

# REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

[www.fairshake.net](http://www.fairshake.net)

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Want to be mentally and physically healthy?

# VOLUNTEER

for just 2 hours each week!

No matter what research, anecdotes, survey or data are most important to you, they all demonstrate that people who volunteer enjoy increased physical and mental health, a deeper sense of meaning, and a decrease in depression and/or anxiety levels. All of this is true regardless of the physical or mental state of the volunteer before they start volunteering.



**It's FREE! YOU reap many health benefits!**  
**It builds MEANING, CONNECTION, and VALUE!**

I sometimes hear from people who 'want to tell their story to the youth to keep them from going to prison'. It's an interesting idea, but just 'telling' probably won't work. The youth today - just like when you were a youth - won't learn from old people's stories. But if an old person will listen to them? That might make a big difference, and once you build trust, you may be able to share your story after all. When you listen, you can gain trust, and then help them build the future. Listening helps people feel valued, which can increase their feelings of agency and power over their lives.

There are many ways, formally and informally, that you can commit to supporting others:

- Wherever you go, there are people who need attention; who need to be heard and honored.
- There are people who need to eat, need help shopping and help taking care of their home.
- There are people who need support, need to learn how to ask good questions, need to find their voice, need to learn to establish good boundaries, need to learn how to learn, and also to re-learn how to express themselves through art, movement, music, and imagination!

In a 2009 survey\* of 4582 people, at an average of 2 hrs/wk., people said this about volunteering:

96%: feel happier (A way to relieve our suffering from unhappiness and depression!)

92%: enriches my sense of purpose in life

89%: improved my sense of well-being

78%: helps with recovery from loss and disappointment

77%: improves emotional health

73%: lowers my stress levels

68%: made me feel physically healthier

\*[http://cdn.volunteermatch.org/www/about/UnitedHealthcare\\_VolunteerMatch\\_Do\\_Good\\_Live\\_Well\\_Study.pdf](http://cdn.volunteermatch.org/www/about/UnitedHealthcare_VolunteerMatch_Do_Good_Live_Well_Study.pdf)

According to Post, volunteers have less trouble sleeping, less anxiety, less helplessness and hopelessness, better friendships and social networks and a sense of control over chronic conditions. Those who received help from others also benefit greatly from helping others!

You may want to starting your volunteerism with an established organization. Or you can certainly start your own thing. That's how Fair Shake got started!

It's a GREAT way to meet new people, to immerse yourself in a diverse group, to network in new circles, to demonstrate your character and commitment, to build community and faith in humanity!

**NO DRUGS! NO SIDE EFFECTS! NO COST! NO OFFICE VISIT! NO DOCTORS!**

## EVERYONE VOLUNTEERS. YOU NEVER KNOW WHO YOU WILL MEET THERE!

You may find your next employer, property manager, babysitter, ride-share person or friend!

### Ways to Volunteer: (this is just the beginning of a list for which there is no end...)

Food Pantry  
Free Meals  
Yard Work  
Reading  
Shopping

Clean Up Trash  
Driving / Rides  
Help with Taxes  
Simply Spend Time  
Hobbies

Arts and Crafts  
Animal Rescue  
Handy-person Repair  
Snow Shoveling  
Help with Moving

### Community Volunteer Opportunities

\* \* 2 hrs/week delivers health benefits to you. Any amount of time delivers benefits to others. \* \*

Food Pantry \* Habitat For Humanity \* Lawn Mowing \* Church or Community Groups  
Direct Support \* Child Care \* Elder Support \* Home/Yard Help \* Shopping \* Outdoor Activities

### Web-based Connections to Volunteering



VolunteerMatch

**Volunteer Match** [volunteermatch.org](http://volunteermatch.org) (non-profit)  
people, animals, environment

Volunteer Match is the largest network in the nonprofit world, with the most volunteers, nonprofits and opportunities to make a difference.

### Buy Nothing Project

**Buy Nothing Project** [buynothingproject.org](http://buynothingproject.org) (global network)  
Help another person give and receive, share, lend, and express gratitude using technology through a worldwide gift economy network in which the true wealth is the web of connections formed between people!



FairShake  
REENTRY RESOURCE CENTER

**Fair Shake** [fairshake.net](http://fairshake.net) (community-powered non-profit)

- \* Fair Shake is web/software based. We welcome tech volunteers!
- \* Help others find resources and information in our huge library!
- \* Help us build the FS resource directory by letting us know about resources that you recommend from your area! Mail information to Fair Shake PO Box 63, Westby, WI 54667 or email: [sue@fairshake.net](mailto:sue@fairshake.net)



Volunteer.gov

**Volunteer.gov** (federal program)

America's Natural and Cultural Resources Volunteer Portal built and maintained by the Federal Interagency Team on Volunteerism (FITV)



POINTS  
OF LIGHT  
ENGAGE

**Engage** [engage.pointsoflight.org](http://engage.pointsoflight.org) (project of Pres. George H.W. Bush)  
Search our database for volunteer opportunities inside and outside of the home that meet critical needs. The world is waiting for you to shine your light.



JUST SERVE

**Just Serve** [justserve.org/projects](http://justserve.org/projects) (provided by Mormons)  
A website where the volunteer needs of organizations may be posted and volunteers may search for places to serve in the community.

### **Education - Higher Education**

A university that works for you. Our 100% online, tuition-free degree programs are designed to fit your life.

Programs: Business Administration, Computer Science, Health Science, Education, Associate Degree, Bachelor Degree, Master Degree

<https://www.uopeople.edu/>

### **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>

### **Volunteer - Community Development**

3726 N Booth St,  
Milwaukee, WI 53212  
Phone:(414) 562-6100

<http://milwaukeehabitat.org/>

### **Volunteer - Community Involvement**

2819 W. Highland Blvd.  
Milwaukee, WI 53208  
(414) 273-7887

The Volunteer Center of Greater Milwaukee is a program of the Nonprofit Center of Milwaukee, Inc. Our Mission is to promote the interests and effectiveness of the nonprofit sector through strengthening organizational capacity, expanding volunteerism and encouraging collaboration.  
<http://www.volunteermilwaukee.org/>

### **Volunteer - Volunteer Opportunities**

Click on the link to find the list of United Way Wisconsin Volunteer Centers. Sort by opportunities, location and events.  
<https://www.volunteerwisconsin.org/local-volunteer-centers>

### **Volunteer - Volunteer Opportunities**

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you!

VIRTUAL VOLUNTEER opportunities are also available -  
<https://www.volunteermatch.org/virtual-volunteering>  
<http://www.volunteermatch.org/>

### **Your Leisure Time - Leisure Activities**

The mission of Meetup is to revitalize local community and help people self-organize. Meetup believes that people can change their personal world, or the whole world, by organizing themselves into groups that are powerful enough to make a difference.  
<http://www.meetup.com/cities/us/wi/milwaukee>

### **Education - Higher Education**

Freshman Year for Free. Take tuition-free, high quality courses online from top institutions for college credit. Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream. Modern States' initial program, Freshman Year for Free, is intended to let students earn up to one year of college credit without tuition or textbook expense. Modern States hopes to provide links for students to tutoring, mentoring and college advising groups as well.

[https://modernstates.org/?gclid=EAlaIqObChMIoIO16uee9gIVl\\_3jBx34gQCHEAAYASAAEgKfRfD\\_BwE](https://modernstates.org/?gclid=EAlaIqObChMIoIO16uee9gIVl_3jBx34gQCHEAAYASAAEgKfRfD_BwE)

### **Support Groups - Support Circles**

2821 Vel R Phillips Ave, Suite 223  
Milwaukee, WI 53212  
(414) 374-8029

Circles of Support are small groups that meet regularly to provide a stable, supportive network to men and women returning from incarceration. Members of each circle include formerly incarcerated people, a trained circle keeper, and community volunteers. Through a structured process, members grow with each other, learn from one another, and help the community heal from the trauma experienced through poverty and crime.

#### **Alumni Support Group**

The Alumni Support Group meets every Tuesday at 5:00 pm. This is a re-entry support group facilitated and attended by those who have experienced incarceration and extended supervision. The purpose of this group is to address the immediate needs of each participant in a safe and supportive atmosphere. Too often those returning from incarceration do not have a positive support network and do not know who they can express the struggles they are facing. The Alumni Group provides that supportive atmosphere that is sorely lacking in many peoples lives.

#### **Womens Support Group**

The Womens Support Group focuses entirely on issues facing women who have returned from incarceration. After prison, women often face unique issues struggle in silence, but the Women's Group is a space for community and solidarity. often in silence. The Womens Support Group is held every Tuesday afternoon with a meal beginning at 12:30 pm.  
<https://www.projectreturnmilwaukee.org/what-we-do.html>

### **Volunteer - Community Development**

2224 W. Kilbourn Ave  
Milwaukee, WI 53233  
414-931-6670

City on a Hill's vision is to break the cycle of generational poverty and bring transformation to central city neighborhoods. Through a collaborative and Christ-centered model of service,

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we are working to restore hope, reduce poverty, strengthen families and foster social justice. There are a variety of volunteer opportunities for people of all ages, skills and backgrounds. Our volunteers come from many different organizations, denominations, ethnic groups, and geographic areas.

[https://www.cityonahillmilwaukee.org/get\\_involved/volunteer/](https://www.cityonahillmilwaukee.org/get_involved/volunteer/)

**Volunteer - Volunteer Opportunities**

At JustServe, we believe that nothing should get in the way of organizations and volunteers coming together to do good things for the community.

<https://www.justserve.org/>

**Volunteer - Volunteer Opportunities**

We make it easy for good people and good causes to connect. We are a community that believes in the power of volunteering to enrich our lives and the world around us. Find locations to volunteer near you!

Virtual volunteer opportunities are also available - <https://www.volunteermatch.org/virtual-volunteering>

<https://www.volunteermatch.org/>

**Volunteer - Volunteer Opportunities**

6216 Washington Avenue, Suite G  
Racine, WI 53406  
(262) 886-9612

The Volunteer Center mobilizes people of all ages and backgrounds to invest their resources of time and talent to make a difference in their own lives as well as the lives of those that are served.

<https://www.volunteercenterofracine.org/>