This Reentry Packet has been customized for: Life after lockup

Table of Contents

School

Transition Tips

General Support Pages

Housing Resources National Resource Services

School

Handling Frustration
Exploring Identity
Belief
Why We Forgive by Desmond Tutu
Philosophy
Motivation Tips
Emotions: The Basics
Feelings Wheel and Mental Health Recovery
Moral Guides and DIY principles
Resisting Influence by Dr. Philip Zimbardo
Working Through Depression

Resource Directory