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October 26, 2013

Dear Conference Participants,

Welcome to the sixth annual “Women Moving Forward” (WMF) reentry 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.

The goal of the WMF conference is to provide information and resources to support your successful transition back into your community. The conference will open with a dynamic keynote speaker, Christopher Wilson who, after serving 16 years in prison, has forged a successful career in business. You will have the opportunity to attend several workshops on topics pertinent to your return home, including affordable housing, drug and mental health resources, education, employment preparation and even starting your own business. You will also attend a resource fair with a number of community organizations, participate in practice job interviews and enjoy a lunchtime fashion show. The conference will close with a panel of formerly incarcerated women who will share their experiences of returning home.

In addition to the items in your conference bag, you will also be receiving a 1GB USB Flash Drive. It will be kept in your base file and given to you the day of your release. Your flash drive will be preloaded with a resume template along with very valuable resource information including 12 step meeting listings, a healthcare insurance application, social services information, birth certificate and social security card applications, pro se legal resources, conflict resolution information, 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 2013 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, National Women’s Prison Project, and clergy members.

We would like to give special thanks to our sponsors, including Warden Parish, The Harry and Jeanette Weinberg Foundation, Correct Rx Pharmacy Services, Inc., The National Association of Women Judges-District 4, Choice Research Associates, and Alternative Directions, Inc. We also wish to recognize the staff of MCI-W for their generous support, for without them this event would not be possible.

On behalf of our sponsors and committee members, know that we care about you. Thank you for attending and we hope that you find this conference helpful and informative. As you begin this new chapter in your life, the organizations and individuals here today are available to help you help yourself, both inside and outside MCI-W.

We wish you much success!

M. Brooke Murdock
The Honorable M. Brooke Murdock
Co-Chair

Cheryl Mercer
Rev. Cheryl Mercer
Co-Chair
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 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.
2013 Steering Committee

Chairpersons

Hon. M. Brooke Murdock  National Association of Women Judges
Rev. Cheryl Mercer  Calvary HealthCare, Inc.

Conference Coordinator

Yvette Gordon  Georgetown University

Participants

Wanda Ashley-Williams  Maryland Correctional Institution for Women
Chief Cynthia Briscoe  Maryland Correctional Institution for Women
Rachael Campbell  Correct Rx Pharmacy Services, Inc.
Chaplain Lettie Carr  Maryland Correctional Institution for Women
Fred Chandler  Montgomery Works
Deborah A. Corley  Destiny, Power & Purpose, Inc.
Mary Joel Davis  Alternative Directions, Inc.
Susan Eberhard  
Dr. Shawn M. Flower  Choice Research Associates
Michelle Kelly  Alternative Directions, nc.
Lt. Tonia Kirk  Maryland Correctional Institution for Women
Schylon Lane  U.S. Department of Justice
Mark Matthews  Clean Slate America, Inc.
Carolyn Mattingly  Maryland Commission for Women
Casey McKeel  Baltimore Green Careers
Christie Meiring  Women Moving Forward
Hon. Brenda Murray  National Association of Women Judges
Jennifer Muskus, Esq.  Muskus & Muskus, LLC
Warden Carroll Parrish  Maryland Correctional Institution for Women
Alfreda Robinson-Dawkins  National Women’s Prison Project, Inc.
Pastor Carol Saunders  Heaven and Earth Ministries
Hon. Cathy Serrette  National Association of Women Judges
Lisa Small  Maryland Correctional Institution for Women
Sylvia Stokes  Harbor Light Community Development Corporation
Roseanna Vogt  Circle of Angels Initiative
Robin M. Waley  Restoration Ministries, Inc.
Inez Watson  Studio “A” Modeling, Etiquette and Dance Academy
Hon. Julia B. Weatherly  National Association of Women Judges
Rev. Michele Williams  First Baptist Church of Glenarden
Special Thanks to Our Sponsors:
(as of October 9, 2013)

Patron Sponsors ($1000-$2499)

Patron Sponsors ($500-$999)

Friend Sponsors ($50-$499)

Daignault Family Foundation
  Mary Joel Davis
Honorable Susan K. Gauvey
  Jean E. Gover
  Jonathan H. Hyde
  Carolyn Mattingly
  Rev. Cheryl Mercer
  Pastor Carol A. Saunders
Special Thanks to Our In-Kind Service Providers:
(as of October 9, 2013)

Carroll Parrish, Warden, Maryland Correctional Institution for Women
Chesapeake Garden Club, Calvert County
Choice Research Associates
Dress Barn, Arundel Mills Mall
Kenwood Garden Club, Montgomery County
Maryland Commission for Women
Maryland Correctional Enterprises
Maryland Department of Public Safety and Correctional Services
Maryland State Department of Education, Correctional Education Program
Studio “A” Modeling Etiquette & Dance Academy
  Success in Style
  Zeni Enterprises
Zonta International and the Zonta Clubs of Maryland and Washington, DC

A special thanks also goes to the many volunteers assisting the Conference presenters and facilitators.
are you ready?
## Agenda

**October 26, 2013**

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m. — 9:40 a.m.</td>
<td>Gymnasium</td>
<td>Welcome Introductions: Hon. M. Brooke Murdock</td>
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<tr>
<td></td>
<td></td>
<td>Rev. Cheryl Mercer</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Keynote Speaker: Christopher Wilson</td>
</tr>
<tr>
<td>9:50 a.m. — 10:50 a.m.</td>
<td>See Workshop Schedule</td>
<td>Breakout Session I</td>
</tr>
<tr>
<td>11:00 a.m. — 12:30 p.m.</td>
<td>Gymnasium</td>
<td>Lunch and Fashion Show</td>
</tr>
<tr>
<td>12:40 p.m. — 1:40 p.m.</td>
<td>See Workshop Schedule</td>
<td>Breakout Session II</td>
</tr>
<tr>
<td>1:50 p.m. — 3:10 p.m.</td>
<td>See Workshop Schedule</td>
<td>Employment Practice Interview &amp; Resource Fair</td>
</tr>
<tr>
<td>3:15 p.m. — 3:45 p.m.</td>
<td>Gymnasium</td>
<td>Walking in My Shoes</td>
</tr>
<tr>
<td>3:45 p.m. — 4:00 p.m.</td>
<td>Gymnasium</td>
<td>Closing Remarks</td>
</tr>
</tbody>
</table>
Keynote Speaker
Christopher Wilson

In addition to working as the Director of Community Workforce Development at the Greater Homewood Community Corporation, co-owning a furniture repair and upholstery business (which was developed to create training opportunities and jobs for hard-to-employ individuals), owning a demolition/cleaning company and being a fitness model, Christopher is working to obtain his Business Administration degree in the Entrepreneurship Fellows Program at the University of Baltimore.

Christopher is on a mission to help build and advance an ecosystem and infrastructure supportive of social innovation and inclusive economic development throughout Baltimore City. He believes this is the perfect time for the city of Baltimore to adopt a more entrepreneurial approach to creating a realistic and sustainable job market for the disadvantaged population living in Baltimore City. By creating a new model that addresses the specific needs of the city’s large, low-skilled population it will serve not only as a benefit to businesses but also to the community at-large. Just imagine what a small group of enlightened, well-equipped social entrepreneurs can do to improve Baltimore’s communities in five to seven years with the right support.

When he is not focused on building his business empire, Christopher spends a lot of time reading and cycling. He is originally from Washington D.C. He loves to learn about different cultures and really appreciates a well told story. He believes that every single person has something to offer society; some people just need a push or a hand up. He grew up in a really tough environment, but he’s never let that hold himself back from obtaining his goals.
# Workshop Schedule At-A-Glance

## Breakout Session I:
9:50 a.m. – 10:50 a.m.

<table>
<thead>
<tr>
<th>Program</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. No More Drama Mama!</td>
<td>Post 27 Classroom M-13</td>
</tr>
<tr>
<td>2. Credit Matters and Entrepreneurship</td>
<td>Post 27 Library</td>
</tr>
<tr>
<td>3. Post-Release Legal Issues</td>
<td>Post 27 Classroom M-14</td>
</tr>
<tr>
<td>4. Mindfulness Meditation: Tools for Life</td>
<td>Visiting Room</td>
</tr>
<tr>
<td>5. Avoiding the Grip of Gangs</td>
<td>Center Hall Classroom 4</td>
</tr>
<tr>
<td>6. Finding a Path Past Addictions:</td>
<td>Center Hall Classroom 2</td>
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<tr>
<td>7. Preparing Your Parenting Plan</td>
<td>Center Hall Classroom 5</td>
</tr>
<tr>
<td>8. Educational Opportunities:</td>
<td>Post 27 Classroom M-15</td>
</tr>
<tr>
<td>From Basic Skills</td>
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<tr>
<td>to Post-Secondary Degrees</td>
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</tbody>
</table>

## Breakout Session II:
12:40 p.m. – 1:40 p.m.

<table>
<thead>
<tr>
<th>Program</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. My Life, My Needs, My Journey</td>
<td>Post 27 Classroom M-13</td>
</tr>
<tr>
<td>2. Healing From Trauma</td>
<td>Post 27 Library</td>
</tr>
<tr>
<td>3. Working Together to Stop Domestic Violence</td>
<td>Post 27 Classroom M-14</td>
</tr>
<tr>
<td>4. Counting Dollars and Sense</td>
<td>Visiting Room</td>
</tr>
<tr>
<td>5. A Bit of G.R.I.T.!</td>
<td>Center Hall Classroom 4</td>
</tr>
<tr>
<td>6. Moving from Dependence to Independence</td>
<td>Center Hall Classroom 2</td>
</tr>
<tr>
<td>7. Getting Ready for the Outside While on</td>
<td>Center Hall Classroom 5</td>
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<td>the Inside</td>
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<tr>
<td>8. Restart Your Life: Health and Chronic</td>
<td>Post 27 Classroom M-15</td>
</tr>
<tr>
<td>Illness Management</td>
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</tbody>
</table>

## Breakout Session III:
1:50 p.m. – 3:10 p.m.

<table>
<thead>
<tr>
<th>Program</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Employment Interviews</td>
<td>Dining Room #2</td>
</tr>
<tr>
<td>2. Resource Fair</td>
<td>Gymnasium</td>
</tr>
</tbody>
</table>
Course & Presentation Descriptions

Breakout Session 1:

1. **No More Drama Mama!**
   **Presenters:** Teresa Vogt
   Alfreda Robinson-Dawkins

   This workshop will give you skills to non-violently solve past problems and new ones that may arise. We will also discuss skills needed to lead a life with minimum amounts of drama. The workshop is driven mainly by discussion and practicing scenarios to help you decide how you would act in certain situations.

   **Teresa Vogt** graduated from the University of Maryland with a degree in Conflict Resolution. She believes in empowering others to make their lives better. Her focus is on integrating nutrition, fitness, rest, and spirit to help others live their best lives. Follow her thoughts at www.abitofgrit.com.

   **Alfreda Robinson-Dawkins** learned advocacy while serving a ten year Federal sentence. Since her release in 2000, she continues to advocate on behalf of women and was voted Baltimore’s Best Advocate in 2005. She founded the National Women’s Prison Project in 2002. Working with women both behind the fence and those released, she conducts workshops and educates women who are affected and infected by the realities of life.

2. **Credit Matters and Entrepreneurship**
   **Presenter:** Lorie Woodruff

   This workshop addresses why your credit is important and how to have the best credit with the resources available. It will also address what it takes to be able to control your income, hours and job security. Maybe you would like to increase your opportunities and income by becoming an entrepreneur. Make a difference, change your life, and find out how the hard work you’re putting into today is increasing and benefitting your future financial opportunities.

   **Lorie Woodruff** is a realtor, a speaker and an entrepreneur. She gets satisfaction in empowering others with financial awareness. Her approach to credit matters is focused on getting to know her clients, offering continuous financial and credit education, and providing integrity from beginning to end. She loves to travel, decorate homes, spend time with family and friends, cook, and stay familiar with home construction and market trends.

3. **Post-Release Legal Issues**
   **Presenter:** Rodney Mitchell

   Criminal convictions carry legal consequences, even after your sentence has been served. This workshop will address post-release legal issues such as employment-related restrictions, ineligibility for certain types of housing, voting restrictions, and custody issues. It will also help you to better deal with some of these issues.

   **Rodney Mitchell** is known as an effective attorney and zealous community advocate. Directly out of law school, he served as a judicial law clerk in the D.C. Superior Court. Later, as a legal advisor and reentry policy analyst for the D.C. Criminal Justice Coordinating Council, Mitchell played a pivotal role in the development, planning, and implementation of the District of Columbia’s first reentry program.
4. **Mindfulness Meditation: Tools for Life!**  
   **Presenter: Carole Clem**

This workshop is a basic introduction to mindfulness meditation as a tool to assist you in paying attention or staying focused, consciously selecting specific actions to help calm you down when emotionally triggered, and helping you to relieve stress. Mindfulness Meditation introduces ways to become alert to emotions or impulses as they begin to arise. This awareness provides greater response flexibility, such as pausing before taking action and considering options and choosing the best one when responding. Mindfulness Meditation plants the seed that peace lies within each of us and, when practiced on a regular basis, mindfulness meditation becomes a lifetime skill.

**Carole Clem** is a retired Federal employee with nearly 40 years of government service. She has been a volunteer at Montgomery Hospice for 17 years as an “At Home” patient volunteer, bereavement volunteer and co-facilitator of 6-week grief support groups. She has also been a volunteer at Whitman-Walker Clinic for 14 years as a co-facilitator of a 10-week peer support group and a one-on-one peer support volunteer. For the past two years, she has taught Mindfulness Meditation at the Rockville Pre-Release Center through the Insight Meditation Community of Washington.

5. **Avoiding the Grip of Gangs**  
   **Presenter: Tony Avendorph**

Gang life is violent, brutal, dangerous, and likely to get you re-incarcerated. So, why do women find their way into gangs, and how do they find their way out? A counselor who has been working with men, women and teens in gangs will bring you new insight about the dangers of gangs, both for you and for your families.

**Tony Avendorph** is a court recognized expert on several major street gangs and has appeared twice on the television series Gangland. Mr. Avendorph has lectured about gangs to students, inmates, judges, and in police departments throughout the United States.

6. **Finding a Path Past Addictions: Getting the Support You Need to Avoid Relapse**  
   **Presenter: Lilly Dorsey**

Anyone who has ever battled drug and alcohol addictions needs support and treatment upon their release. This workshop will give you advice to building healthy relationships to help you avoid relapse and allow you to continue on a path to success.

**Lilly Dorsey** is nine years clean of addiction. Previously incarcerated, she is now committed to helping women successfully return to society. She started working at Crossroads Centers as a Receptionist and has worn many hats there, assisting clients with various issues during their recovery. Lilly is currently studying Chemical Dependency Counseling at the Community College of Baltimore County. She is also an active board member with the National Women’s Prison Project.
Course & Presentation Descriptions

Breakout Session I (cont.)

7. Preparing your Parenting Plan
   Presenter: Marcy Jackson

This workshop is based on Parenting Petals, an active, learner-centered parent education workshop based on Shamayin Education Svc, LLC’s Seven Parenting Principles©. It will provide you with a brief overview of all seven parenting principles, emphasizing two that significantly help to develop and sustain healthy mother-child relationships. The principles of nurture and emotion are explored through critical factors such as attention, discipline, education, behavior, anger, attitude, and anxiety. You will also gain awareness of the power of two productive parenting strategies, modeling and communication.

Marcy Jackson is a professional educator of 20 years and a rising social entrepreneur. She is a certified program planner, facilitator, trainer and education advocate. She writes and delivers presentations, training sessions, workshops, and manuscripts on topics of parenting, educational leadership, early child education, special education, school selection, workforce development, transportation safety and development driver education, leadership and motherhood. She is rooted in her faith and wears multiple full-time hats as a proud wife, mother of six, and a community college program director.

8. Educational Opportunities: From Basic Skills to Post-Secondary Degrees
   Presenter: Cheneda Kane

This workshop will provide comprehensive information and counseling on enrolling in community college, four year college, and graduate programs as well as two year and four year trade schools, technical schools and other short-term training opportunities. The process for acquiring a GED or External Diploma will also be discussed.

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 conducts educational and motivational workshops at penal institutions, schools, and agencies in Baltimore and surrounding communities. She is a published author of “Pits, Prose and Poetry” and entrepreneur/owner of Heavenly Bliss Homemade Organic Ice Cream.

Breakout Session II

1. My Life, My Needs, My Journey
   Presenter: Jocelyn Tate

This interactive workshop is back by popular demand and has been expanded from the mini-workshop offered at last year’s Resource Fair. It features a needs assessment that is focused on your life and problem-solving skills. This workshop will help you to design a plan for your future and plot a course for your life’s journey.

Jocelyn Tate attended George Washington University and is currently at the National Commission of Career Arts and Science (aka Cosmetology Arts and Sciences). She has worked as an education specialist and family support partner helping families with accessing help and support while maneuvering social, educational, and judicial systems. She has assisted people with finding and lending their voice to the “wraparound systems process” to make a better life for themselves and their families.
2. Healing From Trauma  
   Presenter: Bea Zipperle, LCSW-C

Trauma is a common experience of women in our communities, especially women who have been incarcerated. This workshop will help you to identify the symptoms of trauma and how it affects your life. This workshop will also provide strengths-based skills to help you cope with symptoms in your current placement. It will also provide resources for you when you reenter society.

Bea Zipperle, LCSW-C has expertise in both clinical and forensic social work. She earned her Masters Degree in Clinical Social Work from the University of Maryland and is a licensed clinical social worker. She also holds degrees in Human Services Administration and Mental Health Technology. She has been a certified addictions counselor for over 15 years. She started her private practice in 2006 and believes in treating all clients with both dignity and nurturance. She practices from a strength’s perspective and treats clients as strong, resilient people who are worthy of unconditional respect and clinical treatment that is specific to their individual needs.

3. Working Together to Stop Domestic Violence  
   Presenter: Jocelyn Skinner

Together we can work to stop domestic violence. You will learn the skills to live independently and eliminate homelessness and abuse from your life. You will hear about the House of Ruth’s program and approach to help women break the cycle of violence in their lives, as well as establish emotional and physical safety, experience feelings without impulsively acting on them, and create goals for the future. Part of that planning requires knowing your legal rights. The program also connects women with resources in the community.

Jocelyn Skinner attended American University as an undergraduate and received her law degree from Georgetown University Law Center. She is a staff attorney at the House of Ruth in Baltimore, where she works to ensure the legal rights of victims of domestic violence so they can build safe, stable lives and reach their highest potential.

4. Counting Dollars and Sense  
   Presenter: Mythili “Lee” Bachu

This workshop will provide information on personal budgeting and will help you to build financial confidence by shedding insight on computing your expenses, managing your money and credit, and creating a balance that will help you meet your responsibilities and work to create financial independence.

Mythili “Lee” Bachu earned her MBA and is the founder and president of MGA Consultants, Inc. She has extensive experience in retirement planning and small and large pension plans. She is Vice Chair of an association whose goal is to promote Hindu religious and cultural activities in North America. She has served on the board for the Sri Siva Vishnu Temple (SSVT), one of the largest Hindu Temples in the D.C. area. She is also a Steering Committee member for the 9/11 Unity Walk.
5. A Bit of G.R.I.T.!
   Presenter: Teresa Vogt

You’ll get through it with a bit of grit. Grit is courage and resolve, strength of character. Acronymically it is Good Food, Recovery, Intuition, Training. Learn how to balance nutrition, fitness, rest, and spirit to live your best life. This interactive workshop will focus on movement, positive thinking, relaxation techniques, and foods that support a healthy lifestyle.

6. Moving from Dependence to Independence
   Presenter: Nancy Gibson

This workshop will discuss what it takes to move from dependence to independence and to break free of addictions and dependence patterns. It will also include tools to live a lifestyle free of using substances as a crutch and how to find healing from hurts, hang ups, and habits.

Nancy Gibson is a child/adolescent therapist working at the Marian House, a transitional housing facility in Baltimore. She has a well-rounded background in counseling victims of domestic violence and sexual assault, youth in transitional housing, and those suffering from addictions.

7. Getting Ready for the Outside While on the Inside
   Presenter: Katherine Coates

This workshop uses writing, goal setting, and poetry to help you prepare for your reentry into the community. It focuses on analyzing, challenging, and changing old patterns to identify your main goals inside and outside prison.

Katherine Coates works as a reentry coordinator at the Baltimore City Detention Center. Among other duties, she is creating a reentry curriculum for the Center. She also teaches a weekly writing/reentry class for women at the Center. She has a Masters Degree in Criminal Justice and has been working with mentally ill offenders in the jail and in the community for several years. She is passionate about empowering and educating people and she believes that change is possible.

8. Restart Your Life: Health and Chronic Illness Management
   Presenter: Amy Kalman, RN

This workshop focuses on medical issues and chronic illness management and will include techniques to deal with a chronic illness, appropriate use of medication, effective communication, and treatment evaluation.

Amy Kalman, RN’s health career started at age 14 when she began volunteering at Children’s Hospital of Princeton Medical Center. After years of volunteer work at Children’s Hospital of Philadelphia (CHOP) as a child life specialist, she was inspired to attend Johns Hopkins University School of Nursing. She has worked as a Nurse Clinician at the Sidney Kimmel Comprehensive Cancer Center at the Johns Hopkins Hospital since 2006. She also volunteers at Learning is for Tomorrow (LIFT), a non-profit adult learning center. She also makes jewelry and is learning how to play the drums.
Resource Fair Scavenger Hunt

To help you to take full advantage of the Resource Fair, we created a Scavenger Hunt. Please do as many of the following activities as you can and focus on those things that both challenge you (e.g. introducing yourself to new people) and things that really interest you (e.g. attending one or more of the mini-workshops) Talk to the representatives of the organizations who are here today. They want to help!! As you complete each activity, check it off and see how many you can get done. Have fun!

Your Name: _____________________________

List three hopes, dreams, or reentry needs. Find a resource to help you achieve at least one of these.

<table>
<thead>
<tr>
<th>Dreams/Hopes/Needs</th>
<th>Name the Resource or Organization To Help You Achieve; List Contact Information</th>
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<tbody>
<tr>
<td>1.</td>
<td>1.</td>
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<td>2.</td>
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<tr>
<td>3.</td>
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</tbody>
</table>

♦ Get contact information for at least two other Resource Fair Organizations that may be able to help you when you return home. √ Done!

♦ Attend two mini-workshops:
  ♦ Entrepreneurship – Yvonne Rivers
  ♦ Family Law – Hon. Julia Weatherly

♦ Find at least 15 words in the Word Search Puzzle

♦ Get to know a WMF Conference Committee Member by completing the Ice Breaker.
  Write the Name of Committee Member you met: ________________________________

♦ Be a resource for someone else. What did you do to help? ________________________
  __________________________________________________________________________

♦ Name one thing you learned today that surprised you: ___________________________
  __________________________________________________________________________

Dreams/Hopes/Needs
Name the Resource or Organization To Help You Achieve; List Contact Information

1.
2.
3.

Get to know a WMF Conference Committee Member by completing the Ice Breaker.

Write the Name of Committee Member you met: ________________________________

Be a resource for someone else. What did you do to help? ________________________

Name one thing you learned today that surprised you: ___________________________

__________________________________________________________________________
Ice Breaker: Getting to Know One Another

1. Introduce yourself to at least one Conference Committee Member and choose three of the following questions to ask them.

2. They will also ask you three questions.

3. Remember -- feel free to ask WHY they responded as they did – this is about getting to know one another; you may have more in common than you thought!

Committee Members Name ____________________________________________

What is your favorite book or movie? ______________________________________
____________________________________________________________________

Where is your dream vacation? ____________________________________________
____________________________________________________________________

Who would you want with you on a deserted island? ______________________
____________________________________________________________________

If you could wave a magic wand and change anything, what would it be? 
____________________________________________________________________
____________________________________________________________________

Would you rather find true love or win the lottery? 
____________________________________________________________________
____________________________________________________________________
Reentry 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.

Words:
- Never Coming Back
- Success
- Hope
- Happiness
- Employed
- Engaged
- Learning
- Reunited with Family
- Sports
- Music
- Safe
- Movies
- Reading
- Joy
- Gratitude
- Serenity
- Stability
- Responsibility
- Helping Others
- Fun
- Faith
- Healthy
- Possibilities
- Determination
Conference Points I Plan To Use.....
Conference Points I Plan To Use.....
NO TURNING BACK ....
NO TURNING BACK ....