



Meeting Location

**CHICAGO
APOSTOLIC
CENTER**

**1111 N. Wells Street
Suite 300
Chicago, IL 60610**

Mailing Address

**Convicted2Change®
1235A N. Clybourn Ave. #369
Chicago, IL 60610
Tel: (312) 315-7111
fccofchicago.org
info@fccofchicago.org**



**A Christ-centered,
Biblically-based mentoring
support group**

Convicted2Change® provides the tools necessary for critical decision making, cognitive behavioral change, life skills development and spiritual transformation.

**For more information
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Who We Are

Convicted 2 Change® is a Christ-centered Biblically-based Mentoring support group for men. Participants experience an environment conducive to being vulnerable and transparent about their personal challenges. They encourage one another through relationships built on accountability; they become trained and empowered; and the men are prepared to go back into their communities as change agents.

The weekly meetings are Tuesday, from 7:30-9:00 pm. Quarterly, mentors and mentees participate in recreational events with each other and volunteer at organizations such as World Vision, Chicago Food Depository, at a Juvenile Center or clean up and do landscaping in marginalized communities.





Founder

The Reverend Roderick N. Williams

With 20 years in the field of prison ministry and aftercare/recovery programs, Rev. Williams is the President & CEO of Norman Fay & Associates, LLC, a consulting practice and developer of the Convicted2Change® program, a program designed for men's support groups. He is also Senior Pastor of Chicago Apostolic Center. Most recently, he served as Executive Director of a three-state region – Illinois, Iowa and Wisconsin – for Prison Fellowship ("PF"). In this role, he led staff and volunteers in the restoration of prisoners, ex-prisoners and their families. Founded in 1976 by Chuck Colson, PF partners with local churches across the country to minister to a group that society often scorns and neglects: prisoners, ex-prisoners, and their families.

Rev. Williams is a seasoned leader who has a heart for serving "the least of these." He believes that by assisting local churches, the Department of Corrections and agencies within the various communities, valuable social service networks can be created to assist this body of individuals. In the past six years, he has collaborated with 80 Correctional Institutions implementing and developing 167 Pre-Release programs that facilitated Life Skills and Cognitive Behavioral training to prepare prisoners for a successful reentry into their respective communities. He facilitated the yearly distribution of 34,000

Angel Tree gifts to children with a parent incarcerated, which was hosted by 739 churches and local agencies in a tri-state region. And, he recruited and trained 157 churches and 1400 racially and culturally diverse volunteers who coordinated in-prison programming that consisted of Bible Studies, Marriage Seminars, Life Skill Courses, Parenting Classes, Behavior Modification Courses and Financial Seminars, all of which led to 962 mentoring relationships.

A national leader in community collaborations and a master trainer, Rev. Williams has recruited and developed aftercare affiliates in over 27 different states that participated in the reintegration of ex-prisoners to their various communities. As a Clinical Case Manager for the Target Cities Program in Detroit, he was responsible for working with high risk clients from the Department of Corrections, as well as crisis intervention assessment and therapy for pre-release and post-release prisoners. Additionally, he developed assessment planning, implementation, and evaluation of individual client acuity, compliance/non-compliance, appropriate intervention and use of community resources.

Rev. Williams has a heart for people and enabling lives to be transformed!

The Journals

What Got Me Here?

In this Journal, participants explore the consequences of past decisions and begin to learn skills for controlling anger, handling negative peer pressure, working with authority figures and strengthening family ties.

Relationships and Communication

In this Journal, participants focus on understanding and improving relationships. Communication skills are presented to help participants learn to express themselves in healthy ways.

Handling Difficult Feelings

This Journal helps participants explore the influence of feelings on behavior. They learn and practice coping skills for handling uncomfortable feelings.





The Journals

Responsible Behavior

Responsible Behavior focuses on the link between thoughts, feelings and behaviors. Participants explore the connection between situations, self-talk and feelings and how they relate to behavior choices. In this Journal, participants are introduced to the Behavior Check strategy for use throughout the treatment process.

Rational Thinking

Inaccurate perceptions and irrational thoughts lead to poor decisions and self-defeating behavior. Individuals identify common thinking errors that pop up in their daily self-talk. Participants learn to challenge their thinking by performing a Rational Self-analysis (RSA).

Transition

The Transition Journal focuses on helping participants evaluate whether their expectations about the future are realistic. Three key transition issues are explored: working with authority figures; handling social pressure; and re-entry and relationships.



The Journals

Lessons Learned

Though returning to a problem behavior is never desirable, positive lessons can be learned from the experience. This 16-page Interactive Journal guides participants in applying these lessons as they recycle back onto the path of positive change. Participants learn: •The normal cycle of change •Effective strategies for making changes •Specific strategies they believe will be most helpful in their efforts to reinvest in their change process.

Changing Course

Changing Course was created as a self-directed resource for participants to start the process of making positive life changes. Participants reflect on their current choices and consider the connection between alcohol, other drugs and crime. Emphasis is placed on weighing the costs and benefits of making life changes, effective strategies for successful self-change and developing a plan to follow through with the choice to change.

Peer Relationship— The Courage to Change

In this Journal, participants explore the consequences of past decisions and begin to learn skills for controlling anger, handling negative peer pressure, working with authority figures and strengthening family ties.





The Journals

Social Values

(Are my beliefs expressed by my actions)

This Journal focuses on addressing risks related to antisocial values. Participants identify their values, where they came from and the impact on themselves and others. The development of positive life values and roadblocks to incorporating healthy values are explored.

Self-Control

This Journal focuses on addressing risks related to low self-control. Participants explore the connection between criminal behavior and their self-control. Participants will consider the consequences of a lack of self-control and explore strategies for handling difficult emotions.

Family Ties

This Journal focuses on addressing risks related to dysfunctional family ties. Participants explore strategies to help them reconnect with their families and create action plans to rebuild important family relationships. A separate section on parental roles and responsibilities is included.



The Journals

Getting Started

This Journal shows participants what they can expect from their period of supervision. They will conduct a self-exploration of who they are and how they feel about themselves and weigh the costs and benefits of change. Proven strategies for self-change are offered. The Journal concludes with the development of a Readiness Statement.

Fathering At Risk

Parenting may be one of the most difficult jobs that anyone can do, but this doesn't mean that there is an adequate understanding among psychologists, sociologists, and other researchers about what parenting is and what good parenting requires. This is especially true when it comes to fathers and fathering.

Personal Conflict Management Theory & Practice

Beginning with an introduction to conflict, the book examines the major approaches and theories of conflict management. Following a discussion of the causes and variables which exist within conflicts, the skills necessary for conflict management are analyzed, including listening, the ability to seek information, the importance of understanding personality types and behavior patterns, negotiation, and conflict assessment. The final two sections of the book take the reader beyond the basics, exploring the difficulties encountered in conflict management, the aftermath to a conflict, and conflicts in context, applying the theoretical concepts to everyday situations.

