

## ADULT COURSES

## UNBURDENED HEART SOLUTIONS COURSES

TITLE	Anger Management Course
LENGTH	12 hours; All Risk Levels
PREREQUISITE	N/A
DESCRIPTION	The Adult Anger Management Curriculum is designed to give participants an opportunity to practice skills that will allow them to positively control their behavior and the events in their lives. Through activity enhanced components, individuals learn to successfully control their emotions and channel their energies in a positive direction.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

TITLE	Cognitive Life Skills Course
LENGTH	Medium-Risk: 16 hours ; High-Risk: 48 hours
PREREQUISITE	N/A
DESCRIPTION	Designed for medium to high-risk offenders, the Adult Cognitive Life Skills curriculum offers an extended and comprehensive educational process to help participants overcome negative behavioral patterns, and enable them to be more productive in their environment. Through activity enhanced components targeting criminogenic needs, participants learn how to establish positive, goal-directed behavior patterns, and understand the process necessary to change negative behavior. The length of the curriculum allows for greater development of the participant/facilitator relationship, providing an additional support base for the participant.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

TITLE	Cognitive Life Skills for Women Course
LENGTH	48 hours
PREREQUISITE	N/A
DESCRIPTION	Designed for medium to high-risk female offenders, the Adult Cognitive Life Skills for Women curriculum offers an extended and comprehensive educational process to help women overcome negative behavioral patterns, become self-reliant, and enable them to be more productive in their environment. Through activity enhanced components targeting criminogenic needs, women learn how to establish positive, goal-directed behavior patterns, and understand the process necessary to change negative behavior. The length of the curriculum allows for greater development of the participant/facilitator relationship, providing an additional support base for the participant.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

## ADULT COURSES

## UNBURDENED HEART SOLUTIONS COURSES

TITLE	Domestic Violence Course
LENGTH	26 hours
PREREQUISITE	N/A
DESCRIPTION	Designed for medium to high risk offenders, the Adult Domestic Violence curriculum uses a unique, interactive model to allow participants to explore why they use violence to try to solve problems. They practice the skills necessary to cope with interpersonal problems in a nonviolent manner. Participants will learn that problems that they think are solved with violence are never permanently solved, and individuals will make a commitment never to use violence in their relationships.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

TITLE	Drugs & Alcohol Course
LENGTH	Low-Risk: 8 hours ; Medium-Risk: 14 hours
PREREQUISITE	N/A
DESCRIPTION	The Adult Drugs & Alcohol curriculum uses a number of innovative role plays, games and scenarios to help participants understand the dangers of ingesting harmful substances. By exploring patterns of use and contributing attitudes, individuals learn the effects of their abusive behavior on their family as well as their future.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

TITLE	DUI Course
LENGTH	16 hours
PREREQUISITE	N/A
DESCRIPTION	The Adult DUI curriculum allows participants to explore their decision making process prior to drinking that places them behind the wheel once intoxicated. By focusing on their decision-making process, rather than gory films about accidents or effects of alcohol on the body, participants learn to make decisions and choices ahead of time that will allow them to control this dangerous, self-destructive behavior in the future.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

## ADULT COURSES

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TITLE	Felony Offenses Course
LENGTH	21 hours
PREREQUISITE	N/A
DESCRIPTION	The Adult Felony Offenses curriculum addresses the needs of medium to high risk offenders who have entered the court system for a wide variety of felony offenses. This curriculum uses activity enhanced components to provide an in-depth process for gaining and practicing new behavioral skills that can help participants achieve constructive life changes. Individuals are encouraged to practice skills outside of the group setting and to report on the progress and problems they experienced during practice. The length of the curriculum allows for greater development of the participant/facilitator relationship, providing an additional support base for the participant.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

TITLE	JOBTEC Course
LENGTH	50 hours
PREREQUISITE	N/A
DESCRIPTION	The JOBTEC curriculum teaches those competencies that the Department of Labor and research have found to be necessary for finding and keeping a job. Through this extensive curriculum, participants will learn practical job-finding skills, practice positive and professional behavior, and explore their own personal strengths and values.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

TITLE	Misdemeanor Offenses Course
LENGTH	8 hours
PREREQUISITE	N/A
DESCRIPTION	The Misdemeanor Offenses curriculum addresses the needs of individuals who have entered the court system for a wide variety of misdemeanor offenses. Building on a foundation of activities and components, the curriculum helps individuals learn how to avoid negative influences, handle stress and take responsibility for their decisions. This skills-based curriculum is designed for first-time offenders.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

## ADULT COURSES

## UNBURDENED HEART SOLUTIONS COURSES

TITLE	Parenting Course
LENGTH	24 hours
PREREQUISITE	N/A
DESCRIPTION	The Adult Parenting curriculum helps parents understand the process of changing negative behavior in their children and motivating positive behavior. Through activity enhanced components, parents learn how to counteract negative behaviors using methods that are non-threatening and effective, and that build responsibility. Parents learn the difference between punishment and discipline, and are encouraged to use discipline instead of punishment.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

TITLE	Shoplifting Course
LENGTH	Low-Risk Shoplifting: 8 hours; Medium-Risk Shoplifting: 24 hours
PREREQUISITE	N/A
DESCRIPTION	The Adult Shoplifting curriculum assists participants in focusing on the processes they went through when they shoplifted. Through activity enhanced components, they learn to behave differently when faced with a similar situation in the future. Participants will learn how certain attitudes can override a person's sense of right and wrong and cause behavior that is contrary to his or her personal beliefs. The curriculum establishes an atmosphere where participants can learn from and accept their mistakes and strengthen their ability to act in accordance with what they believe.
AUDIENCE(S)	Adults, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

ADULT COURSES

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TITLE	Specialty Programs
LENGTH	TBD
PREREQUISITE	N/A
DESCRIPTION	Our experts can develop a curriculum to fit the specific needs of your department, institution or organization. Our unique educational philosophy and program design format allow vast flexibility and promote behavior change. Each program encourages and secures participant “buy in” to the curriculum’s content. We will develop a program that will assure consistency of presentation and measurability of outcomes. Our staff members are highly trained in learning style theories and practice which allows them to tailor each program to meet the needs of your staff as well as the specific outcome needs of each project.
AUDIENCE(S)	Youth, Adults, Correctional Facilities, Courts, Private Providers, Rehabilitation Centers,
CAPACITY	4-10
COST	TBD

TITLE	Theft Course
LENGTH	Medium-Risk Shoplifting - 24 hours; High-Risk Shoplifting - 30 hours
PREREQUISITE	N/A
DESCRIPTION	The Adult Theft curriculum assists participants in focusing on the processes they went through when they broke the law. Participants will learn how certain attitudes can override a person’s sense of right and wrong and cause behavior that is contrary to his or her personal beliefs. The curriculum establishes an atmosphere where participants can learn from and accept their mistakes and strengthen their ability to act in accordance with what they believe.
AUDIENCE(S)	Adults, Correctional Facilities, Courts, Private Providers, Rehabilitation Centers, Probation
CAPACITY	4-10
COST	TBD

## YOUTH COURSES

## UNBURDENED HEART SOLUTIONS COURSES

<b>TITLE</b>	Delinquent Behavior
<b>LENGTH</b>	Low-Risk: 8 hours; Medium-Risk: 30 hours; High-Risk: 44 hours
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	Designed for low, medium, or high-risk offenders, the Youth Delinquent Behavior curriculum addresses the criminogenic risk and needs factors of juveniles who have entered the court system for a wide variety of delinquent behaviors. This curriculum covers a broad range of issues designed to help juveniles overcome negative behavioral patterns and become more pro-social and productive individuals. Through activity-enhanced components, participants learn how to change their anti-social behavior to pro-social behavior. This curriculum incorporates ways to make and keep supportive, positive friends, encouraging the juvenile to make pro-social choices. The curriculum also introduces the juvenile to the idea of accepting responsibility for the harm caused to the victim.
<b>AUDIENCE(S)</b>	Youth, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
<b>CAPACITY</b>	4-10
<b>COST</b>	TBD

<b>TITLE</b>	Drugs & Alcohol
<b>LENGTH</b>	Low-Risk: 8 hours; Medium-Risk: 20 hours
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	The Youth Drugs & Alcohol curriculum assists participants in understanding the dangers of continued drug use/abuse. Through activity enhanced components, participants learn alternatives to drug use that will help them cope with stress and make positive choices in their daily lives.
<b>AUDIENCE(S)</b>	Youth, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
<b>CAPACITY</b>	4-10
<b>COST</b>	TBD

<b>TITLE</b>	Gang Involvement
<b>LENGTH</b>	Low-Risk: 8 hours; Medium-Risk: 32 hours; High-Risk: 44 hours
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	The Youth Gang Involvement curriculum assists participants in examining the reasons a person joins a gang. The curriculum does not simply focus on the negative aspects of gangs, but allows an exploration into alternative methods of achieving social and economic goals, while providing insight into the consequences of gang membership.
<b>AUDIENCE(S)</b>	Youth, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
<b>CAPACITY</b>	4-10
<b>COST</b>	TBD

## YOUTH COURSES

## UNBURDENED HEART SOLUTIONS COURSES

<b>TITLE</b>	Anger Management
<b>LENGTH</b>	Low-Risk: 8 hours; Medium-Risk: 22 hours; High Risk: 32 hours
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	The Youth Anger Management curriculum uses role plays and scenarios to assist individuals in learning what they must do to avoid confrontational situations. The curriculum assists participants in learning ways to manage their emotions and develop alternative behavioral responses. Through this skills-based curriculum, participants make a commitment to avoid the use of anger or violence to solve personal problems.
<b>AUDIENCE(S)</b>	Youth, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
<b>CAPACITY</b>	4-10
<b>COST</b>	TBD

<b>TITLE</b>	Shoplifting Course
<b>LENGTH</b>	10 hours
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	The Youth Shoplifting curriculum assists juveniles in focusing on the processes they went through when they shoplifted. Through activity enhanced components, they learn to behave differently when faced with a similar situation in the future. Juveniles will learn how certain attitudes can override a person's sense of right and wrong and cause behavior that is contrary to his or her personal beliefs. The curriculum establishes an atmosphere where participants can learn from and accept their mistakes and strengthen their ability to act in accordance with what they believe.
<b>AUDIENCE(S)</b>	Youth, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
<b>CAPACITY</b>	4-10
<b>COST</b>	TBD

<b>TITLE</b>	Cognitive Life Skills Course
<b>LENGTH</b>	Medium-Risk: 30 hours ; High-Risk: 42 hours
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	Designed for medium to high-risk offenders, the Adult Cognitive Life Skills curriculum offers an extended and comprehensive educational process to help participants overcome negative behavioral patterns, and enable them to be more productive in their environment. Through activity enhanced components targeting criminogenic needs, participants learn how to establish positive, goal-directed behavior patterns, and understand the process necessary to change negative behavior. The length of the curriculum allows for greater development of the participant/facilitator relationship, providing an additional support base for the participant.
<b>AUDIENCE(S)</b>	Youth, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
<b>CAPACITY</b>	4-10
<b>COST</b>	TBD

YOUTH COURSES

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<b>TITLE</b>	Truancy Course
<b>LENGTH</b>	Low-Risk: 8 hours ; Medium-Risk: 26 hours
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	The Youth Truancy curriculum is designed to assist juveniles in discovering the relevance of school to their lives, and assists them in setting concrete goals for graduation. Participants explore the effects today’s choices have on their future, and learn techniques for helping them become successful in school. This curriculum emphasizes solutions that encourage regular attendance, and examines reasons for failing to attend school. The level 2 curriculum concludes with a joint session for youth to work directly with their parents to develop a shared plan for improving school attendance.
<b>AUDIENCE(S)</b>	Youth, Correctional, Courts, Private Providers, Rehabilitation Centers, Probation
<b>CAPACITY</b>	4-10
<b>COST</b>	TBD



## REAL COLORS

## UNBURDENED HEART SOLUTIONS COURSES

<b>TITLE</b>	Real Colors Foundational Course
<b>LENGTH</b>	4 HOURS
<b>PREREQUISITE</b>	N/A
<b>DESCRIPTION</b>	Participants will learn how to quickly identify their own temperament or “color” and that of others. Using this powerful knowledge, they can develop more effective communication skills and build better relationships, in and out of various environments.
<b>AUDIENCE(S)</b>	Business, Consultants, Education, Government, Non-Profit
<b>CAPACITY</b>	15-25
<b>COST</b>	RFP
<b>DATE AVAILABLE</b>	TBD

<b>TITLE</b>	Real Applications Course
<b>LENGTH</b>	4 HOURS
<b>PREREQUISITE</b>	Real Colors Foundational Workshop
<b>DESCRIPTION</b>	The Real Applications workshop allows your organization to apply Real Colors in exciting new ways. Participants discover at how a person’s second color affects their overall personality style, how Real Colors concepts help each team member connect with your organization’s mission, and how Real Colors offers a framework to navigate difficult conversations.
<b>AUDIENCE(S)</b>	Business, Consultants, Education, Government, Non-Profit
<b>CAPACITY</b>	15-25
<b>COST</b>	RFP
<b>DATE AVAILABLE</b>	TBD

<b>TITLE</b>	Real Solutions Course
<b>LENGTH</b>	4 HOURS
<b>PREREQUISITE</b>	Real Colors Foundational Workshop
<b>DESCRIPTION</b>	Real Solutions is designed to take Real Colors participants to the next level of understanding how Real Colors creates a system to process stressful and uncomfortable situations. Real Solutions is a dynamic workshop that takes difficult situations that occur in relationships and shows how Real Colors concepts can make a difference. Successful change management is a core component of Real Solutions.
<b>AUDIENCE(S)</b>	Business, Consultants, Education, Government, Non-Profit
<b>CAPACITY</b>	15-25
<b>COST</b>	RFP
<b>DATE AVAILABLE</b>	TBD

REAL COLORS

UNBURDENED HEART SOLUTIONS COURSES

<b>TITLE</b>	Real Teams Course
<b>LENGTH</b>	4 HOURS
<b>PREREQUISITE</b>	Real Colors Foundational Course
<b>DESCRIPTION</b>	Real Teams takes participants through a series of fast-paced, interactive, and fun activities, allowing them to learn the strengths of each of the Real Colors first-hand. Exploring the concepts of trust, opportunities for growth, and what successful teams look like through the lens of Real Colors, participants will leave the workshop with applicable knowledge and skills that will help them work better together.
<b>AUDIENCE(S)</b>	Business, Consultants, Education, Government, Non-Profit
<b>CAPACITY</b>	15-25
<b>COST</b>	RFP
<b>DATE AVAILABLE</b>	TBD

<b>TITLE</b>	Real Leadership Course
<b>LENGTH</b>	4 HOURS
<b>PREREQUISITE</b>	Real Colors Foundational Course
<b>DESCRIPTION</b>	Real Leadership is applicable for emerging leaders to c-suite executives. Participants start by evaluating their leadership strengths and build on these strengths through small and large group activities that include public speaking, listening skills, empowering others, and developing a personal leadership plan.
<b>AUDIENCE(S)</b>	Business, Consultants, Education, Government, Non-Profit
<b>CAPACITY</b>	15-25
<b>COST</b>	RFP
<b>DATE AVAILABLE</b>	TBD



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