. We thank you for attending and hope you find this conference inspirational and informative. Please know that the organizations and individuals here today are available to help you help yourself, both inside and outside MCIW.

Finally, as you begin this new chapter in your life, we would love to hear about your experience returning home. Please send us an email at Tellusyourstory@wmfmd.org or go to our website www.wmfmd.org and complete the form. It would be really helpful if you could tell us anything that you think we could do better in the future to help those at MCIW to return home. We wish you much success!

Sincerely,

Shawn Flower

Shawn M. Flower, Ph.D.
Co-Chair

Julia Weatherly

Hon. Julia Weatherly
Co-Chair



1 GB USB Flash Drive Resource List

Alcoholics Anonymous/ Narcotics

Anonymous:

- AA Meeting Listings for:
 - Annapolis
 - District of Columbia
 - Montgomery County
 - Prince George's County
 - Frederick
 - Hagerstown
- NA Meeting Listings for:
 - Baltimore
 - District of Columbia
 - Southern Maryland

Healthcare:

- Maryland Health Connections Fact Sheet and Income Eligibility
- Maryland Mental Health Consumer Handbook

Identification:

- Birth Certificate Information/Application
- Social Security Card Application

Employment and Resume

- Interview Checklist
- List of One-Stop Centers in Maryland
- Resume Template - About.Com
 - Resume Writing Guide
 - Types of Resumes (Chronological, Functional, etc.)
 - Resume Writing Tips
 - List of Links to Sample Resumes & Cover Letters

Apprenticeships:

- Lists of various programs and requirements, by region

Legal Issues and Family Reunification:

- District Court Self-Help Center
- Maryland Courts Department of Family Administration - Local Contacts
- Maryland Circuit Courts - Family
- Maryland Judiciary Family Law Pro Se Project
 - Listing by county of hours/services

Conflict Resolution:

- Community Mediation Maryland
 - Listing of centers by County
- Community Conferencing Center, Baltimore

Social and Other Services/Information:

- Social Services Application
- Maryland Housing and Disability Services Guide
- Maryland Network Against Domestic Violence

Miscellaneous:

- Re-entry Resource Directories by State
- Fashion Tips - Dressing for your body shape
- Wardrobe Color Coordination - Three Things to Consider While Looking Great, Saving Time, Stress and Money
- Essential Life Skills for Personal Development
- Making Winning Decisions

Steering Committee

CHAIRPERSONS

Hon. Julia B. Weatherly
Shawn M. Flower, Ph.D.

PROFESSIONAL AFFILITATION

National Association of Women Judges
Choice Research Associates

HONORARY CHAIRPERSON

Carolyn Mattingly, In Memoriam

CONFERENCE COORDINATOR

Rev. Margaret Butler Mainstream Ministries

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Diamonte Brown	Out For Justice
Rachael Campbell	Correct Rx Pharmacy Services, Inc.
Fred Chandler	Montgomery Works
Warden Margaret Chippendale	Maryland Correctional Institution for Women
Mary Joel Davis	Second Chance for Women
Mary Pat Donelan	Maryland C.U.R.E.
Susan Eberhard	Volunteer
Rose Fisher	Volunteer
Sonya Gomes, Esq.	Women's Bar Association
Jean Gover	Department of Public Safety & Correctional Services
Nichole Hanson Mundell	Out For Justice
LaShanta Harris, Esq.	Prince George's County Office of the State's Attorney

Steering Committee (cont.)

COMMITTEE MEMBERS (cont.)

Bronwyn Hunter, Ph.D.

Velvet D. Johnson, Esq.

Michelle Kelly

Kathy Korin

Jade Mathis, Esq.

Richard Mattingly

Betty May

Rev. Cheryl Mercer

Hon. Brenda Murray

Pastor Carol Overton Saunders

Hon. Cathy Hollenberg Serrette

Melodie Shreve

Lisa Small

Nashay West

Roseanna Vogt

PROFESSIONAL AFFILIATION

University of Maryland Baltimore County

Maryland Commission for Women

Alternative Directions, Inc.

Volunteer

Women's Bar Association

The Luv u Project

Onstage Productions

The Fairview Reentry Center for Women

National Association of Women Judges

New Plateau & Worship Art Center

National Association of Women Judges

Volunteer

Maryland Correctional Institution for Women

Volunteer

Circle of Angels Initiative

Sponsors & In-Kind Service Providers

(Donations received as of April 20, 2016)

Sponsors

Leadership Sponsor (\$2,500 and up)

The Luv u Project

Patron Sponsors (\$1,000—\$2,499)

Correct Rx Pharmacy Services, Inc.

Gerald and Kathleen Albanese

Ed Miller

National Association Women Judges—
District 4

Women's Bar Association

Friend Sponsors (\$500—\$999)

Hon. Julia B. Weatherly, NAWJ

Good Will Sponsors (\$50—\$499)

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Betty May

Rev. Cheryl Ann Mercer

Pastor Carol Overton Saunders

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In-Kind Service Providers

Margaret Chippendale, Warden, MCI-W

Chesapeake Garden Club, Calvert County

Choice Research Associates

Kenwood Garden Club, Montgomery County

Laura Gerhard Web Design

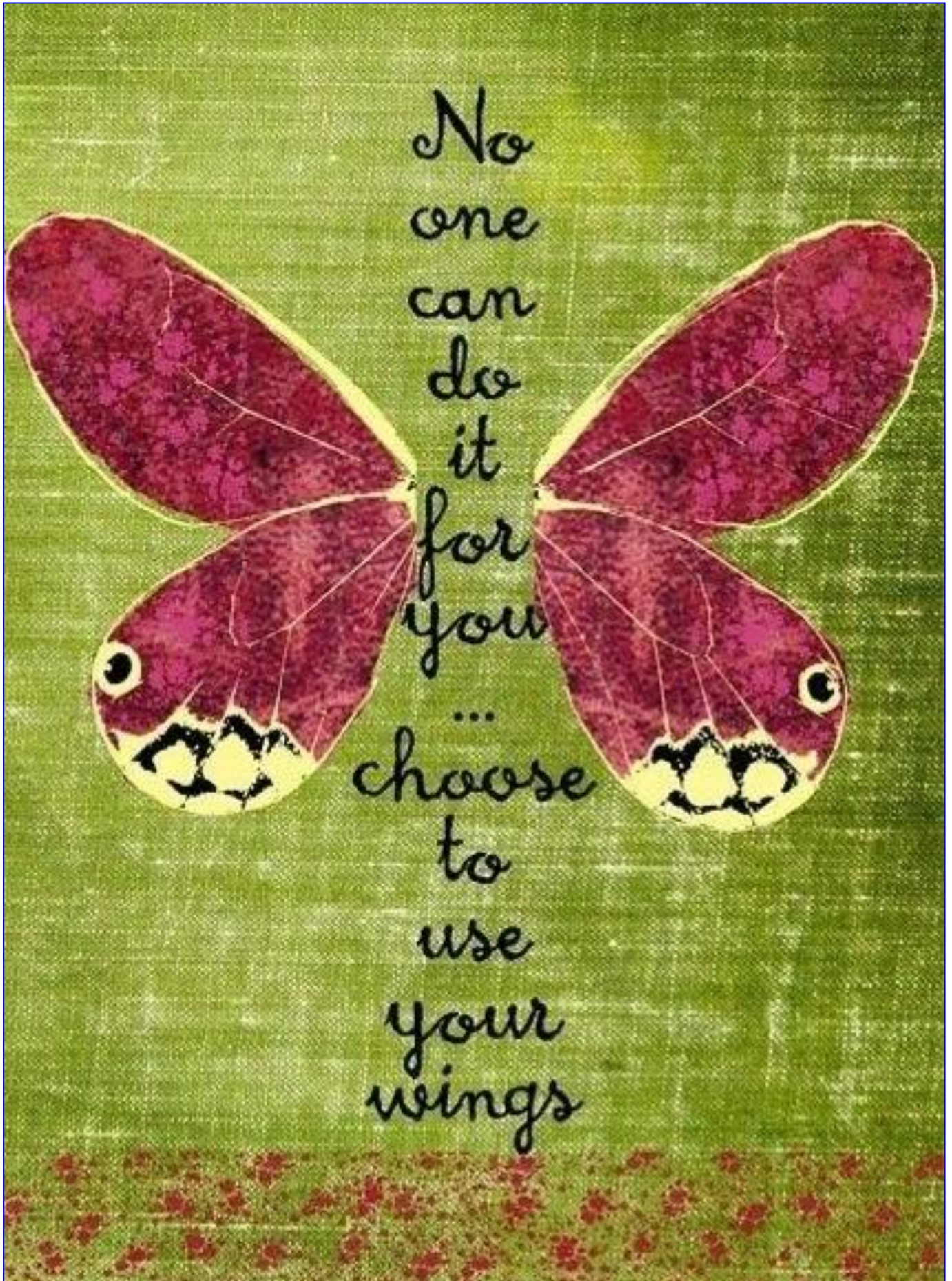
Maryland Commission for Women

MD Department of Public Safety and
Correctional Services

MD State Department of Education,
Correctional Education Program

Zonta International

Zonta Clubs of Maryland and
Washington, DC



Conference Agenda

<i>Time</i>	<i>Activity</i>	<i>Location</i>
9:00 a.m. – 9:40 a.m.	Welcome & Introductions Keynote Speaker	Gymnasium
9:50 a.m. – 10:50 a.m.	Workshop Session I	See Workshop Schedule
11:00a.m. – 12:30 p.m.	Lunch and Talent Show	Gymnasium
12:40 pm – 1:40 p.m.	Workshop Session II	See Workshop Schedule
1:50 p.m. – 2:50 p.m.	Workshop Session III	See Workshop Schedule
3:00 p.m. – 3:15 p.m.	Evaluations/Goodie Bags	Gymnasium
3:15 p.m. – 3:45 p.m.	Closing Speaker	Gymnasium
3:45 p.m. – 4:00 p.m.	Closing Ceremony	Gymnasium

Tips for a Successful Conference Experience

PREPARATION

- ◆ Prepare your heart to receive instruction (e.g. prayer, meditation, etc.).
- ◆ Get enough rest the night before.
- ◆ Review your assigned workshops in advance. Pay particular attention to the presentation descriptions.

WORKSHOP CONDUCT

- ◆ Keep your eyes on the speaker. Resist the temptation to turn your head in the direction of noise or movement.
- ◆ Put non-agenda items in a “parking lot” for discussion at another time.
- ◆ Take brief notes of main points. Ask yourself what the information calls for you to do.
- ◆ Participate in workshop discussion.
 - ◇ Respect and listen to others’ opinions and thoughts.
 - ◇ Keep side conversations to a minimum.
 - ◇ If something is not clear, ask the speaker a question.
 - ◇ Pass if you have nothing to add.

CONVERSATION STARTERS

- ◆ Rule #1: Always remember that a warm smile and a friendly greeting go a long way.
- ◆ Say your name and extend your hand for a handshake.
- ◆ Maintain eye contact.
- ◆ Prepare questions before you speak. Listen attentively to the reply; do not interrupt.
- ◆ Thank the representative for participating in your conference.

APPLICATION

- ◆ Highlight points that you plan to apply.
- ◆ Review conference materials regularly.
- ◆ Discuss points learned with friends and family.



Keynote Speaker: Alisha Saulsbury graduated from the University of Maryland in 1993 with her Masters of Social Work. Since becoming a therapist, she has practiced on the Mid-Shore of Maryland as an outpatient provider for 22 years. She works with children, adolescents, and adults.

In addition to her outpatient work at For All Seasons Rape Crisis Center, she coordinates the Mid-Shore **TAMAR** (Trauma, Addictions, Mental health And Recovery) Program, working in forensic mental health. She has taught psychology and sociology classes, working as an Adjunct Professor at Chesapeake College in Wye Mills, Maryland.

Alisha's passion however, is teaching the importance of trauma-informed care to judiciary, law-enforcement officers, and other clinicians, through her work with the National Center for Trauma-Informed Care, where she conducts national trainings.



Closing Speaker: Thomas Lane, Jr. is a Graphic Designer for Maryland Correctional Enterprises where he is responsible for layout and design concepts of company literature, catalogues, website, and media. Thomas has his AAS degree in Commercial Graphics and Visual Communications with 15 years' experience in the graphics communication field.

He is a past President for the Nu'Genesis Toastmasters, a past Area 21 Governor for Toastmasters International overseeing four clubs in the Baltimore City and County areas. Thomas currently serves on the board of the Correctional Education Council that gives recommendations to DPSCS Correctional Education and Occupational Skills Training Programs in regards to workforce development and reentry planning.

Thomas is also a founding member of a community outreach organization entitled "The Anointed Ex-Offenders," which brings a message of hope to the surrounding communities in Maryland, incarcerated individuals and at risk youth through song and testimonies also volunteering his time for the homeless and nursing homes for elderly residents.

Keys to Success



Diana Marke

When you do positive things... positive results will follow

Workshop Schedule At-A-Glance

Workshop Session I: 9:50 a.m. – 10:50 a.m.

Program	Location
○ Let Your True Colors Shine	Classroom 1
○ Being Money Smart	Classroom 2
○ Employment: Try, Try, Try again...for what?	Classroom 3
○ Healthy Parenting: Reconnecting through the Brokenness	Classroom 4
○ Mindfulness Meditation: a Tool for Life	Classroom 5
○ My Life, My Needs, My Journey	Visiting Room
○ Probation and Parole: Finish Successfully	Computer Lab
○ Getting to the Best You--- Hope & Wellness	Cafeteria

Workshop Session II: 12:40 p.m. – 1:40 p.m.

Program	Location
○ Healthy Parenting: Reconnecting through the Brokenness	Classroom 1
○ Being Money Smart	Classroom 2
○ Employment: Try, Try, Try again...for what?	Classroom 3
○ Getting Ready for the Outside While on the Inside	Classroom 4
○ Probation and Parole: Finish Successfully	Classroom 5
○ Walking in My Shoes	Visiting Room
○ Job Interviewing 101 [Part I]	Cafeteria
○ Education: From Basic Skills to Post-Secondary Degrees	Computer Lab

Workshop Schedule At-A-Glance (cont.)

**1:50 p.m. – 2:50 p.m.
Workshop Session III:**

Program	Location
○ Walking in My Shoes	Classroom 1
○ Being Money Smart	Classroom 2
○ Employment: Try, Try, Try again...for what?	Classroom 3
○ Family Reunification: What does "I'm not selfish" mean? I Still Care	Classroom 4
○ Probation and Parole: Finish Successfully	Classroom 5
○ Dare to Dream	Visiting Room
○ My Life, My Needs, My Journey	Computer Lab
○ Job Interviewing 101 - Part II	Cafeteria

Workshop Descriptions

Let Your True Colors Shine

Everyone has gifts and talents. Uncover yours and find out how to let your true colors shine. In this workshop, you will tie your gifts and talents into getting the best education and finding the best opportunities available. The emphasis of this workshop is on discovering your gifts and talents. In addition, you will learn how to locate resources to identify and overcome learning disabilities for you and your children.

Presenter: Dr. Sujata Ives, PhD, OWDS-I, GCDF-I is the Transition Teacher for MCI-W. She is the Life Skills and PACE-Advanced teacher from the Education Department who advocates and empowers the women of MCI-W. She recently presented *Barriers to Achievement and Lifelong Learning: the Impostor Phenomenon, Self-efficacy, and Anxiety* at a conference hosted by the Maryland Association for Adult, Community and Continuing Education (MAACCE). MAACCE is a non-profit organization providing leadership for those interested in advancing education as a lifelong process.



Being Money \$mart will build your financial confidence by shedding insight on personal budgeting, figuring expenses, managing your money and credit to help you meet your responsibilities and work to create financial independence. It will help you determine the types of accounts that best meet your needs, strategies for managing your money, building savings, planning for the future and building a solid financial foundation for you and your family. Make a difference, change your life, and find out how your hard work today can build and benefit your financial opportunities for the future.

Presenters: Monica Mitchell, Mary A. Pereira and Penny Miliman **Wells Fargo Bank**

Wells Fargo is the nation's second largest bank in deposits, and with \$1.2 trillion in assets, the fourth largest by assets. Wells Fargo began Maryland operations in Baltimore in 1914 by handling express contracts on the Baltimore & Ohio Railroad. It merged with Wachovia in 2008. In Maryland, Wells Fargo operates 75 retail banking stores (16 of which are in Baltimore City) that provide consumer and small business banking services including mortgage loans, investment products and insurance services. Wells Fargo is extensively invested in Maryland's schools and communities through corporate and foundation giving, and through its employee team member volunteer and community support programs.

Workshop Descriptions

Employment: Try, Try, Try again...for what?

What jobs are available in the community now? What does it take to control your income and job security? Maybe you would like to increase your opportunities and income by becoming an entrepreneur? Where can you go to research jobs or opportunities for employment? With humor and optimism, this workshop will address on-line research, local job fairs, and what it takes to earn a living.

Presenter: Cheryl Canfield is a certified addictions counselor currently serving as a supervisor with Mosaic Community Services, Inc., the largest non-profit in Baltimore serving the mentally ill. She returned to school last fall to add three classes to her Master's degree in order to take the state licensure exam. One day she would like to hang out her own shingle especially since she lives paycheck to paycheck, will probably have to work till 90, and may as well be her own boss. Her personal journey to sobriety led her to read all the self-help books ever published. She is on the board of Maddies House in Westminster, MD.



Healthy Parenting: Reconnecting through the Brokenness

How does your incarceration impact your children? There are “do’s and don’ts” of healthy expectations when returning to society and developing, or redeveloping a relationship. This workshop will discuss the stigma, stereotyping and negativity imposed on children. You will learn strategies to lessen the impact and improve family bonds.

Lashonia Thompson is the founding member of The **W.I.R.E.** –**Women Involved in Reentry Efforts**, a network of formerly incarcerated women who have joined together to support currently and formerly incarcerated women and their children. Lashonia is a Program Analyst with the Corrections Information Council in Washington, D.C. Slated to graduate from Trinity Washington University in May 2016, she is studying for a Bachelor's degree in Human Relations.

Charnal Moody, daughter of **Lashonia Thompson**, is featured in *Time Zone*, a documentary that chronicles the first two years of her mother's re-entry process. She speaks openly about how she survived the stigma of her mother's incarceration. She has spearheaded the effort to facilitate the organization of the first Girls Scout Beyond Bars Troup in Washington, DC. Along with representatives from the U.S. Attorney's Office, she plans to oversee visitation and activities for children and their incarcerated mothers. Charnal is currently pursuing an Associate's degree in Psychology.

Workshop Descriptions

Mindfulness Meditation: A Tool for Life

This basic introduction to Mindfulness Meditation will help you to pay attention and stay focused. You will learn how to consciously select specific actions to calm down when emotionally triggered. It also works to help in relieving stress. Mindfulness Meditation introduces ways to become alert to emotions or impulses as they begin to arise and provides greater response flexibility, such as pausing before taking action or slowing down to make better choices. When practiced on a regular basis, it can instill the seed to find the peace that lies within you.

Presenter: Carole Clem retired from the Federal Government after nearly 40 years of service. She is a volunteer at Montgomery Hospice as a Patient Care and Bereavement Care Volunteer and co-facilitator for a six week Grief Support Group. Carole has also been a volunteer at Whitman-Walker Clinic in Washington DC as a co-facilitator of a ten week peer support group for women and one-on-one peer support. In the fall of 2013, she added facilitating Mindfulness Meditation groups to her volunteer work at the Clinic. For over four years Carole has taught Mindfulness Meditation at the Rockville Pre-Release Center through the Insight Meditation Community of Washington.



My Life, My Needs, My Journey

This popular interactive workshop will enable you to design a plan for your future and plot a course for your life's journey following a needs assessment that is focused on your life and problem solving skills. In addition, you will complete exercises geared towards developing strategic plans to manage stress and encourage mental wellness. You will discover how to formulate a life plan and learn how to integrate mental health and wellness into your plan.

Presenters: Jocelyn Alexander, MA, EdS is a native Washingtonian with years of dedicated work as an Education Specialist, Advocate, Certified Trainer of Trainers, Youth Development Trainer, Parent Leadership Trainer and Wraparound Services Practitioner. She provides educational consulting, personal and professional development, parent training, family support, and parent advice. Jocelyn's work is dedicated to involving people in building skills toward individual empowerment, self-advocacy and self-actualization through needs assessment, planning and individualized to group assistance, and to carry out this mission in safe and confidential environments.

Workshop Description

My Life, My Needs, My Journey (cont.)

Thalia Bishop, who has two Master's degrees, is currently a Clinical Psychology doctoral student at Loyola University Maryland. As an extern at the Loyola Clinical Centers, she performs child and adult psychoeducational assessments and adult therapy. Her research and clinical interests include working with individuals and families impacted by incarceration. Through the years Thalia has volunteered with several organizations providing services to families impacted by homelessness, incarceration, and poverty. She currently serves as the Diversity Co-Chair for the Maryland Psychological Association for Graduate Students and a volunteer for Isaiah 61 Ministries Maryland.



Probation and Parole: Finish Successfully

Chances are that when you leave MCI-W and return home, you will be under the supervision of the Department of Probation and Parole. An important component of success on supervision is knowledge and information. For people being released to their first time on supervision, this workshop will be a chance to learn what to expect. This workshop will dispel the myths that surround supervision and help you to understand how to finish successfully.

Presenters: Kimberly McGriff began her career with the Maryland Division of Parole and Probation in 1993. She has been in numerous units including The Correctional Options Program; The Interstate Compact Unit; The Case Monitoring Unit; The Gay Street Office General Supervision Unit; and The Sex Offender Unit. She is a graduate of the University of Maryland Eastern Shore. After she obtained her Juris Doctorate Degree at the University of Baltimore, she was selected to be a Special Assistant to the Deputy Director before her current assignment as Acting Field Supervisor I in Hyattsville, MD in 2014.

William Stevens is the Acting Field Supervisor I assigned to the Upper Marlboro field office. Mr. Stevens served in the US Navy as a Cryptological Technician aboard submarines. He is the recipient of several medals including the National Defense Medal and Coast Guard Special Ops Service Ribbon. He worked at a secure facility for delinquent juveniles, later at the Department of Juvenile Services in St. Mary's County, and joined DPSCS in Waldorf. He supervised sex offenders and VPI offenders. Mr. Stevens graduated from Hood College with a degree in mathematics.

Workshop Description

Getting to the Best You--Hope & Wellness

Trauma is a common experience of incarcerated women. This workshop will help you identify the symptoms of trauma and how it affects you. There are resources for you to learn the skills to eliminate drama and abuse from your life. You can establish emotional and physical safety, experience feelings without impulsively acting on them, and create goals for the future. Living your optimal life takes self-awareness, discovery, trust and courage. Learn how to add "tools" to your "toolbox"....the results can be AMAZING!

Presenter: Alisha Saulsbury's passion is teaching the importance of trauma-informed care to judiciary, law-enforcement officers, and other clinicians, through her work with the National Center for Trauma-Informed Care, where she conducts national trainings. Her practice as an outpatient psychotherapist is through the Mid-Shore of Maryland. She also coordinates the Mid-Shore **TAMAR** (Trauma, Addictions, Mental health And Recovery) Program. She graduated from the University of Maryland with a Master's of Social Work.



Getting Ready for the Outside While on the Inside will help you to prepare now for your return to the community. You will identify your initial primary needs and then identify resources to address those needs. You will develop a re-entry plan that addresses housing, substance abuse, mental illness, and other concerns. You will learn how to find resources throughout Maryland to coordinate services that can assist you upon release. The focus will be on housing, medical, mental health, and substance abuse.

Presenter: Katherine Coates has worked for several years in state and community based programs that serve the re-entry population. She has served hundreds of clients as they transitioned from jail to the community both inside the jail and in the community. In collaboration with the Department of Public Safety and Correctional Services, she developed and implemented a reentry program for the seriously mentally ill men and women at the Baltimore City Detention Center. She received a Bachelor's degree in Communications from Messiah College, PA, and a Master's degree in Criminal Justice from Marywood University, PA.

Workshop Descriptions

Walking in My Shoes

Who can tell what it's like to return home better than someone who has experienced re-entry? **Etta Myers, April Smith, and Carolyn Dorsey**, formerly incarcerated women, will talk about their path back to the community. They know first-hand what happens when you return and how to handle your own and other people's expectations. The panelists will recount what works and what doesn't and give tips for best practices on re-entry.

Presenter:

Mary Joel Davis will moderate the panel. She is the Founder and Executive Director of Second Chance for Women (SCW), a non-profit organization assisting women serving long-term and life sentences. Prior to founding SCW, Mary Joel founded Alternative Directions, Inc. in 1979 where she pioneered several transitional re-entry programs, including the Turn About Program. With almost 40 years' experience advocating for women involved in the criminal justice system, she is active in the Women Moving Forward Conference, the Goucher Prison Education Project, and Girl Scouts Beyond Bars. She graduated from Towson University with a degree in Philosophy.



Job Interviewing 101 – Part I & II

How you handle a job interview is critical to whether or not you're hired. This workshop is your opportunity to succeed in landing that job. Take this two-session workshop to learn how to establish yourself as a dynamite candidate. Because of the intensive hands on training, you must attend both afternoon periods for this workshop.

Here is your chance to learn the basics of interviewing with important "do's" and "don'ts" from people who know. You will participate in a mock job interview with a professional who will give you useful feedback to improve your interview skills. In addition, the professionals will critique your resume to recommend ways to make it a more powerful presentation of your abilities. Most importantly you will receive advice on how to address the topic of your incarceration.

Workshop Descriptions

Job Interviewing 101 – Part I & II (cont.)

Presenters:

Fred Chandler provides intensive job development and job training services to previously incarcerated individuals at Montgomery Works and Work Source Montgomery. He coaches job seekers on resume development; online job search and application processes; and explanation of criminal record during the interview. He develops and facilitates job readiness workshops and manages a digital literacy training program. He works to bring the employment community and this underserved population together to effect more positive community outcomes. He believes everyone deserves the opportunity to obtain gainful employment and to provide for themselves and their families.

Mary Pat Donelan is the Director, Human Resources Division, IRS Office of Chief Counsel, Washington, D.C. where she manages 37 employees who provide Human Resources (employment/employee) functions to 2700 employees nationwide. She is also the Vice President of Maryland C.U.R.E., a prison reform advocacy group. She is the facilitator/coach of **I-WISH**, Incarcerated Women Inside Seeking to Help, a group for women with life sentences at MCI-W.



Education: From Basic Skills to Post-Secondary Degrees

This workshop will help you to decide about your educational options as there are a variety of educational opportunities available. Whether and when to obtain an Associate's degree from a community college, or a degree from a four year undergraduate program will be discussed. Trade and technical schools or other short term training which provide certificates can also lead to job opportunities. We will also cover the process for acquiring a GED or External Diploma.

Presenter: Cheneda Kane is a Counselor/Resource Specialist with the Maryland Educational Opportunity Center. She attended the University of Maryland, College Park and the University of Baltimore. She provides educational and motivational workshops to agencies, schools and penal institutions. She is a published author of "Pits, Prose and Poetry" and an entrepreneur owner of Heavenly Bliss Homemade Organic Ice Cream.

Workshop Descriptions

Family Reunification: What does “I’m not selfish” mean? I Still Care will address the emotional, legal, social, and financial issues of parenting from a distance. There is a difference between those issues and the issues you’ll confront when you return home and are living with your children or learning to reconnect with parents and adult children. This workshop will address what the phrases “Parent First” and “I’m not Selfish” mean.

Presenter: Pastor Carol A. Overton-Saunders is an author, speaker, teacher, professional dancer, and paralegal with over 32 years’ experience. She has done extensive criminal pre-trial, trial and post-trial work with various federal and state agencies. Her book, *Marriage is Like Mashed Potatoes*, notes that two “mashed” spuds equals one marriage. She is active in correctional facilities as the program facilitator of parenting classes and empowerment through the Arts. Pastor Carol is the Founder of **L.I.P.S.**, Living with Incarcerated Parents and Still Surviving.



Dare to Dream will empower and equip you to live life on purpose and with purpose. Based on the Remarkable Women Ministry program of empowerment initiatives, you will learn how to empower yourself to transform your dreams into reality.

Presenter: Rev. Valerie S. Pearson

Rev. Pearson is a preacher, teacher, author, and founder of the nonprofit, A Remarkable Woman Ministry. Her book, *A Remarkable Woman, Discovering the Authentic You!* encourages women to be transformed and learn about their true authenticity. The ministry began in 2011 and its mission is to empower women and girls with the life tools necessary to live enriched and abundant lives.

Re-entry Success Word Find Women Moving Forward Conference

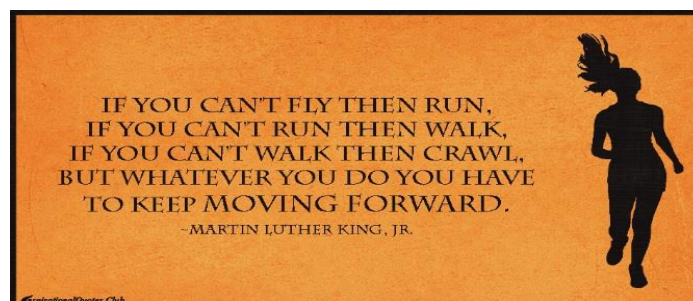
Find the words in the grid to inspire you for when you return home! You are limited only by your imagination and determination to succeed. Words can go horizontally, vertically and diagonally in all directions.

E	Y	T	F	F	N	S	D	R	E	W	O	P	W	R
V	L	R	A	I	O	D	E	F	I	T	N	E	S	S
O	I	O	B	N	I	N	P	Y	Q	V	L	L	J	X
L	M	P	U	A	T	E	R	K	R	L	Q	A	E	Y
I	A	P	L	N	A	I	E	X	N	T	E	C	P	S
Y	F	U	O	C	C	R	S	E	C	M	N	A	S	U
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V	K	A	N	M	U	W	O	C	H	E	T	I	O	R
O	I	G	J	U	M	Y	N	T	V	Y	I	J	S	M
C	L	R	R	F	M	N	O	I	T	A	C	U	D	E
E	L	O	A	E	O	M	G	N	I	S	U	O	H	A
R	S	W	N	B	C	R	O	T	C	E	P	S	E	R
L	I	T	M	S	O	L	X	C	P	A	R	O	L	E
L	G	H	Z	F	A	S	S	E	S	S	M	E	N	T

ASSESSMENT
COMMUNITY
EMPLOYMENT
FINANCE
FRIENDS
JOB
POWER
RESPECT
THERAPY

CHANCE
DEPRESSION
FABULOUS
FITNESS
GROWTH
LOVE
RECOVERY
SKILLS
UNITY

COMMUNICATION
EDUCATION
FAMILY
FORGIVENESS
HOUSING
PAROLE
REENTRY
SUPPORT
WELLNESS





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