

# RE-ENTRY PLANNER AND GUIDE

## *From Custody To Community*



Returning to your community from incarceration can be exciting, but also overwhelming. There are many challenges you will face during this transition time including finding safe and stable housing, securing employment, addressing health problems and making sure you have community support you need.

Many of you who are re-entering also struggle with substance abuse, mental and physical health issues, unstable housing situations, legal problems that can even make it more difficult for you.

We are hoping this guide will assist you to plan for your release and help you navigate the systems so you can be provided the programs and sources you need during the transition from custody to self-sufficiency.

Let's get started!