



## ***Women Moving Forward***

**A COLLABORATIVE RE-ENTRY PROGRAM FOR WOMEN AT THE  
MARYLAND CORRECTIONAL INSTITUTION FOR WOMEN**



**Saturday, October 11, 2014**

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**October 11, 2014**

Dear Conference Participants,

Welcome to the seventh 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, Lashonia Etheridge-Bey. You will have the opportunity to attend several workshops on topics pertinent to your return home, including conflict resolution, 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. (See attached list) It is our hope that this small gift, along with your participation in the 2014 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, and clergy members.

We would like to give special thanks to our sponsors, including Warden Chippendale, 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!

*Angela M. Eaves*

**Honorable Angela M. Eaves  
Co-Chair**

*Cheryl Mercer*

**Rev. Cheryl Ann Mercer  
Co-Chair**

**The 1GB USB Flash Drive has been preloaded with the following information:**

**12 Step (Alcoholics Anonymous/Narcotics Anonymous) Meeting Listings:**

AA Meeting Listings for:

Annapolis Area

DC, Montgomery County and Prince George's County

Frederick

Hagerstown Area

NA Meeting Listings for:

Baltimore

DC & Southern Maryland

**Healthcare:**

Maryland Health Connections Fact Sheet and Income Eligibility

Maryland Mental Health Consumer Handbook

**Identification**

Birth Certificate Information

Birth Certificate Application

Social Security Card Application

**Employment and Resume**

Interview Checklist

List of One-Stop Centers in Maryland

Resume Template

From About.Com – Resume Information including:

Resume Writing Guide

Types of Resumes (Chronological, Functional, etc.)

Resume Writing Tips

List of Links to Resume Samples and List of Links to Cover Letter Samples

**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

**Misc**

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



## **2014 STEERING COMMITTEE**

### **CHAIRPERSONS**

Hon. Angela M. Eaves  
Rev. Cheryl Mercer

### **CONFERENCE COORDINATOR**

Casey McKeel

### **PARTICIPANTS**

Warden Margaret Chippendale  
Rachael Campbell  
Fred Chandler  
Mary Joel Davis  
Mary Pat Donelan  
Susan Eberhard  
Shawn M. Flower, Ph.D.  
Jean Gover  
Michelle Kelly  
Kathy Korin  
Mark Matthews  
Carolyn Mattingly  
Dr. David Nartey, PharmD  
Pastor Carol Saunders  
Hon. Cathy Hollenberg Serrette  
Lt. Kathryn Scott  
Warden Brenda Shell-Eleazer  
Lisa Small  
Roseanna Vogt  
Inez Watson  
Adrienne Watson-Carver  
Hon. Julia B. Weatherly

### **PROFESSIONAL AFFILIATION**

National Association of Women Judges  
The Fairview Reentry Center For Women

Red Emma's

### **PROFESSIONAL AFFILIATION**

Maryland Correctional Institution for Women  
Correct Rx Pharmacy Services, Inc.  
Catholic Charities  
Second Chance for Women  
Maryland C.U.R.E.  
Volunteer  
Choice Research Associates  
MD Department of Public Safety and Correctional Services  
Alternative Directions, Inc.  
Social Media  
Clean Slate America, Inc.  
Past Chair, Maryland Commission for Women  
Correct Rx Pharmacy Services, Inc.  
Heaven and Earth Ministries  
National Association of Women Judges  
Maryland Correctional Institution for Women  
Jennifer Road Detention Center  
Maryland Correctional Institution for Women  
Circle of Angels Initiative  
Studio "A" Modeling, Etiquette and Dance Academy  
Mrs. Maryland International 2009  
National Association of Women Judges

## Special Thanks to Our Sponsors:

(as of September 30, 2014)

### Leadership Sponsor (\$2,500 and up)

Correct Rx Pharmacy Services, Inc.

### Patron Sponsors (\$1,000—\$2,499)

National Association Women Judges—District 4  
The Harry and Jeanette Weinberg Foundation, Inc.

### Friend Sponsors (\$500—\$999)

Hon. Julia B. Weatherly  
Choice Research Associates  
Muskus and Muskus, LLC

### Good Will Sponsors (\$50—\$499)

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Hon. Susan K. Gauvey  
Jean Gover  
Kathy & Jon Korin  
Carolyn C. Mattingly  
Rev. Cheryl Ann Mercer  
Dr. David Nartey  
Pastor Carol A. Saunders



**Special Thanks to Our  
In-Kind Service Providers:**

(as of September 30, 2014)

Margaret Chippendale, Warden, MCI-W  
Chesapeake Garden Club, Calvert County

Choice Research Associates

Dress Barn, Arundel Mills Mall

Kenwood Garden Club, Montgomery County

Laura Gerhard—Web Design

Maryland Commission for Women

Maryland Correctional Enterprises

MD Department of Public Safety and Correctional Services

MD State Department of Education, Correctional Education Program

Studio “A” Modeling Etiquette & Dance Academy

Success in Style

Zeni Enterprises

Zonta International

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?**



*By: Marlaine Rose*



# 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.



# Agenda



<b>9:00 a.m. — 9:45 a.m.</b>	Gymnasium	<p>Welcome &amp; Introductions: Hon. Angela M. Eaves Rev. Cheryl Mercer</p> <p>Keynote Speaker: Lashonia Etheridge-Bey</p>
<b>9:50 a.m. — 11:10 a.m.</b>	See Workshop Schedule	Breakout Session I
<b>11:15 a.m. — 12:30 p.m.</b>	Gymnasium	Lunch and Fashion Show
<b>12:40 pm — 2:00 p.m.</b>	See Workshop Schedule	Breakout Session II
<b>2:05 p.m. — 3:05 p.m.</b>	See Workshop Schedule	Employment Practice Interviews & Resource Fair
<b>3:10 p.m. — 3:40 p.m.</b>	Gymnasium	Walking in My Shoes
<b>3:40 p.m. — 3:55 p.m.</b>	Gymnasium	Evaluations & Closing Remarks

# *Keynote Speaker:* *Lashonia Etheridge-Bey*



**Lashonia Etheridge-Bey** is a 41 year old Washingtonian who was born and raised in S.E., D.C. As a youth she made a series of bad decisions that landed her in prison for a violent crime where she spent half of her life. By age 19 when Lashonia became incarcerated she was a teen mom, a high school dropout and she was unemployed, addicted to marijuana and deeply immersed in a life of crime.

During her 18 years in prison she set out to rehabilitate and reform herself and make atonement to the utmost of her ability. She received her GED, began to pursue a college degree, helped develop and facilitate many classes from Job Readiness, Victim Impact, Self Esteem and more. She also facilitated many wellness classes including group boot camp fitness classes. Most importantly she engaged in countless therapeutic programs.

Lashonia was released on parole on December 13, 2011. She made parole after her initial hearing. Since she has been home she has been blessed with a phenomenal support system that has enabled her to obtain full time employment, enroll in college and begin to rebuild her life. She is pursuing her Bachelor's Degree in Human Relations from Trinity University.

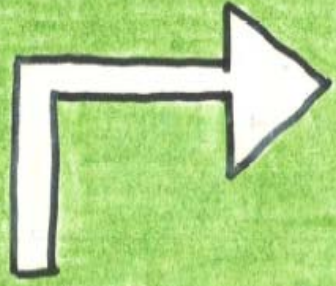
After her release Lashonia participated in a series of residential transitional programs that enabled her to gradually make a seamless adjustment back into society. Lashonia has held several jobs since her release. In April of 2013 she was hired as the Female Reentry Coordinator for the Mayor's Office on Returning Citizens Affairs. As an advocate for reentry Lashonia has had the opportunity to speak at the local Criminal Justice Coordinating Council (CJCC) Public Meeting, CSOSA Town Hall Meeting, the Annual Reentry Conference at MCIW Jessup, the Warden's Advisory Council in Alderson, W.V. and more.

Lashonia has been featured on a cable television talk show along with Nancy Ware, The Director of CSOSA, and various talk radio shows including WHUR – 96.3 and Serious XM (The Sighlent Storm and The Daily Drum) with Renee Nash. She is the subject of the award winning documentary Time Zone <https://vimeo.com/68177411> and she currently blogs for [http://www.jailexchange.com/Life After Prison](http://www.jailexchange.com/Life_After_Prison). She speaks candidly and articulately about the consequences of youth violence, the effects of incarceration on women and their families and the challenges of reentry and family reunification.

In June of 2013 Lashonia launched a non-profit organization known as The W.I.R.E. (Women Involved in Reentry Efforts). The W.I.R.E. is a network of previously incarcerated women who have joined together to provide social support to women currently incarcerated and women returning from incarceration. The W.I.R.E. has visited several Correctional Institutions for women, held public forums to enlighten the community about gender specific reentry concerns and facilitated several family reunification activities.

Lashonia is passionate about assisting women in prison and women returning from incarceration, but most importantly she is passionate about assisting children who have incarcerated mothers. She believes that the key to reducing recidivism for women is to remove the barriers to family reunification. She also contends that the welfare of children who have mothers in prison is dependent upon the support systems in place to prevent them from becoming a victim of the "cradle to prison" pipeline.

NEXT RIGHT  
FOR SUCCESS



A. Hoffman

## Workshop Schedule At-A-Glance

### Breakout Session I: 9:50 a.m. – 11:10 a.m.

<b>Program</b>	<b>Location</b>
1. Goodbye to Gangs	Post 27—Classroom M13
2. So You Wanna Reconnect with Your Kid?	Center Hall—Classroom 5
3. Get Connected Through Mediation	Post 27—Classroom M14
4. Positive Moves for No More Drama Mama	Visiting Room
5. Yes, Your Credit Matters!	Center Hall—Classroom 4
6. Confronting Post Release Legal Issues	Center Hall—Classroom 2
7. Calm Down & Focus with Mindfulness Meditation	Post 27—Library
8. Empowerment to Insure and Overcome	Center Hall—Classroom M15

### Breakout Session II: 12:40 p.m. – 2:00 p.m.

<b>Program</b>	<b>Location</b>
1. How to Live on a Budget with a Savings Account	Post 27—Classroom M13
2. Parents with Patience & Purpose	Post 27—Classroom M14
3. Break Through to Independence	Post 27—Library
4. Preparing Now for a New Place Outside	Visiting Room
5. Live a Joyful Life	Center Hall—Classroom 4
6. So Everybody Needs a Job	Center Hall—Classroom 2
7. My Life, My Needs, My Journey	Center Hall—Classroom 5
8. Make Your Legacy Iconic	Post 27—Classroom M15

### Breakout Session III: 2:05 p.m. – 3:05 p.m.

<b>Program</b>	<b>Location</b>
1. Practice Employment Interviews	Dining Room #2
2. Resource Fair	Gymnasium

## **Course & Presentation Descriptions**

### **Breakout Session I:**

**1) Goodbye to Gangs [GRIP] Gang Reduction and Intervention Program**  
**Presenter: Tony Avendorph**

How do you avoid the grip of gangs? 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 new insight for women who need to know more about the dangers of gangs for them and, most especially, for their families.

*Tony Avendorph is a court recognized expert on several major street gangs and has appeared on the television series Gangland on two occasions. Mr. Avendorph has lectured on gangs to judges, police departments throughout the United States, in schools and jails. Tony Avendorph retired from the Prince George's County Police Department in 2009 after 40 years in Law Enforcement. He is the owner of Tony Avendorph Associates, LLC which is a law enforcement training and consulting business, private investigations firm, and motivational speaker.*

**2) So You Wanna Reconnect with Your Kid?**  
**Presenter: Kimberly Armstrong**

What does it take to have a healthy mother-child relationship? This workshop will encourage participants to prepare for parenting before returning home. Explore topics like how do you balance anger, attitude, and anxiety? Education for you and your child as well as resources to help with issues of behavior will be topics discussed. With strategies you implement today, you will be able to reconnect with your child.

*Kimberly Armstrong says, "My aim is to build sustainable communities, lives and opportunities." As one of her public endeavors, she has appeared on the Channel 13 show "Square Off" hosted by Richard Sher. Founding owner of Diamond Development Consulting, she is an anti-violence advocate and public speaker. The surviving mother of a teen son murdered by drug dealers, their story was featured in a recent documentary. She is an award winning author, inspirational speaker and social-preneur "Speaking Life to Transform Your Mind."*

## **Course & Presentation Descriptions**

### **Breakout Session I (cont.):**

#### **3) Get Connected through Mediation: A Resource to Ease Returning to the Community**

**Presenters: Brandon Booth  
Leslie Overholser**

"Get connected" is a workshop that introduces participants to the concepts of conflict management and educates them on how mediation can be beneficial to their transition back into society. Participants will get the opportunity to delve into what conflict is and how it can positively or negatively affect their lives. Through fun interactive activities and discussion about basic conflict management theory, participants will learn alternative methods to engaging and managing their personal conflicts effectively.

*Leslie Overholser is the Executive Director of Anne Arundel Conflict Resolution Center. She began with the Center as a volunteer before taking on the Circuit Court Mediation Program Director role. Prior to that, she spent 20 years with Bank of America in Baltimore as a Senior Vice President. Leslie is certified in the inclusive mediation model and has taken advanced trainings in parenting plan, re-entry, community conferencing, attendance and IEP facilitation.*

*Brandon Booth is the Community Programs Coordinator for Anne Arundel Conflict Resolution Center. He began with the center in March after three and a half years at Community Mediation in Baltimore. Brandon is a certified mediator in the inclusive model and has taken several advanced trainings in parenting plan, re-entry, attendance, independent IEP facilitation, and conflict management training for students, youth mediation and large group facilitation.*

#### **4) Positive Moves for No More Drama Mama** **Presenter: Carol Deel**

In this workshop, participants will understand how to take care of their own emotions and not rely on others to deal with their drama. In addition participants will learn how to deal with their anger and the anger of others and learn how encouragement can be a powerful tool.

*Dr. Carol Deel has been a mental health counselor since 1981. She has worked with teens and adults helping them to address a multitude of issues including anger, sex abuse victimization, depression, anxiety, past hurts and hangups; she also works with people who are sex abusers doing evaluations and treatment. Dr. Deel works with the Kairos Prison Ministry here at MCI-W. She is an Adjunct Professor at the University of the Cumberland where she teaches Introduction to Counseling and Counseling Psychology. She is very involved in Community Services with organizations such as Habitat for Humanity, The Chesapeake Heritage Conservancy, and The American Red Cross. She also is involved in Professional Organizations as well.*

## **Course & Presentation Descriptions**

### **Breakout Session I (cont.):**

**5) Yes, Your Credit Matters!**  
**Presenter: Lorie Woodruff**

Why does credit matter and what do you do to have the best credit with the resources now available? This workshop will address why credit matters. It will also discuss what it takes to have the benefits of controlling 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 building and benefiting your financial opportunities for the future.

*Lorie Woodruff is a realtor, speaker, and entrepreneur. She obtains satisfaction in empowering individuals with financial awareness. Her approach to credit matters is focused around 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.*

**6) Confronting Post Release Legal Issues**  
**Presenter: Rodney Mitchell**

Criminal convictions carry legal consequences even after the sentence has been served. Are there solutions? This workshop will address post-release legal issues such as ineligibility for certain types of housing, employment-related restrictions, voting restrictions, and custody issues, as well as how to deal with some of these concerns which will affect your life.

*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 the 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.*



## **Course & Presentation Descriptions**

### **Breakout Session I (cont.):**

#### **7) Calm Down & Focus with Mindfulness Meditation**

**Presenter: Carole Clem**

This basic introduction to mindfulness meditation will teach you a tool to assist in paying attention or staying focused; consciously selecting specific actions to help calm down when emotionally triggered; and helping 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, considering a variety of possible options for response and choosing among the options, instilling the seed that peace lies within each individual and when practiced on a regular basis becomes a lifetime skill.

*Carole Clem is a retired Federal employee after nearly 40 years of government service. She has been a volunteer at Montgomery Hospice for over 17 years as an "At Home" patient volunteer, bereavement volunteer and co-facilitator of six week Grief Support Groups. She has also been a volunteer at Whitman-Walker Clinic for over 14 years as a co-facilitator of a ten week peer support group and 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.*

#### **8) Empowerment to Insure and Overcome**

**Presenter: Shenetta Malkia**

Suicide, bullying, and domestic violence care nothing about color, age, or status. Upon release people who have battled these heavy issues as well as chemical addictions need support and treatment. This workshop will provide direction to empowering you to build healthy relationships. It will also provide insight into insurance benefits as protection for you and your family.

*Shenetta Malkia is Ms. Maryland United States and Ms. Baltimore United States 2014. Herself a survivor of bullying, she understands the emotional turmoil of being a victim and survivor after a friend's suicide. She is founding owner of Malkhia Relations, LLC. In the entertainment industry as a model and actress, she recently launched I Matter Productions to produce videos for TV and film. She is also an award winning Managing Director with Arias Agency, a division of American Income Life. She knows first hand about the pain of losing a loved one and being unable to provide for funeral expenses. She founded Empowerment Essence to help with these issues.*

Time  
To  
CHANGE



## **Course & Presentation Descriptions**

### **Breakout Session II**

#### **1) How to Live on a Budget with a Savings Account: Tips on Money Management**

**Presenters: Monica Mitchell**

**Mary Aniera Pereira**

For women, understanding how to take control of your finances is a major step towards controlling your future. Financial institutions, such as banks and credit unions, offer safe, secure, and convenient services that can help you save money and offer an alternative to costly check-cashing locations, pay-day loans and other predatory services. This educational workshop 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.

*Monica Mitchell and Mary Aniera Pereira are both employees of Wells Fargo, the nation's second largest bank in deposits, and with \$1.2 trillion in assets and fourth largest by assets. Wells Fargo, which began Maryland operations in Baltimore back in 1914 handling express contracts on the Baltimore & Ohio Railroad, merged with Wachovia in October 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.*

#### **2) Parents with Patience & Purpose**

**Presenter: Pastor Carol A. Overton-Saunders**

This workshop will address emotional, legal, social and financial issues of parenting from a distance and in the house. The workshop will also focus on the "Parent First" and "I'm not Selfish."

*Pastor Carol A. Overton-Saunders has taught parenting classes at Arlington Detention Center and Prince George's County Correction Center in Upper Marlboro, MD for several years. She also teaches Empowerment through the Arts at MCIW, Jessup, MD. Pastor Carol A. Overton-Saunders is the Founder of L.I.P.S., Living with Incarcerated Parents and Still Surviving. She brings encouragement to families. She has a story.*

## **Course & Presentation Descriptions**

### **Breakout Session II (cont.)**

#### **3) Break Through to Independence Presenter: Lischa Cockrell**

This workshop will focus on a process of identification which informs, teaches, and offers positive methods to behavioral prevention. The objective of the workshop is “Avoiding Temptation” and to identify risk factors that perpetuate emotions that choose unwanted behaviors. Through teaching a pattern of recognition, women gain an opportunity to change the course of behavior which deters self-gratification. Methods of alternative solutions to avoiding risk factors are a primary tool to resisting temptation. The workshop will provide resources and ideas to encourage consistency for success.

*Lischa Cockrell is a motivational speaker who leads an annual conference entitled “Women Against Violence” which teaches the facts about abuse and provides tools for personal development. She is the CEO of Women for Change, Inc., a non-profit corporation providing educational services. Inspiring through information to prevent abuse is her goal. She promotes alternative thinking that motivate change. Through new insight, women are able to restore power and renew life.*

#### **4) Preparing Now for a New Place Outside Presenter: Katherine Coates**

This workshop helps to prepare you now for the future. It uses writing, goal building, and poetry to facilitate mentally preparing women for their reentry into the community. It focuses on looking at, challenging, and rewriting old patterns to identify 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 in Criminal Justice and has been working with mentally ill offenders in the jail and community for several years. She is passionate about empowering and educating individuals and believes that change is possible.*

## **Course & Presentation Descriptions**

### **Breakout Session II (cont.)**

**5) Live a Joyful Life: Health and Chronic Illness Management**  
**Presenter: Amy R. Kalman, RN**

This workshop focuses on how to live well with medical issues and managing chronic illnesses. Some physicians are now suggesting that chemical addiction should be labeled a chronic illness. This workshop will include techniques to deal with a medical diagnosis of a chronic illness, appropriate use of medication, how to evaluate treatments, and effective communication with friends, family, and the medical community.

*Amy R. Kalman has been a registered nurse for 13 years working extensively in her career with patients from birth to elderly, who suffer from chronic illnesses. She brings a level of expertise rarely seen in medical professionals as she has been able to overcome her personal chronic illness and thus has a great deal of empathy as well as clinical knowledge and expertise. She has provided clinical case-management services, direct patient care, and worked in areas of nursing that includes pediatric intensive care, oncology and radiation, operating room and post anesthesia care. She will be providing practical tips on how to manage the emotional impact of a chronic illness as well as how to manage your health care responsibility for yourself. She makes jewelry and has taken drum lessons.*

**6) So Everybody Needs a Job**  
**Presenter: Elliott Reed**

Jobs are very different from even three years ago. Technology has transformed the working environment in the blink of an eye. This workshop will address how the jobs landscape has changed with technology and how the state of Maryland wants to help you to find a job in this changed world. Job seekers who want to work, this workshop is for you.

*Elliott Reed is a professional who has experience in operations consulting, strategic projects and program management, business development, knowledge management, staff training and development, human performance improvement, IT and communications. He is Lean Six Sigma certified. He is the Business Resource Representative for Prince George's County Economic Development Corporation Workforce Services Division. He works with DLLR, Center for Families, in their division for job placement, entrepreneurship, and apprenticeships with employers.*

## **Course & Presentation Descriptions**

### **Breakout Session II (cont.)**

**7) My Life, My Needs, My Journey**  
**Presenters: Jocelyn Alexander**  
**Thalia Bishop**

This popular interactive workshop features a needs assessment that is focused on your life and problem solving skills. This interactive workshop will help you to design a plan for your future and plot a course for your life's journey.

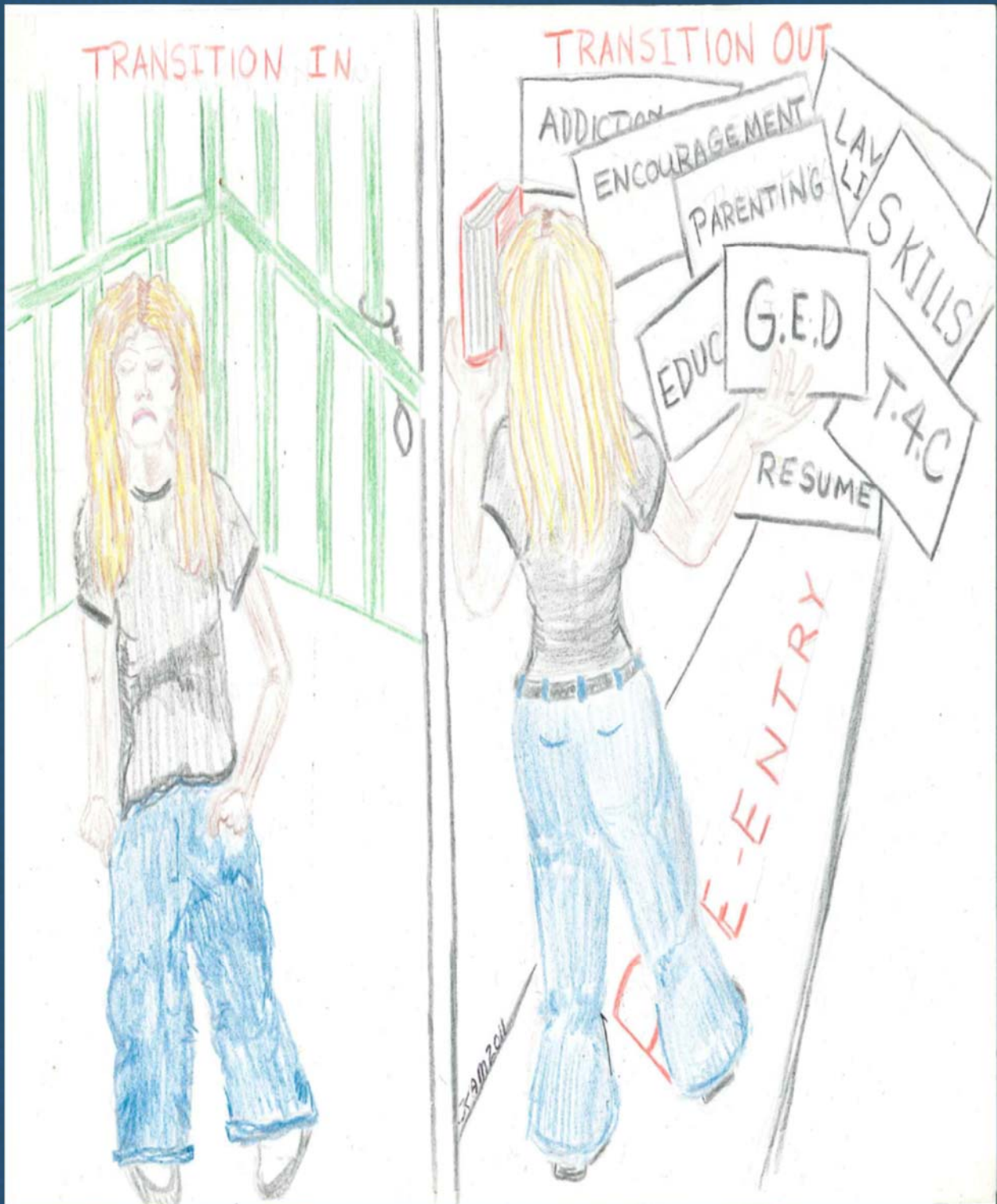
*Jocelyn Alexander attended George Washington University and is currently at the National Commission of Career Arts and Science (aka Cosmetology Arts and Sciences). She has worked as an education specialist and family support partner helping families with accessing help and support while maneuvering social, educational, and judicial systems. She has assisted people with finding and lending their voice to the "wraparound systems" process as social, educational, and judicial systems work with them to make a better life for themselves and their children/families.*

*Thalia Bishop currently works at the Homeless Children's Playtime Project, Inc. She has been a commercial banking assistant vice president and a college adjunct professor. She is the volunteer coordinator for Daughter for the Day, Inc. and a Stand Up for Kids volunteer. She has been a contractor in private industry. She worked for District Alliance for Safe Housing (DASH).*

**8) Make Your Legacy Iconic**  
**Presenter: Cheryl Pullins**

How can you make your legacy iconic? This workshop will assist you to skillfully craft your dreams into a business plan. It will help you to combine a world class vision and message with a distinct visibility strategy while using a "servicepreneur" business model. It is meant to empower and inspire you to live free, be fulfilled, and create a radiant lifestyle. You will be equipped with tools, techniques, and support to get started in business.

*Cheryl Pullins, founder of Victorious Lifestyle Solutions, was named as one of the top 25 women who inspire. She is no stranger to adversity. Adopted at the age of two, shot by a stray bullet when nine, at the age of 12 she found out her neighbor's children were actually her younger siblings. Her adult personal life was in shambles after a high profile divorce and bitter child custody battle. She emerged as a lover of all things branding. Her passion is centered around teaching and mentoring women in business and she uses her experiences and expertise to serve as a cicerone to dynamo women in business, helping them to create remarkable world class brands.*



# Resource Fair Scavenger Hunt



We want you to take full advantage of the resource fair so 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 (for instance – introducing yourself to new people) and are things you are really interested in (such as attending one or more of the mini-workshops) and take time to talk to 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 Dreams/Hopes/Needs	Name the Resource or Organization To Help You Achieve – and contact information
1.	1.
2.	2.
3.	3.

Get contact information for at least <u>two</u> other Resource Fair Organizations that may be able to help you when you return home.	√ Done!
Participate in a practice employment interview.	
Attend <u>at least</u> 1 of 4 mini-workshops:	
Domestic Violence/Restraining Orders – Hon. Angela Eaves	
Child Custody – Hon. Cathy Serrette	
Dress for Success - Constance Carter	
Entrepreneurship/Mary Kay – Leona Artis Hicks	
Find at least 15 words in the Word Search Puzzle	
Get to know a WMF Conference Committee Member or Volunteer by completing the Ice Breaker. Write the Name of person 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**



- **Introduce yourself to at least one Conference Committee Member or Volunteer and ask three of any of the following questions.**
- **Then they will ask you three questions.**
- **Remember -- feel free to ask WHY they responded as they did – this is about getting to know one another and you may have more in common than you thought!**

**Committee Member or Volunteer's Name :**

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**What is your favorite book or movie?** \_\_\_\_\_

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**Where is your dream vacation?** \_\_\_\_\_

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**Who would you want with you on a deserted island?** \_\_\_\_\_

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**If you had a magic wand, what would you choose to change?**

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**Would you rather find true love or win the lottery?** \_\_\_\_\_

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## 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.

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



RESPONSIBILITY  
COURAGE  
FAITH  
NEW BEGINNING  
FOUNDATION  
JOY  
HOPE

STRENGTH  
WISDOM  
KNOWLEDGE  
RESPECT  
CHANGE  
CHANGE  
UNITY



SUPPORT  
LEADERSHIP  
LOVE  
SOULSEARCH  
POWER  
HAPPINESS  
GRAVITATE







## Conference Points I Plan To Use....

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# Stepping Into The Future...



Denise  
Hudson