



WOMEN'S LIFE SKILLS

DESCRIPTION

Women's Life Skills is designed to assist participants with life skill deficits to develop and practice skills for success in their basic daily habits and routines. This program addresses vocational preparation skill needs and planning for reentry. The program includes nine journals in three modules. The program includes nine journals in three modules:

Taking Care of Myself

1. Health and Hygiene
2. Nutrition and Physical Activity
3. Cleaning and Organizing

Living in My Community

1. Planning for My Home
2. Caring for My Family
3. Organizing My Life

Preparing for Work

1. Exploring My Interests
2. Developing My Skills
3. Finding Meaningful Work

This curriculum includes interactive journals, facilitator guides and companion DVDs. Completion of the series is awarded upon completion of all three modules.

Employees should consult the program material for length and duration of the class. Program materials and updated SENTRY codes are located under the FSA Programs link on the Reentry Services Division Sallyport page.

LOCATIONS

Available at all BOP institutions with designated females.

NEEDS

Finance/Poverty, Recreation/Leisure/Fitness, and Work

PROGRAM DELIVERY

To ensure program fidelity and proper credit, **Women's Life Skills** must be delivered by a Special Populations Coordinator, qualified volunteers, or contractors.