

Change is:

“the process of becoming different”

but

it must begin with you!

It will take complete commitment and be the hardest thing you have ever done! How badly do you want it and how willing are you to give what it takes to be successful?

What changes need to be made in your life? Are you willing to “do what it takes”? Such as:

- **Change friends and playgrounds**
- **Change attitudes**
- **New decision making process**
- **New goals and purpose in life**
- **Be accountable and responsible**

You CAN do it! We know you can! We want you to reach your goal!

If you are ready for the hard work of “leaving the past behind” and building a new life, we are here to help.

You must do the work. We help with tools you need. We want you to be the person you were created to be!

Changed Choices Mission

As followers of Christ, our aim is to provide mental, emotional, physical and spiritual assistance to highly motivated women during their incarceration and as they transition into society, thus enabling them to make positive changes in their lives and to achieve self-sufficiency.

Assistance and services include:

- **Mental Development** – Through professional counseling and mentoring, we endeavor to provide guidance through the new life experiences.
- **Emotional support** – We address the issues that led to a history of poor choices and continue to provide guidance throughout their time as clients.
- **Economic encouragement** – Through assistance in securing employment and training in financial matters (budgeting, debt reduction, obtaining good credit, establishing savings) we equip women with the tools to explore a variety of options (including further education) and to make wise choices.
- **Provision of physical needs** – We prepare women for a future of hope and security by providing resources during their incarceration and tools upon release for safe, affordable housing, household items, clothing and transportation.
- **A spiritual framework** – We believe that as faith is established and nurtured, it will become a critical source of strength in determining future positive choices

Changed Choices

**Are
YOU
ready
for
CHANGE?**

**If you are,
perhaps we can
help you help
yourself!**


Changed Choices
Building new lives beyond prison walls

As a client of Changed Choices, I can say that the most important thing is commitment. Setting up positive goals is the first step to making changes, but commitment is needed to fulfill those goals. Changed Choices offers the support that is vital to the success of reaching your goals. You are held accountable and feel a sense of responsibility. Without Changed Choices, I would not be where I am today. Changed Choices tailors their approach to the need of the individual client and sincerely cares about the success of every one with whom they work.

*Savanna
A Changed Choices' client*



What about you?

- Are you ready to change
- Are you willing to do the work
- Will you accept responsibility
- Will you be accountable
- Do you think you are a candidate
- Do you want “Changed Choices”

If this describes you, write to us, telling us about:

- Your background and family
- Your future hopes and goals
- When and why you began making poor choices
- Why you are prepared to work for change in your life now
- Your greatest fears and concerns
- Why we should consider you as a client.



Any incarcerated woman is eligible to become a client of Changed Choices, but she must have a willingness to understand the past, change destructive patterns and make the difficult choices needed for a stable and fulfilling future. Strong faith and absolute commitment to change are vital to successful transition into “new life beyond prison walls”.

You were created a unique and valuable individual but perhaps you were sidetracked from becoming the person you were meant to be. Changed Choices will provide support for you if you truly desire to take the hard steps required to make needed life changes. If you are this woman, we would welcome receiving a letter from you.

*Ruth Snyder
Executive Director*

Send all mail to:

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