

REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

www.fairshake.net

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Handling Frustration

Dealing with frustration

Life is full of frustrations. From the minor irritations of losing your car keys to the major anxieties of continued failure towards a goal, frustration is not a pleasant emotion in any magnitude. Because of the unpleasantness of this emotion, people will often avoid anything that might lead to it. Unfortunately, many of the things we truly want to experience such as triumph, joy, victory and purpose require a great deal of frustration. Being able to manage frustration allows us to remain happy and positive even in trying circumstances.

In order to successfully manage frustration, you need to first understand what causes it. Frustration is simply caused whenever the results you are experiencing do not seem to fit the effort and action you are applying. Usually frustration is caused by a narrow focus on a problem that isn't resolving itself as you had hoped. This is a very simple concept, but it is an important step to solving frustrating problems.

Frustration is Energy Consuming

Our energy as human beings is our primary currency we use to do anything. Physical, mental, emotional and spiritual energies all fuel discipline, creativity, courage and motivation. Anthony Robbins includes energy as the first key to success in any area of life. Stress in excessive doses is a negative emotional state that weakens the immune system and raises blood pressure as the direct result from a lack of energy. When we run out of energy we become useless.

Frustrating problems are incredibly energy consuming. Because these problems consume our energy in such great quantities, we need to be extremely careful that we don't try to keep running with an empty energy reserve. When this happens we burnout and require a long time to recover. The initial reaction of most people is to work harder when they encounter frustration. Although the intention to work harder makes sense, it often results in trying to spend more energy than we have available.

Why are frustrating problems more energy consuming than normal tasks? The answer to this is relatively simple. Because your action is not producing the results you expect, your brain naturally goes into full gear, rapidly consuming mental energy to solve the problem at hand. In this time it is very easy to run out of energy. When your energy stores are depleted this is when you become irritable, tired, stressed and sometimes even angry.

To get a little perspective on your issue, try broadening your focus from your current problem outwards. Try thinking about how the problem looks when you view it from a few weeks, a year, or ten years from now or compared to your lifetime?

Go outside and look up at the sky. Viewing the incredible expanse of space and time will ultimately make your problems look very small indeed.

Getting perspective when you are frustrated isn't a particularly difficult practice; the difficulty is in remembering to do it. It will be difficult to do this at first, but after diligent practice it will become a habit and happen automatically.

Nobody likes to feel frustrated. Unfortunately, frustrations are part of life. Learn to manage your frustrations so they don't leave you stressed, burned-out or depressed. Take breaks from your frustrations to recover your mental and creative energies. Reward your actions, not just your results and remember to gain a little perspective when you begin to feel overwhelmed. Don't let your frustrations prevent you from setting goals and living your life to the maximum.

Thank you Scott Young! Find more about this information here:
<http://www.scotthyoung.com/blog/2006/06/10/dealing-with-frustration/>

Advocacy - Justice Involved Organizations

Are you facing a legal issue, or just looking for more information about a specific legal topic? FindLaw's Learn About the Law section is the perfect starting point. Learn About the Law features informational articles about a wide variety of legal topics, as well as specific information about subjects such as how to hire an attorney and understanding your state's unique laws.

<http://www.findlaw.com/>

Citizenship - Community Development

Child Support
Housing Vouchers
Weatherization
Irwin County
Coordinator Chaka Clark
Ph 229-468-5186
FAX 229-468-9537
310 Vo Tech Road
Ocilla, GA 31774
irwincsb@windstream.net

Citizenship - Community Development

child support
Brooks County
Coordinator Velerie May
Ph: 229-263-7818
FAX: 229-263-8941
400 Courtland Avenue
Quitman, GA 31643
brookscsb@yahoo.com
<http://www.coastalplain.org/>

Citizenship - Consumer Services

Consumer advice, including what to do if you were scammed.
<http://www.consumer.ftc.gov/>

Citizenship - Consumer Services

Toll-Free Consumer Hotline: 800-638-2772 (TTY 800-638-8270) 8 a.m. - 5.30. p.m. ET
CPSC is committed to protecting consumers and families from products that pose a fire, electrical, chemical, or mechanical health hazard.
<http://www.cpsc.gov/>

Clothing - Interview and Career Clothing

The mission of Dress for Success is to empower women to achieve economic independence by providing a network of support, professional attire, and the development tools to help women thrive in work and in life.
<https://dressforsuccess.org/affiliate-list/>

Employment - Temporary Staffing Agency

3470 N Valdosta Rd # C
Valdosta, GA 31602
(229) 241-8003
http://www.manpowergroup.com/wps/wcm/connect/manpowergroup-en/home/job-seeker/Explore-Job-Opportunities#.Ua4L_dgo3Kc

Food - Food Pantry

Find a food bank near you! The Feeding America nationwide network of food banks secures and distributes more than 3 billion meals each year. Contact your local community food bank to find food.

Citizenship - Birth Certificate

We work directly with hundreds of government agencies nationwide to provide consumers with the ability to securely order their vital records online. Government agencies across the nation trust VitalChek to handle your vital record orders, and you can too.
https://www.vitalchek.com/order_main.aspx?eventtype=birth

Citizenship - Community Development

Housing vouchers
Child Support
Berrien County
Coordinator: Frankie Coleman
Ph: 229-686-7871
FAX: 229-686-7871
402 Hazel Avenue
Nashville, GA 31639
berriencsb@windstream.net
<http://www.coastalplain.org/>

Citizenship - Consumer Services

The Consumer Services Guide is searchable directory of resources which can help you with consumer problems and questions. This link directs you to the Categories page, where you can search topics to find national, state and local resources.
<http://www.consumerservicesguide.org/resources/national/browse/category/>

Citizenship - Consumer Services

NACAs mission is to promote justice for all consumers. We provide a forum for communication, education, networking, and information-sharing among consumer advocates across the country. We also serve as a voice for consumers in the ongoing struggle to curb unfair or abusive business practices that harm consumers. The National Association of Consumer Advocates (NACA) is a nonprofit association of more than 1,500 attorneys and consumer advocates committed to representing consumers interests.
<http://www.consumeradvocates.org/>

Citizenship - Legal Assistance

1101 North Patterson Street
Valdosta, Georgia 31601
(229) 333-5232 or
1-800-546-5232
<http://www.gls.org/>

Employment - Temporary Staffing Agency

1110 Summerlin Dr
Douglas, GA 31535
(800) 264-9053
http://www.manpowergroup.com/wps/wcm/connect/manpowergroup-en/home/job-seeker/Explore-Job-Opportunities#.Ua4L_dgo3Kc

Food - Food Pantry

WhyHunger Hotline: 866-348-6479
Call, text or click on the link to their website to find food pantries, soup kitchens, summer meals sites, government nutrition programs and grassroots organizations.
<http://www.whyhunger.org/find-food>

<http://www.feedingamerica.org/find-your-local-food-bank/>

Food - Food Pantry

1411 Harbin Circle
Valdosta, GA 31601
229.244.2678
Fax: 229.244.3663
frichards@valdostafoodbank.org
<http://feedingsga.org/>

Free - Free Phone

Assurance Wireless
P.O. Box 5040
Charleston, IL 61920-9907
1-888-321-5880
Assurance Wireless provides eligible consumers with free monthly data, unlimited texting, free monthly minutes plus a free Smartphone. Lifeline enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria. Residents of homeless shelters, nursing homes and temporary addresses may also be eligible.
<https://www.assurancewireless.com/lifeline-services/what-lifeline>

Health - Free/Sliding Scale Clinic

Find the clinic near you!
<http://www.nafcclinics.org/clinics/search>

Health - Free/Sliding Scale Clinic

205 Woodrow Wilson Drive
Valdosta, GA 31602
(229) 245-0020
<http://www.lcpfh.org/>

Health - Health Department

Our mission
prevent disease, injury & disability
promote health & well-being
prepare for & respond to disasters
All services can be found on the website.
<https://dph.georgia.gov/>

Money - Free Credit Report

Free credit reports authorized by federal law. Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company.
<https://www.annualcreditreport.com/index.action>

Reentry Resource - Multiple Resources Available

Search for benefits in Education, Grants, Loans, Social Security, Housing and Utilities, Employment and Career Development, Financial Assistance and more.
<https://www.benefits.gov/categories>

Reentry Resource - Multiple Resources Available

Scroll down the page to find your state. Titles in the left column will lead you to resources available nationwide.
If you scroll down the page to find your state name, you can click on that for statewide resources.

<https://www.needhelppayingbills.com/index.html>

Food - Food Pantry

1411 Harbin Circle
Valdosta, GA 31601
229.244.2678
Fax: 229.244.3663
frichards@valdostafoodbank.org
<http://feedingsga.org/>

Food - Food Pantry

Ample Harvest works to reduce food waste by connecting gardeners to their local food pantries so that excess garden bounty can be shared with those in need. Use the search tool to look for a local food pantry near you.
<https://ampleharvest.org/find-food/>

Free - Free Stuff

We are a grassroots and entirely nonprofit movement of people who are giving and getting stuff for free in their own Towns. It's all about reuse and keeping good stuff out of landfills. Membership is free.
<https://www.freecycle.org/>

Health - Free/Sliding Scale Clinic

205 Woodrow Wilson Drive
Valdosta, GA 31602
(229) 245-0020
<http://www.lcpfh.org/>

Health - Free/Sliding Scale Clinic with Dental

Listings that can help low-income and uninsured people connect with a clinic or community health center in their area. These clinics offer free and discounted rates for medical and dental care. Our county listings include contact information, a listing of services and any further remarks that may be pertinent to our users, such as free services provided, discounted services provided and clinic operating hours.
https://freeclinicdirectory.org/georgia_care.html

Health - HIV/AIDS Services

The HIV Prevention Program coordinates the Statewide HIV Prevention Planning Group, develops and implements the Georgia HIV Prevention Plan, coordinates the HIV testing program and data reporting for the state, and provides capacity building and training for community partners and public health staff. The HIV Prevention Program also provides funding to community based organizations and public health districts throughout the state. Visit the website for more information.
<https://dph.georgia.gov/hiv-prevention-program>

Money - Social Security Benefits after Incarceration

Social Security and Supplemental Security Income Benefits
Individuals released from incarceration may be eligible for Social Security retirement, survivors, or disability benefits if you have worked or paid into Social Security enough years or Supplemental Security Income benefits if you are 65 or older, or are blind, or have a disability and have little or no income and resources.
If you believe you qualify, call our toll-free

Reentry Resource - Multiple Resources Available

Serving Bulloch, Candler, Emanuel, Evans, Jenkins, and Tattnall Counties
<https://unitedwaysega.org/>

Shelter - Housing Authority

P.O. Box 1088
Douglas, GA 31534
Phone: (912) 384-5812

<https://www.dougha.com/>

Shelter - Low Income Housing

Low Income Assistance
Housing Vouchers
Child Support
Tift County Community Action Agency
Ph: 229-382-2960
FAX: 229-387-0754
2737 S. Central Ave., Suite 4
Tifton, GA 31794-4023
tiftcsbg@yahoo.com

Shelter - Low Income Housing

Find low income apartments in Georgia along with non profit organizations that help with low income housing along with HUD apartments, public housing apartments, public housing authorities, and housing assistance agencies.
<https://www.lowincomehousing.us/GA.html>

Shelter - Shelters

We provide an online directory of shelters in Georgia.
<https://www.shelterlist.com/state/georgia>

Shelter - Transitional Housing

1-855-860-3119
Transitional, sober housing provides supportive housing along with drug and alcohol treatment for selective locations
<https://www.transitionalhousing.org/state/georgia>

Special Considerations - Disability Support

Government agencies and disability rights organizations in Georgia.
https://www.olmsteadrights.org/self-helptools/advocacy-resources/item.6532-Georgia_Disability_Resources_and_Advocacy_Organizations

Volunteer - Habitat For Humanity

Use this link to find a Habitat for Humanity chapter and a ReStore in your area.
<http://www.habitat.org/local/affiliate?zip=31775&country=US>

telephone number, 1-800-772-1213.

If you are deaf or hard of hearing, call TTY 1-800-325-0778.

<https://www.ssa.gov/reentry/benefits.htm>

Reentry Resource - Multiple Resources Available

Our findhelp technology powers Americas leading social care network. Our network features more than 300,000 free and reduced-cost programs in all 50 U.S. states, territories, and Puerto Rico, powering social care systems for hundreds of customers nationwide.
<https://www.findhelp.org/find-social-services/georgia>

Reentry Resource - Multiple Resources Available

The 2-1-1 Contact Center connects families with community resources that enables them to thrive - resources like food pantries, job search and placement agencies, and financial emergency assistance agencies. This help is provided so that families can recover and become sustainable once again.

<https://www.unitedwaycg.org/2-1-1>

Shelter - Housing Authority

610 E Ann St
Valdosta, GA 31601
(229) 242-4130

Providing quality affordable housing for the citizens of Valdosta and Lowndes County. Our Mission is to assist low-income families with decent, safe and affordable housing opportunities as they strive to achieve self-sufficiency and improve the quality of their lives
<https://valdostahousingauthority.org/>

Shelter - Low Income Housing

Housing Vouchers
Child Support
Low Income Assistance
Ph 229-455-2501
Fax 229-455-2501
704 Main Street
Ray City, GA 31645
ivajeantpaschal@yahoo.com

Shelter - Low Income Housing

Concerted Services, Inc.'s mission is to transform families and communities by providing opportunities and services that promote economic and social independence.

Low Income Assistance
Housing Voucher
Child Support and Care
Atkinson County Service Center
108 Austin Street
P.O. Box 355
Pearson, GA 31642
(912) 422-3884
(912) 422-3705 Fax
<http://www.concertedservices.org/>

Shelter - Salvation Army

The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible. Its

ministry is motivated by the love of God. Its mission is to preach the Gospel of Jesus Christ and to meet human needs in His name without discrimination.
<http://salvationarmygeorgia.org/>

Shelter - Transitional Housing

2 Martin Luther King Jr. Dr. SE Suite 458
Atlanta, Georgia 30334-4909
404-520-4102

A statewide directory of reentry housing. Residences include Structured Housing (SH), Standard Recovery Housing (SR), and Intensive Recovery (IR) Housing.
<https://sites.google.com/a/dcs.ga.gov/housing/thor-directory>

Shelter - Transitional Housing

Georgia Department of Community Affairs
60 Executive Park South, NE
Atlanta, GA 30329
(404) 679-4840

RPH pays for short-term transitional housing (up to 6 months) and food access with pre-approved RPH providers.
<https://www.dca.ga.gov/safe-affordable-housing/homeless-special-needs-housing/reentry-partnership-housing-rph>

Volunteer - Community Development

Helping to build strong, vibrant communities. We create and promote opportunities for Georgians to serve.

<https://www.dca.ga.gov/local-government-assistance/partnerships/georgia-commission-service-volunteerism>