

Re-entry Financial Wellness - Course Outline

This 10 week, (or 3 day intensive seminar) class will enable re-entrants to understand how to navigate financial matters after incarceration.

Benefits: *Client will understand the importance of establishing a bank account (all the how to's,) rebuilding credit, banking services vs. credit unions, etc.*

Session 1:

- Paradigm Shift - demonstrating how our cognitive behavior is influenced by how we view the world, explain what exactly a paradigm shift is

Session 2:

- My mind on my money, my money on my mind - understanding the importance of making sound financial choices

Session 3:

- Hustlers to Entrepreneurs - transferrable skills

Session 4:

- Why being money smart keeps you on the streets

Session 5:

- Investments - Investing on your future

Session 6:

- Hustling Backwards - living outside of your means

Session 7:

- Starter jobs - how to get in where you fit in

Session 8:

- Desires vs. needs

Session 9:

- Benefits of credit unions vs banks

Session 10:

- Credit score Up, Up, Up - how to raise your credit score

***This program can be beneficial to inmates in both county and state facilities, often times leaders do not include financial wellness in the re-entrants plan. Recovery Institute has a proven success rate and promotes this for all re-entrants.**