

Women's Reentry COVID-19 Tablet Program Course Offerings

| Category / Unit | Program Course / Activity | Type |
|-----------------------------------|---|---------------|
| REENTRY RESOURCES | | |
| | Outside Resources Request Assignment | Assignment |
| Family Reunification | | |
| | CSC- Circulous De Sanacion | Info Flyer |
| Domestic Violence | | |
| | DC GOV Metropolitan Police Department - Domestic Violence Resources | Info Flyer |
| | National Domestic Violence Hotline | Info Flyer |
| | UJIMA, Inc. Overview Flyer | Info Flyer |
| Reentry Services (General) | | |
| | Voices for a Second Chance (VSC) | Info Flyer |
| | READY Center | Info Flyer |
| | Community Family Life Services (CFLS) Program Brochure | Info Brochure |
| | Voices for a Second Chance (VSC) Overview Flyer Spanish | Info Flyer |
| | DC Community Resource Gudie | PDF Book |
| | Reentry Myth Busters | PDF Document |
| | Social Services Information Sheet | Info Sheet |
| Entrepreneurship | | |
| | Together We Bake - Application | Application |
| | Flikshop School of Business | Flyer |
| Housing & Shelters | | |
| | Housing Resource Sheet (MORCA) | Info Sheet |
| | Specialized Housing Resource Sheet (MORCA) | Info Sheet |
| | Fact Sheet on Homelessness and Housing Instability in DC | Fact Sheet |
| | Miriam's Kitchen (Overview) | Info Flyer |
| | Single Adults - Transitional Shelter & Housing List | |
| | Family Year-Around Temporary Shelter List | |
| | Family Transitional Housing List | |
| | Transitional Supportive Housing List | |
| Education | | |
| | Education Resource Sheet (MORCA) | Info Sheet |
| Medical and Dental | | |
| | Medical and Dental Resource Sheet (MORCA) | Info Sheet |
| | Specialized Medical Resource Sheet (MORCA) | Info Sheet |
| | AIDSINDC | Info Sheet |
| Benefits | | |
| | Benefits Resource Sheet (MORCA) | Info Sheet |
| | Basic Needs Resource Sheet (MORCA) | Info Sheet |

Women's Reentry Tablet Programming Participation Sheet

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| Vital Document Fee Waiver (MORCA) | Info Sheet |
| Identification Resource Sheet (MORCA) | Info Sheet |
| Mental Health | |
| Mental Health and Substance Abuse Resource Sheet (MORCA) | Info Sheet |
| Parenting & Children | |
| Children and Family Resource Sheet (MORCA) | Info Sheet |
| Legal Resources | |
| Legal Resource Sheet (MORCA) | Info Sheet |
| Senior Resources | |
| Senior Citizens Resource Sheet (MORCA) | Info Sheet |
| The Grandparent Caregiver Program (FAQs) | |
| Driving Resources | |
| 2005 CDL Driver Manual (latest version available) | PDF Book |
| CDL Class B Flyer | Info Flyer |
| DC Driver Manual (latest version July 2019) | PDF Book |
| Mentoring | |
| Fresh Start Mentoring Program Brochure | Info Brochure |
| Employment & Job Readiness | |
| American Job Centers- Department of Employment Services (DOES) | Info Flyer |
| Jobs Resource Sheet (MORCA) | Info Sheet |
| MORCA Pathways to Work | Info Sheet |
| Ex- Offender State Local Resource Guide | PDF Book |
| The Federal Bonding Program | Info Sheet |
| The Federal Bonding Program Employers and Job Seekers Brochure | Info Brochure |
| The Federal Bonding Program State Coordinators | Info Brochure |
| Reentry Employment Opportunities (REO) Programs - FACT SHEET | Info Sheet |
| REO- Face Forward Intermediary & Community Grants | Info Sheet |
| REO- Linking to Employment Activities Pre-Release (LEAP) | Info Sheet |
| REO- Pathways to Justice Careers for Youth | Info Sheet |
| REO- Training to Work Grant | Info Sheet |
| Voting Resources | |
| VOTING RIGHTS GUIDE FOR DC RESIDENTS WITH DISABILITIES | PDF Booklet |
| Other | |
| BURIAL ASSISTANCE FACT SHEET | Fact Sheet |
| ANGER MANAGEMENT | |
| Workbooks | |
| Anger Management Workbook and Curriculum | PDF Workbook |
| GESTIÓN DE LA IRA para pacientes con trastorno de abuso de sustancias y salud mental | |
| Fact Sheets & Informational Handouts | |
| Just the Facts: Anger and Anger Management | Reading + Feedback |

Women's Reentry Tablet Programming Participation Sheet

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| | Quizzes | |
| | Just the Facts: Anger and Anger Management - Test Your Knowledge Quiz | Quiz |
| | Anger Management - Test Your Knowledge Quiz | Quiz |
| | Conflict Resolution - Test Your Knowledge Quiz | Quiz |
| | Anger Sessions 1-3- Test Your Knowledge Quiz | Quiz |
| | Videos | |
| | Anger Management - Rage on a Plane Movie Clip (Assignment) | Video + Assignment |
| | What Children Can Teach Us About Dealing with Anger Oprah Winfrey Network | Video + Assignment |
| | Seneca - How To Control Your Anger (Stoicism) | Video + Assignment |
| | Watch Your Feelings Animated Short Film | Video + Assignment |
| | TEDx Talks | |
| | TEDx Talk - The Power of Women's Anger by Soraya Chemaly | TEDx Talk |
| | TEDx Talk -Anger Is Your Ally: A Mindful Approach to Anger Juna Mustad | TEDx Talk |
| | TEDx Talk How to Use Anger as a Force for Good Marcia Reynolds | TEDx Talk |
| | TEDx Talk Feelings: Handle Them Before They Handle You Mandy Saligari | TEDx Talk |
| | Books & Booklets | |
| | Anger Management | Reading |
| | Conflict Resolution Skills | Reading + Feedback |
| | Managing Conflict with Humor | Reading + Feedback |
| | Anger -Wisdom for Cooling the Flames by Thich Nhat Hanh | PDF Book |
| | Reading Lessons + Assignments | |
| | Session 1- Overview of Anger Management Treatment | Reading |
| | Session 1: Overview of Anger Management Treatment (Assignment #1) | Assignment |
| | Session 1: Overview of Anger Management Treatment (Assignment #2) | Assignment |
| | Session 2: Events and Cues | Reading |
| | Session 2: Events and Cues Assignment | Assignment |
| | Session 3: Anger Control Plans | Reading |
| | Session 3: Anger Control Plans Assignment | Assignment |
| | Session 4 - The Aggression Cycle | Reading |
| | Session 4 - The Aggression Cycle Assignment | Assignment |
| | Assessments | |
| | Personal Anger Self-Assessment | Assessment |
| | Worksheets | |
| | Anger Management Worksheet #1 - Examine the Effects of Anger in Your Life | Worksheet |
| | Anger Management Worksheet #2 - Imagine Your Life Without This Anger | Worksheet |
| | Anger Management Worksheet #3 - Gaining Acceptance | Worksheet |
| | Anger Management Worksheet #4 - Gaining Understanding, Compassion, and..... | Worksheet |
| | Tutorials | |
| | Anger Management Techniques | Exercise Tutorial |
| COMMUNITY SERVICE PROVIDER WEBINARS | | |

Women's Reentry Tablet Programming Participation Sheet

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| | Case Management / Reentry Services | |
| | Staff Webinar: Case Management During COVID-19 | Webinar |
| | Staff Webinar: Reentry Services | Webinar |
| | Staff Webinar: Sharing and Asking Questions | Webinar |
| | Staff Webinar - Programs: Starter Kits & Reentry | Webinar |
| | Financial Literacy | |
| | Staff Webinar: Financial Basics - Needs vs Wants | Webinar |
| | Staff Webinar: Making a Budget | Webinar |
| | Make a Budget | Worksheet |
| | Staff Webinar: Spending Trackers | Webinar |
| | Spending Tracker and Categories Worksheet | Worksheet |
| | Opening a Bank Account | Webinar |
| | Parenting | |
| | Staff Webinar: Writing a Letter to Your Child | Webinar |
| | Staff Webinar: Parenting: Importance of Letters | Webinar |
| | Employment & Job Readiness | |
| | Staff Webinar: Employment Readiness | Webinar |
| | Staff Employment Team - Explaining Your Conviction (MP3) | Audio Recording |
| | Staff Webinar: CTF Career Choices Part 1 | Webinar |
| | Staff Webinar: CTF Career Choices Part 2 | Webinar |
| | Staff Employment Team- Answers Your Questions! | Webinar |
| | Mental Health | |
| | Staff Webinar: Maintaining and Managing Anxiety | Webinar |
| | Staff Webinar: Coping Strategies | Webinar |
| | Domestic Violence | |
| | Staff Webinar: Defining Domestic Violence | Webinar |
| | Staff Webinar: Different Types of Domestic Violence | Webinar |
| | Staff Webinar: Safety Planning in Domestic Violence | Webinar |
| | Staff Webinar - Hearing From a DV Survivor | |
| | Women's Wellness | |
| | Staff Webinar: CTF HIV 101 | Webinar |
| | Staff Webinar: HIV Protection and Prevention | Webinar |
| | Life Skills | |
| | Staff Webinar: Life Skills | Webinar |
| | Relationships | |
| | Staff Webinar: Healthy vs Unhealthy Relationships | Webinar |
| | Holiday Greetings | |
| | Staff Brings Holiday Cheer | Webinar |
| | Staff Legal Services - Happy Holidays | Webinar |
| | Staff Parenting - Happy Holidays | Webinar |

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| Staff HIV Wellness - Happy Holidays | | Webinar |
| SUBSTANCE USE EDUCATION | | |
| Worksheets | | |
| | Worksheet for Establishing a Support System By Peggy L. Ferguson, Ph.D. Establishing a Support System, Part 1 | Worksheet |
| | Worksheet for Establishing a Support System By Peggy L. Ferguson, Ph.D. Establishing a Support System, Part 2 | Worksheet |
| | Worksheet for Establishing a Support System By Peggy L. Ferguson, Ph.D. Establishing a Support System, Part 3 | Worksheet |
| | Worksheet for Establishing a Support System By Peggy L. Ferguson, Ph.D. Establishing a Support System, Part 4 | Worksheet |
| | Worksheet for Establishing a Support System By Peggy L. Ferguson, Ph.D. Establishing a Support System, Part 5 | Worksheet |
| | Worksheet for Establishing a Support System By Peggy L. Ferguson, Ph.D. Establishing a Support System, Part 6 | Worksheet |
| Reading Lessons + Assignments | | |
| | Building Social Skills - Social Interaction Checklist | Reading + Assignment |
| | Social Interaction Secret Code Activity | Reading + Assignment |
| | Social Interaction Word Search Puzzle | Reading + Assignment |
| | Social Skills - Week 2 - What are Social Skills? | Reading + Assignment |
| | Social Skills - Week 3: The Eyes, Body Language & Non-verbal Communication | Reading + Assignment |
| | Social Skills - Week 4: Assertive vs Being Aggressive | Reading + Assignment |
| | Social Skills - Week 5 Empathy and Sympathy | Reading + Assignment |
| | Social Skills Week 5 - Social Interaction Crossword Puzzle | Reading + Assignment |
| | Social Skills - Week 6 Lesson Plan | Reading + Assignment |
| | Social Skills Week 6 - Social Interaction and "I" Statements | Reading + Assignment |
| | Social Skills Week 6 - What is Flexibility? | Reading + Assignment |
| | Social Skills Week 7 - Communicating Non-Defensively | Reading + Assignment |
| | Social Skills - Week 8 Learning | Reading + Assignment |
| | Social Skills Week 8 - Positive Thinking | Reading + Assignment |
| Informational Handout | | |
| | English-Social-Emotional | Handout |
| Quizzes | | |
| | Social Skills - Mid Course Quiz | Quiz |
| ALCOHOL & DRUGS | | |
| Videos | | |
| | Alcohol & Drugs FAQ Video Session | Video + Feedback |
| | The Science of Vaping (Video) | Video + Feedback |
| | Angel's Story: "From Worthless to Priceless" | Video + Assignment |

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| Marijuana Risks: Build A Brain: 60 Seconds | Video + Assignment |
| Marijuana – Is it safe during pregnancy or breastfeeding? | Video + Assignment |
| The Rise of Fentanyl Drug Addiction on the I-95 (Documentary) | Video + Assignment |
| Rebound: The Legend of Earl 'The Goat' Manigault | Video + Assignment |
| Ketamine Explained: The Next Big Antidepressant Documentary | Video + Assignment |
| How America Got Hooked on Opioids Documentary | Video + Assignment |
| Debunking Crystal Meth Myths The War on Drugs Documentary | Video + Assignment |
| Why Lean Became Rap's Most Wanted Drug | Video + Assignment |
| Battling Addiction During a Pandemic Documentary | Video + Assignment |
| Books & Booklets | |
| Alcoholics Anonymous (A.A.) for the Black and African American Alcoholic | PDF Book |
| It Happened to Alice - How She Faced a Drinking Problem | Comic Book |
| The Twelve Concepts for World Service | PDF Book |
| Treatment for Alcohol Problems: Finding and Getting Help | PDF Book |
| Las mujeres en A.A. | PDF Book |
| Women in A.A. | PDF Book |
| A.A. for the Older Alcoholic | PDF Book |
| Truth About Alcohol (DrugFreeWorld) | PDF Booklet |
| Truth About Drugs (DrugFreeWorld) | PDF Booklet |
| Truth About Marijuana (DrugFreeWorld) | PDF Booklet |
| Truth About Painkillers (DrugFreeWorld) | PDF Booklet |
| Truth About Prescription Drug Abuse (DrugFreeWorld) | PDF Booklet |
| Truth About Synthetic Drugs (DrugFreeWorld) | PDF Booklet |
| Narcotics Anonymous (N.A.) | PDF Book |
| Alcoholics Anonymous (A.A.) | PDF Book |
| Drug Facts - Marijuana | PDF Booklet |
| Drug Facts - La marihuana | PDF Booklet |
| El Tratamiento para el Abuso de las Drogas y el Alcohol | PDF Booklet |
| Que es el Tratamiento para el Abuso de Sustancias? | PDF Book |
| Debería usted hablar con alguien sobre un problema relacionado con las drogas, el alcohol o la salud mental? | PDF Booklet |
| Audio Recordings (NA & AA Sessions) | |
| Female NA Speaker Betsy M Goteborg Sweden 2000 (MP3) | Audio Recording + Feedback |
| Sister Bea - AA Speaker "Gratitude and Grace One Day at a Time" (MP3) | Audio Recording + Feedback |
| Doreen P. - NA Speaker - "We have Today, and Today is a Gift" (MP3) | Audio Recording + Feedback |
| Karin B. -NA Speaker - "An Inspiration for Us All" - Drug Addiction Recovery (MP3) | Audio Recording + Feedback |
| Cynthia W. - NA Speaker - "I Can Overcome ANYTHING" (MP3) | Audio Recording + Feedback |
| Betsy M. - NA Speaker - "Today is a New Day" (MP3) | Audio Recording + Feedback |
| Alicia N. AA Speaker 12-Step Recovery "Treatment for Alcoholism" - Women in Sobriety (MP3) | Audio Recording + Feedback |
| Lilly H. - AA Speaker - "Practicing These Principles in All Our Affairs" (MP3) | Audio Recording + Feedback |
| Sharon B. - AA Speaker - "A Path to Peace and Serenity" (MP3) | Audio Recording + Feedback |

Women's Reentry Tablet Programming Participation Sheet

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| Beth H. - AA Speaker - "Empty on the Inside" 12-Step Recovery from Alcoholism | Audio Recording + Feedback |
| Jennifer H. - AA Speaker - Singles in Sobriety Speaker Meeting (MP3) | Audio Recording + Feedback |
| Sandra - A Very Emotionally Moving NA Speaker (MP3) | Audio Recording + Feedback |
| Tearjerker Alert! Grieving in Recovery NA Speakers Lydia S Andy D NA Meeting (MP3) | Audio Recording + Feedback |
| Katie P. - AA Speaker - "Living the Solution Daily" (MP3) | Audio Recording + Feedback |
| AA Speaker Traci M. "From Fear to Faith" (MP3) | Audio Recording + Feedback |
| Melissa L. - NA Speakers - 12-Step "Addiction Recovery" (MP3) | Audio Recording + Feedback |
| Tina T. - NA Speakers - "Caring and Sharing in Addiction Recovery" (MP3) | Audio Recording + Feedback |
| Margie L. - NA Speaker - "Stunningly Serene and Clean" (MP3) | Audio Recording + Feedback |
| Laurie M. - NA Speaker - "The Difference between God's Will and Self Will" (MP3) | Audio Recording + Feedback |
| Barbara A. - Family Recovery Speaker - "Finding Myself, Finding a Higher Power through Forgiveness" (MP3) | Audio Recording + Feedback |
| Sue D. - Family Recovery Speaker - "Let it Begin with Me" (MP3) | Audio Recording + Feedback |
| Liz B. - Funny & Insightful - AA Speaker | Audio Recording + Feedback |
| Lorna K. - AA Speaker | Audio Recording + Feedback |
| Caroline N. - AA Speaker | Audio Recording + Feedback |
| Ava E. - NA Speaker - "Finding the Treasure" Recovery from Addiction | Audio Recording + Feedback |
| Felicia S. - NA speaker - "Bye Felicia! Hello Recovery!" | Audio Recording + Feedback |
| Wendy D. - NA speaker - "Clean Life, Fulfilling Life" | Audio Recording + Feedback |
| TEDx Talks | |
| TEDx Talk - How I Overcame Alcoholism Claudia Christian | TEDx Talk + Assignment |
| Fact Sheets & Informational Handouts | |
| Drug Facts: Substance Use in Women | Fact Sheet |
| The Serentiy Prayer | Handout |
| Amphetamines - Drug Fact Sheet | Fact Sheet |
| Barbiturates - Drug Fact Sheet | Fact Sheet |
| Ecstasy - MDMA - Drug Fact Sheet | Fact Sheet |
| Kratom - Drug Fact Sheet | Fact Sheet |
| Oxycodone - Drug Fact Sheet | Fact Sheet |
| Rohypnol - Drug Fact Sheet | Fact Sheet |
| Marijuana: The Risks Are Real - Fact Sheet | Fact Sheet |
| Fentanyl 2020 - Drug Fact Sheet | Fact Sheet |
| Stimulants - Drug Fact Sheet | Fact Sheet |
| Quizzes | |
| Drug Facts: Substance Use in Women - Test Your Knowledge Quiz | Quiz |
| Amphetamines - Test Your Knowledge Quiz | Quiz |
| Barbiturates - Test Your Knowledge Quiz | Quiz |
| Ecstasy - MDMA -Test Your Knowledge Quiz | Quiz |
| Kratom - Test Your Knowledge Quiz | Quiz |
| Oxycodone - Test Your Knowledge Quiz | Quiz |
| Rohypnol - Test Your Knowledge Quiz | Quiz |

Women's Reentry Tablet Programming Participation Sheet

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| | Marijuana IQ Quiz | Quiz |
| | Fentanyl - Test Your Knowledge Quiz | Quiz |
| | Stimulants - Test Your Knowledge Quiz | Quiz |
| COVID-19 | | |
| | Fact Sheets & Informational Handouts | |
| | COVID-19 Fact Sheet | Fact Sheet + Feedback |
| | COVID-19 What to do if you are sick | Info Sheet + Feedback |
| | COVID-19 How to Protect Yourself and Others | Info Sheet + Feedback |
| | COVID-19 30 Days to Slow the Spread | Info Sheet + Feedback |
| | COVID-19 DIRECTRICES DEL PRESIDENTE SOBRE EL CORONAVIRUS | Info Sheet + Feedback |
| | COVID-19 Que hacer si contrae la enfermedad del coronavirus 2019 | Info Sheet + Feedback |
| | COVID-19 DETENGA LA PROPAGACION DE LOS MICROBIOS | Info Sheet + Feedback |
| | COVID-19 Stop the Spread of Germs | Info Sheet + Feedback |
| | COVID-19 What You Can Do If You Are At Higher Risk of Severe Illness | Info Handout + Feedback |
| | COVID-19 Wash Your Hands | Info Handout + Feedback |
| | COVID-19 Lavate las manos! | Info Handout + Feedback |
| | COVID-19 Symptoms of Coronavirus | Info Sheet + Feedback |
| | COVID-19 Important Information About Your Cloth Face Coverings | Info Sheet + Feedback |
| | COVID-19 How to Safely Wear and Take Off a Cloth Face Covering | Info Sheet + Feedback |
| | COVID-19 What Your Test Results Mean | Info Sheet + Feedback |
| | COVID-19 Lo que significan los resultados de su prueba | Info Sheet + Feedback |
| | COVID-19 Help Protect Yourself and Others from COVID-19 | Info Sheet + Feedback |
| | COVID-19 Coping with Stress During the Coronavirus | Info Sheet + Feedback |
| | COVID-19 Do it for Yourself and Your Friends | Info Sheet |
| | What You Need to Know About COVID-19 and Pets | Info Sheet |
| | 10 Things You Can Do to Manage Your COVID-19 Symptoms at Home | Info Sheet |
| | 10 cosas que puede hacer para manejar sus sintomas de COVID-19 en casa | Info Sheet |
| | SAMSHA Tips for Social Distancing, Quarantine, and Isolation During..... | Info Sheet + Feedback |
| | Travel during the COVID-19 Pandemic | Info Sheet |
| | Holiday Celebrations and Small Gatherings | Info Sheet |
| | Assignments | |
| | COVID-19 Social Distancing - Assignment | Assignment |
| | Videos | |
| | COVID-19 What You Need to Know (Video) | Video + Feedback |
| | How coronavirus is changing the world | Video + Assignment |
| | Global Health Alert-COVID-19 | Informational Video |
| | Quizzes | |
| | COVID-19 Test Your Knowledge Quiz | Quiz |
| | Game | |
| | COVID-19 Myth or Fact | Question Game |

Women's Reentry Tablet Programming Participation Sheet

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| | Books & Booklets | |
| | How to Cope with Traumatic Events like Coronavirus | Reading + Feedback |
| | COVID-19 Resource and Information Guide | PDF Guidebook |
| ART THERAPY | | |
| | Video Tutorials | |
| | How to Draw a Flower with Pencil | Video Tutorial + Assignment |
| | How to Draw an Apple with Pencil | Video Tutorial + Assignment |
| | How to Draw a Tree with Pencil | Video Tutorial + Assignment |
| | Drawing Graffiti Lettering | Video Tutorial + Assignment |
| | How to Draw Flowers in a Vase | Video Tutorial + Assignment |
| | How to Draw Landscape | Video Tutorial + Assignment |
| | How to Draw Still Life | Video Tutorial + Assignment |
| | How to Draw Bubble Letters | Video Tutorial + Assignment |
| | How to Draw Title Font | Video Tutorial + Assignment |
| | How to Draw Mickey Mouse | Video Tutorial + Assignment |
| | How to Draw Goofy | Video Tutorial + Assignment |
| | How to Draw Tweety Bird | Video Tutorial + Assignment |
| | How to Draw Winnie the Pooh | Video Tutorial + Assignment |
| | Intro to Double Pencil Calligraphy | Video Tutorial + Assignment |
| | Alphabet in Double Pencil Calligraphy | Video Tutorial + Assignment |
| | More Alphabet Calligraphy | Video Tutorial + Assignment |
| | How to Create a Spiral Drawing | Video Tutorial + Assignment |
| | Spiral Drawing of the Letter R | Video Tutorial + Assignment |
| | How to Draw a Cartoon Cow | Video Tutorial + Assignment |
| | How to Draw a Cartoon Fish | Video Tutorial + Assignment |
| | How to Draw a Cartoon Ice Cream Cone | Video Tutorial + Assignment |
| | How to Draw a Cartoon Dinosaur | Video Tutorial + Assignment |
| | How to Draw Snoopy & Woodstock | Video Tutorial + Assignment |
| | How to Draw Snoopy | Video Tutorial + Assignment |
| | Origami Heart with Message | Video Tutorial + Assignment |
| | Make an Origami Rose | Video Tutorial + Assignment |
| | Make an Origami Flower | Video Tutorial + Assignment |
| | Valentines Card Doodles | Video Tutorial + Assignment |
| | Valentine Rose & Heart | Video Tutorial + Assignment |
| | Love Lettering | Video Tutorial + Assignment |
| | Heart of Stone | Video Tutorial + Assignment |
| | Origami Christmas Ornament | Video Tutorial + Assignment |
| | Origami Christmas Stocking (Tutorial + Feedback) 12/15/20 | Video Tutorial + Assignment |
| | Origami Christmas Tree | Video Tutorial + Assignment |
| | Origami Christmas Wreath | Video Tutorial + Assignment |

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| Origami Winter Bear | Video Tutorial + Assignment |
| How to Draw Minnie's Face | Video Tutorial + Assignment |
| Assignments | |
| Lesson 1- Art Appreciation Assignment | Assignment |
| Early Art - Assignment | Assignment |
| Art Therapy Feedback Assignment | Assignment |
| Examples of African Masks Part 2 | Assignment |
| How to Draw a Mandala | Assignment |
| African Masks in DC Museum | Assignment |
| How to Sketch Animals | Assignment |
| Meet Artist Kehinde Wiley Assignment | Assignment |
| Readings | |
| Introduction to Art Terms | Reading |
| Introduction- Mickalene Thomas | Reading + Assignment |
| What is Collage? | Reading + Assignment |
| Breakthrough Black Women Artists | Reading + Assignment |
| Impressionist Art | Reading + Assignment |
| Cubist Art | Reading + Assignment |
| Meet Artist Jacob Lawrence | Reading + Assignment |
| Migration Serires | Reading + Assignment |
| Migration Series Part 2 | Reading + Assignment |
| Meet Artist Kehinde Wiley | Reading + Assignment |
| Meet Artist Julie Mehretu | Reading + Assignment |
| Introduction to Abstract Art | Reading + Assignment |
| TEDX Talks | |
| TEDx Talk Why I Turned Chicago's Abandoned Homes into Art - Amanda Williams | TEDx Talk |
| Quizzes | |
| Introduction to Art Terms - Test Your Knowledge Quiz | Quiz |
| Info African Mask Quiz Part 2 | Quiz |
| Step-By-Step Drawing Tutorials | |
| How to Draw a Tropical Beach Scene | Written Tutorial + Assignment |
| Easy Steps to Draw a Sunflower | Written Tutorial + Assignment |
| Easy Steps to Draw a Rose | Written Tutorial + Assignment |
| More Face Drawing | Written Tutorial + Assignment |
| Art Lesson 2: Still Life Techniques | Written Tutorial + Assignment |
| Helpful Tips for Drawing Landscapes | Written Tutorial + Assignment |
| How to Draw Cherry Blossoms | Written Tutorial + Assignment |
| Perspective of Distance | Written Tutorial + Assignment |
| Perspective of the Vanishing Point | Written Tutorial + Assignment |
| How to Draw a Birdhouse | Written Tutorial + Assignment |

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| | How to Draw a Field of Flowers | Written Tutorial + Assignment |
| | How to Draw Black Eyed Susans | Written Tutorial + Assignment |
| | How to Draw a Racecar | Written Tutorial + Assignment |
| | How to Draw a Country Church | Written Tutorial + Assignment |
| | How to Draw a Four-Leaf Clover | Written Tutorial + Assignment |
| | How to Draw a Teddy Bear | Written Tutorial + Assignment |
| | How to Draw Apples in a Bowl | Written Tutorial + Assignment |
| | How to Draw a Mailbox | Written Tutorial + Assignment |
| | How to Draw Grapes on a Vine | Written Tutorial + Assignment |
| | How to Draw Mr. & Mrs. Churchmouse | Written Tutorial + Assignment |
| | How to Draw Still Life Using Bottles | Written Tutorial + Assignment |
| | How to Draw Dogwood Blossoms | Written Tutorial + Assignment |
| | How to Draw a Cylinder | Written Tutorial + Assignment |
| | Drawing Animals | Written Tutorial + Assignment |
| | Drawing Daisy Duck | Written Tutorial + Assignment |
| | How to Draw Hands & Feet | Written Tutorial + Assignment |
| | How to Draw a Pouncing Cat | Written Tutorial + Assignment |
| | How to Draw a Train | Written Tutorial + Assignment |
| | How to Draw a Mickey Mouse | Written Tutorial + Assignment |
| | Drawing a Cherry | Written Tutorial + Assignment |
| | How to Draw a Cartoon Parrot | Written Tutorial + Assignment |
| | Shapes & Shadowing | Written Tutorial + Assignment |
| | How to Draw a Scholarly Owl | Written Tutorial + Assignment |
| | How to Draw Flowers in a Vase Part 2 | Written Tutorial + Assignment |
| | How to Draw a Baby Tiger | Written Tutorial + Assignment |
| | How to Draw a Cute Snail | Written Tutorial + Assignment |
| | How to Draw a Cartoon Giraffe | Written Tutorial + Assignment |
| | Drawing Animals from Simple Shapes | Written Tutorial + Assignment |
| | How to Draw a Cactus | Written Tutorial + Assignment |
| | How to Draw the Apple Harvest | Instructional Worksheet |
| | How to Draw Halloween Characters | Written Tutorial + Assignment |
| | How to Draw Minnie's Face | Written Tutorial + Assignment |
| | | Written Tutorial + Assignment |
| | Books & Booklets | |
| | How to Draw a Mandala | Tutorial Workbook |
| | Drawing Cartoons & Comics for Dummies | Tutorial Workbook |
| | Drawing Cartoon Faces: 55+ Projects for Cartoons, Caricatures & Comic Portraits | Tutorial Workbook |
| | How to Sketch Animals (PDF) | Tutorial Workbook |
| | How to Fold Origami Stars | Tutorial Workbook |
| | Videos | |

Women's Reentry Tablet Programming Participation Sheet

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| Meet the Artist - Part 1 Mickalene Thomas | Video + Assignment |
| Meet the Artist - Part 2 Mickalene Thomas | Video + Assignment |
| Lady Dior Art by Mickalene Thomas | Video + Assignment |
| My Favorite Things-Mickalene Thomas | Video + Assignment |
| Black Models in Modern Art | Video + Assignment |
| A Talk with Mickalene Thomas | Video + Assignment |
| Meet Artist Faith Ringgold | Video + Assignment |
| A Talk with Faith Ringgold | Video + Assignment |
| Meet Romare Bearden | Video + Assignment |
| Graffiti Beyond the Streets | Video + Assignment |
| How to Paint Like Monet -Part 1 (Video) | Video + Assignment |
| How to Paint Like Monet -Part 2 (Video) | Video + Assignment |
| How to Paint Like Monet -Part 3 (Video) | Video + Assignment |
| How to Paint Like Monet -Part 4 (Video) | Video + Assignment |
| The Case for Impressionism | Video + Assignment |
| An Overview of Cubism | Video + Assignment |
| Jacob Lawrence on the Migration Series | Video + Assignment |
| Familial Ties to the Migration Series | Video + Assignment |
| The Migration Series Panel 1 | Video + Assignment |
| The Migration Series Panel 11 | Video + Assignment |
| The Migration Series - Movement | Video + Assignment |
| Landscape Doodles | Video + Assignment |
| Favorite Words with Doodles | Video + Assignment |
| Potted Plant Doodles | Video + Assignment |
| Birthday Banner and Cake | Video + Assignment |
| Birthday Party Decorations | Video + Assignment |
| Fun Birthday Doodles | Video + Assignment |
| Birthday Lettering with Pizzazz | Video + Assignment |
| Birthday Greeting for Card | Video + Assignment |
| 30 Mini Cute Faces | Video + Assignment |
| Cute Japanese Cartoon Characters | Video + Assignment |
| Origami Snowman More Complicated | Video + Assignment |
| Origami Christmas Tree Difficult | Video + Assignment |
| Origami Reindeer | Video + Assignment |
| Origami Paper Star | Video + Assignment |
| How to Draw Christmas Lights | Video + Assignment |
| How to Draw Christmas Tree One | Video + Assignment |
| Three Small Christmas Stockings | Video + Assignment |
| How to Draw Rudolph Looking in a Window | Video + Assignment |
| How to Draw Six Different Snowflakes | Video + Assignment |

Women's Reentry Tablet Programming Participation Sheet

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| How to Draw Candy Canes | Video + Assignment |
| How to Draw a Gingerbread Man | Video + Assignment |
| How to Draw a Christmas Snow Globe | Video + Assignment |
| How to Sketch Santa's Face | Video + Assignment |
| Sketch a Christmas Stocking | Video + Assignment |
| How to Draw Baby Dory | Video + Assignment |
| How to Draw Nemo | Video + Assignment |
| Kehinde Wiley & the Art World | Video + Assignment |
| How to Draw a Dream Catcher | Video + Assignment |
| How to Draw a Funny Turkey | Video + Assignment |
| How to Draw Another Thanksgiving Turkey | Video + Assignment |
| How to Draw a Cornucopia | Video + Assignment |
| How to Draw a Cartoon Turkey | Video + Assignment |
| How to Draw a Cute Turkey for Kids | Video + Assignment |
| How to Draw a Ballerina | Video + Assignment |
| How to Draw a Minion | Video + Assignment |
| How to Draw Olaf | Video + Assignment |
| Interview With Julie Mehretu | Video + Assignment |
| How to Draw a Maple Leaf | Video + Assignment |
| How to Draw Simple Fall Leaves | Video + Assignment |
| How to Shade a Pumpkin | Video + Assignment |
| How to Draw a Halloween Pumpkin | Video + Assignment |
| How to Draw Princess Tiana | Video + Assignment |
| How to Draw Mountain Landscape | Video + Assignment |
| How to Draw a Haunted House Scene | Video + Assignment |
| The Case for Abstraction | Video + Assignment |
| How to Draw a Unicorn | Video + Assignment |
| Inside Africa's Thriving Art Scene | Video + Assignment |
| Turning Trash into Artwork | Video + Assignment |
| Another Cityscape to Draw | Video + Assignment |
| How to Draw a City | Video + Assignment |

HOLIDAY GREETINGS

Christmas Greetings from Lorton Art (Ms. Mia & Karol)

| | |
|---|-----------|
| FINANCIAL LITERACY | |
| Worksheets | |
| Sales Discount Worksheet | Worksheet |
| Advertising & Marketing Discussion | Worksheet |
| Money Matters Worksheet #1 (Assignment) | Worksheet |
| Money Matters Worksheet #2 (Assignment) | Worksheet |
| Readings | |

Women's Reentry Tablet Programming Participation Sheet

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|--|----------------------|
| Things to Know About Interest | Reading + Assignment |
| What's In A Credit Score? | Reading + Assignment |
| Credit Score | Reading + Assignment |
| What is a Secured Credit Card? | Reading + Assignment |
| How Debt Collection Works | Reading + Assignment |
| Wage Garnishments: How it Works | Reading + Assignment |
| How Much of Your Wages Can Be Garnished | Reading + Assignment |
| If Garnishment is a Financial Burden | Reading + Assignment |
| Garnishment: What You Can Do | Reading + Assignment |
| How to Improve Your Credit Score | Reading + Assignment |
| How Long Does it Take to Rebuild a Credit Score? | Reading + Assignment |
| Loans and Credit | Reading + Assignment |
| Taxes | Reading + Assignment |
| Washington, DC First-Time Home Buyer Programs | Reading + Assignment |
| Interesting Facts About Dollar Bills | Reading + Assignment |
| Symbols on Money | Reading + Assignment |
| Budgeting and Saving | Reading + Assignment |
| Calculating Your Net Worth | Reading + Assignment |
| 5 Steps for Creating a Budget You Can Stick To | Reading + Assignment |
| Renting vs Buying a Home | Reading + Assignment |
| A Guide to Terms used in Business Plans | Reading + Assignment |
| Business Terms to Know | Reading + Assignment |
| The Critical Need to Save | Reading + Assignment |
| HAVE YOU EVER THOUGHT ABOUT STARTING A BUSINESS FROM HOME? | Reading + Assignment |
| How do people get rich? | Reading + Assignment |
| Is Playing the Lottery a Good Idea? | Reading + Assignment |
| Informational Handouts | |
| How to Write an Executive Summary (Information) | |
| Business Proposal Template 2020 | |
| SWOT Analysis Template 2020 | |
| The Lean Business Plan Template 2020 | |
| Business Plan Template | |
| Business Plan (Information) | |
| TEDx Talks & Presentations | |
| Investor Pitch Deck 2020 (PowerPoint) | PowerPoint |
| TEDx Talk Why the Rich are Getting Richer Robert Kiyosak | TEDx Talk |
| TEDx Talk The Foreign Language of Financial Literacy Natalie Torres-Haddad | TEDx Talk |
| Assignments | |
| What Influences You to Buy a Certain Product? Part 1 | Assignment |
| What Influences You to Buy a Certain Product? Part 2 | Assignment |

Women's Reentry Tablet Programming Participation Sheet

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|-------------------------|--|--------------------|
| | The History of Money | Assignment |
| | Coins | Assignment |
| | Currency | Assignment |
| | Budgeting & Calculating Your Net Worth | Assignment |
| | Improve Your Financial Vocabulary | Assignment |
| | Money Vocabulary Crossward Puzzle | Assignment |
| | Information about Life Insurance | Assignment |
| | 40 Incredibly Fun Facts About Money I Bet You Didn't Know | Assignment |
| | HOW MANY WORDS CAN YOU MAKE FROM THE LETTERS IN BANKRUPTCY? | Assignment |
| | Money Matters Crossword Puzzle | Assignment |
| | Videos | |
| | What Goes in a Credit Score? (Short Video) | Video + Assignment |
| | Banking Explained | Video + Assignment |
| | Explained: The Stock Market Netflix Video | Video + Assignment |
| | Financial Journalist Stacey Tisdale Discusses Smart Ways To Invest Your Money & More | Video + Assignment |
| | Angel Rich Explains The History Of The Black Dollar, Financial Literacy, Black Tech + More | Video + Assignment |
| | 10 Lottery Winners That Went BROKE | Video + Assignment |
| | Netflix Explained Racial Wealth Gap | Video + Assignment |
| | Quizzes | |
| | Financial Literacy - Test Your Knowledge Quiz | Quiz |
| | Washington, DC First-Time Home Buyer Programs-Test Your Knowledge Quiz | Quiz |
| | Information about Life Insurance - Test Your Knowledge Quiz | Quiz |
| | Business Terms to Know - Test Your Knowledge Quiz | Quiz |
| | Webinar | |
| | Webinar 3 Quick Ways to Rest Your Money Mindset | Webinar |
| | Webinar How to Budget without Budgeting aka Split It Before Your Get It. | Webinar |
| | Webinar Money Quick Start: How to Save Unexpectedly | Webinar |
| | Webinar How To Pay Down Debt Painlessly | Webinar |
| | Webinar How to Boost Your Credit Score With Little Effort! | Webinar |
| PHYSICAL FITNESS | | |
| | Exercise Videos | |
| | Yoga for Beginners (Video) | Video |
| | 30 Minute Cardio Latin Dance Workout Video | Video |
| | 30 Minute HITT Cardio Workout w/ No Equipment (Video) | Video |
| | 4 Flexibility and Cool Down Exercises for Older Adults (Video) | Video |
| | 30 Minute Hip- Hop Fit Workout (Video) | Video |
| | ZUMBA Fitness Cardio Workout (Video) | Video |
| | Exercise Warm-Up for Older Adults (Video) | Video |
| | Zumba (Video Game Edition) Fitness 20 Minutes Beginners Routine | Video |
| | 30 Minute No Equipment Full Body Toning Workout | Video |

Women's Reentry Tablet Programming Participation Sheet

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| 25 Minute Dance Workout - (Afrobeats & Dancehall) | Video |
| STRONG NATION - Zumba | Video |
| Disco Funk 101 - 10 Minute Dance Routine | Video |
| Bollywood Dance Workout - 10 Minutes | Video |
| Low Impact Cardio Workout (Video) | Video |
| Low Impact Cardio + Abs Workout (Video) | Video |
| 30 Minute Low Impact Dance Grooves Workout (Video) | Video |
| 20 Minute Full Body Workout - No Equipment by Pamela Reif | Video |
| 30 Minute Hip-Hop Tabata to Torch Calories | Video |
| 30 Minute Old-School Hip-Hop Grooves Workout | Video |
| 6 Core Strength Exercises with Mega Takacs | Video |
| 20 Minute Full Body Stretch with Floss Brolsma | Video |
| Beginner Dance Cardio - Well + Good Video with Amanda Kloots | Video |
| Non-Stop Aerobics Dance Fitness 20 Minute Workout | Video |
| Bollywood Dance Workout | Video |
| African Dance Online Workout - Afrobeats Dancehall Soca | Video |
| 30 Minute Total Body Workout, No Equipment Needed | Video |
| 30 Minute Strength & Conditioning Workout with Warm Up & Cool Down | Video |
| Beginner Flexibility Routine (Stretches for the Inflexible) | Video |
| Total Body Yoga Workout (30 Min) Glowing Vinyasa Flow | Video |
| 30 Minute Full Body Power Yoga Workout | Video |
| 40 Minute Full Body Sweat Workout No Equipment Needed | Video |
| Latin Dance Workout 2020 - Reggaeton Salsa Bachata | Video |
| Day 1: 35 Min Fully Body Fusion | Video |
| Day 2: 35 Min No Equipment Needed Pilates Fusion with Kit Rich | Video |
| Fact Sheets & Informational Handouts | |
| Top Questions About Fitness and Women | Info Handout |
| 10 Tips Nutrition Educaiton Series: Physical Activity at Home, Work, and Play | Info Handout |
| 10 Tips Nutrition Education Series: Be Active Adults | Info Handout |
| Adultos Activos (10 Consejos Para Que Los Adultos) | Info Handout |
| Books & Booklets | |
| How to Build and Exercise Plan | Reading |
| How to Exercise with Limited Mobility | Reading |
| The Mental Health Benefits of Exercise | Reading |
| Charts | |
| Heart Attack in Women and Men | Viewing + Assignment |
| Assignments | |
| 100 Yearsts of Fitness in 100 Seconds | Video + Assignment |
| 100 Years of Sports Bras | Video + Assignment |

INSIGHT ON THE INSIDE

Women's Reentry Tablet Programming Participation Sheet

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| | Exercise Tutorials | |
| | Grounding Meditation Exercise | Exercise Tutorial + Feedback |
| | Meditation for Remember Your Goodness (Breathing Exercise) | Exercise Tutorial + Feedback |
| | Self-Acceptance Meditation (Exercise) | Exercise Tutorial + Feedback |
| | Birds Meditation Exercise | Exercise Tutorial + Feedback |
| | Metta Meditation | Exercise Tutorial + Feedback |
| | Gentle Seated Stretching | Exercise Tutorial + Feedback |
| | Service Provider Recorded Guided Meditations | |
| | 6 Minute Grounding Medication Activity | Audio (MP3) Recording + Feedback |
| | 10 Minute Four Anchors - Guided Meditation Exercise | Audio (MP3) Recording + Feedback |
| | A 10 Minute Guided Meditation Exercise | Audio (MP3) Recording + Feedback |
| | 2 Minute Movement, 13 Minute Meditation (MP3) | Audio (MP3) Recording + Feedback |
| | 10 Minute Guided Meditation + Poem (Audio) | Audio (MP3) Recording + Poem |
| | Guided Meditation + Everything I Think I'm Missing - POEM (Audio) | Audio (MP3) Recording + Poem |
| | Guided Meditation Body Scan (Audio) | Audio (MP3) Recording + Feedback |
| | Guided Meditation on Pain (MP3) | Audio (MP3) Recording + Feedback |
| | Guided Biofeedback Meditation (MP3) | Audio (MP3) Recording + Feedback |
| | Guided R-A-I-N Meditation w/ Special Guest Piper | Audio (MP3) Recording + Feedback |
| | Meditation Goodness and Self-Acceptance (MP3) | Audio (MP3) Recording + Feedback |
| | Guided Meditation - Body Scan with Service Provider Founder | Audio (MP3) Recording + Feedback |
| | Guided Senses Meditation (MP3) | Audio (MP3) Recording + Feedback |
| | Guided White Light Meditation | Audio (MP3) Recording + Feedback |
| | Body Scan Meditation with Service Provider | Audio (MP3) Recording + Feedback |
| | IOI Breath and Body Meditation w/ Bob | Audio (MP3) Recording + Feedback |
| | IOI Guided Meditation "Being with What Is Body...." | Audio (MP3) Recording + Feedback |
| | IOI Gratitude Loving Kindness Meditation (MP3) | Audio (MP3) Recording + Feedback |
| | IOI Don't Go Back to Sleep Meditation | Audio (MP3) Recording + Feedback |
| | IOI Guided Meditation w/ Oren (MP3) - Strengthening Gratitude | Audio (MP3) Recording + Feedback |
| | IOI Healing Light Meditation | Audio (MP3) Recording + Feedback |
| | IOI Body Scan w/ Jay Sofer (MP3) | Audio (MP3) Recording + Feedback |
| | IOI Guided Meditation with Oren - Breath Relaxation (MP3) | Audio (MP3) Recording + Feedback |
| | IOI Om Shanti Ananda Mantra Meditation (MP3) | Audio (MP3) Recording + Feedback |
| | Guided Meditation by Oren Jay Sofer (MP3) | Audio (MP3) Recording + Feedback |
| | Workbooks | |
| | IOI Work Booklet #5 | PDF Booklet |
| | IOI Work Booklet #4 | PDF Booklet |
| | IOI Work Booklet #2 | PDF Booklet |
| | IOI Work Booklet #1 | PDF Booklet |
| | Service Provider Audio Readings | |
| | Happiness - POEM | Audio (MP3) Recording + Feedback |

Women's Reentry Tablet Programming Participation Sheet

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| | Poems | |
| | The Guest House - Rumi | Reading + Assignment |
| | Kindness - POEM | Reading + Assignment |
| | Pandemic - POEM | Reading + Assignment |
| | Bapuji - POEM | Reading + Assignment |
| | A Poem by Hafiz | Reading + Assignment |
| | For Courage- A Poem | Reading + Assignment |
| | Happiness - POEM | Reading + Assignment |
| | Everything I Think I'm Missing - POEM | Reading + Assignment |
| | The Rose (Poem) | Reading + Assignment |
| | Untitled - Shaka | Reading + Assignment |
| | Gardens - Kabir (Poem) | Reading + Assignment |
| | After a While - Veronica A. Shoffstall (Poem) | Reading + Assignment |
| | Uncried Tears by Iam Manuel - Poem | Reading + Assignment |
| | Walk Slowly by Danna Faulds - Poem | Reading + Assignment |
| | Self Compassion (POEM) | Reading + Assignment |
| | The Hill We Climb (POEM) - Amanda Gorman | Reading + Assignment |
| | Songs | |
| | Our Hands Our Clean | Reading + Assignment |
| | Quotes | |
| | Alice Walker (Quote) | Reading + Assignment |
| | James Baldwin - Quote + Assignment | Reading + Assignment |
| | Readings | |
| | The 7 Habits of Highly Effective People Summary | Reading + Assignment |
| | Biofeedback Meditation Exercise (Reading) | Reading + Assignment |
| | Meditation for Remember Your Goodness - Thich Nhat Hanh (Reading) | Reading + Assignment |
| | Videos | |
| | The 7 Habits of Highly Effective People Summary (Video + Assignment) | Reading + Assignment |
| | IOI Video from Sheryl and Bob | Guided Meditation |
| | Assignments | |
| | Service Provider- Check-in Assignment | Assignment |
| | Thought Contemplation | Assignment |
| | Conversations | |
| | Loving, Kindness, and Talk Meditation with Bob | Audio (MP3) Recording + Feedback |
| | Talk with Piper About Meditation | Audio (MP3) Recording + Feedback |
| | Informational Handout | |
| | Universal Beliefs - The Work of Byron Katie | |
| EMPOWERMENT, MOTIVATION, & INSPIRATION (EMI) SERIES | | |
| | Speeches | |
| | The Greatest Speech Ever by Oprah Winfrey | Video + Assignment |

Women's Reentry Tablet Programming Participation Sheet

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| Maya's Angelou's Top 10 Rules for Success | Video + Assignment |
| Michelle Obama Life Advice Will Change Your Future! | Video + Assignment |
| Inspiring Short Speeches from Latinas | Video + Assignment |
| ROCK BOTTOM- Powerful Motivational Speech | Video + Assignment |
| Viola Davis- Power of Women Speech (Video) | Video + Assignment |
| Tarana Burke - Power of Women Speech (Video) | Video + Assignment |
| Woman Motivational Speech (Video) | Video + Assignment |
| President Joe Biden Delivers His Inauguration Speech (By Request) | Video |
| Short Films | |
| Power of Woman (Short Film) | Video + Assignment |
| The Seed-Inspirational Short Film | Video + Assignment |
| Videos | |
| Let it Go- Motivational Video | Video + Assignment |
| Giving Up is the Birth Place of Regrets (Video) | Video + Assignment |
| Law of Attraction (Discussed by Sadhguru) | Video + Assignment |
| Oprah's 2020 Vision Tour Visionaries: Michelle Obama Interview | Video + Assignment |
| StrengthsFinder: Your Competitive Advantage (Webinar) | |
| If I Could Tell You Just One Thing | |
| TEDx Talks & Presentations | |
| Get Comfortable with Being Uncomfortable - Luvvie Ajayi | Video + Assignment |
| The 5 People You Need to be Happy - Stacey Flowers | Video + Assignment |
| TEDx Talk: We Should All Be Feminists by Chimamanda Ngozi Adichie | TEDx Talk |
| TEDx Talk: My Journey to Self-Love by Dr. Andrea Pennington | TEDx Talk |
| How to Use Your Voice So People Listen Lisa Nichols (Presentation) | Video + Assignment |
| The Wait is Sexy - TEDx Talk w/ Yvonne Orghi | Video + Assignment |
| How to Build Self Confidence - TEDx Talk w/ CeCe Olisa | Video + Assignment |
| Sometimes You Need to Change Yourself to Be Yourself - TEDx Talk w/ Mindy... | Video + Assignment |
| TEDx Talk Why we have too few women leaders Sheryl Sandberg | TEDx Talk |
| TEDx Talk The danger of a single story Chimamanda Ngozi Adichie | TEDx Talk |
| TEDx Talk Color blind or color brave? Mellody Hobson + Assignment | TEDx Talk |
| TEDEd Using your voice is a political choice - Amanda Gorman | TEDx Talk |
| TEDx Talk How to Rewrite Your Life July Black | TEDx Talk |
| The End of An Era - Pastor Sarah Jakes Roberts | Video |
| How to be a Joyful Badass | Webinar |
| ¿Eres feliz o solo sonríes? Regina Carrot TEDxUANL (video & asignación) No English Subtitles | TEDx Talk |
| I'm Judging You: The Do Better Manual Luvvie Ajayi Talks at Google | Video |
| How To Step Into Active Personal Growth Lisa Nichols | Video |
| What Are You Willing To Do To Achieve Your Dream? Lisa Nichols | Video |
| TEDx Talk - The prison to entrepreneurship pipeline Marcus Bullock | TEDx Talk |
| Inspirational Handouts | |

Women's Reentry Tablet Programming Participation Sheet

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| | Clifton StrengthsFinder Quick Reference Card | |
| | Books | |
| | You Are a BadAss: How to Stop Doubting Your Greatness and Start Living An | PDF Book |
| | StrengthsFinder 2.0 - Tom Rath | |
| | StrengthsQuest Activity Workbook 2 | |
| | Spoken Word & Poetry | |
| | Spoken Word Ebony Stewart - "Mental Health Barz" | Video + Feedback |
| | Spoken Word Nayo Jones - "Healing" | Video + Feedback |
| | Spoken Word It Is Finished" by Gloria Umanah | Video + Feedback |
| | SERVICE PROVIDER & PARTNER PODCAST | |
| | Reentry | |
| | One in Four Podcast Trailer | Audio Recording (MP3) + Feedback |
| | A Message of Hope: The Global Prison Ambassador S1 E12 (MP3) | Audio Recording (MP3) + Feedback |
| | Coronavirus Special S1 E11 (MP3) | Audio Recording (MP3) + Feedback |
| | Housing and Re-Entry S1 E8 (MP3) | Audio Recording (MP3) + Feedback |
| | Sidecast to Episode 8 (Housing and Re-Entry) S1 Bonus (MP3) | Audio Recording (MP3) + Feedback |
| | Mentoring and Re-Entry S1 E10 (MP3) | Audio Recording (MP3) + Feedback |
| | Sidecast to Episode 10 S1 E10 Bonus (MP3) | Audio Recording (MP3) + Feedback |
| | Together We Bake: Women and Re-Entry S1 E2 (MP3) | Audio Recording (MP3) + Feedback |
| | A Conversation with Tony Vinson, DC Central Kitchen S1 E4 (MP3) | Audio Recording (MP3) + Feedback |
| | Family and Re-Entry: The Impact of Mass Incarceration S1 E5 (MP3) | Audio Recording (MP3) + Feedback |
| | Entrepreneurship and Re-Entry S1 E6 (MP3) | Audio Recording (MP3) + Feedback |
| | Mental Health and Re-Entry S1 E7 (MP3) | Audio Recording (MP3) + Feedback |
| | Education and Re-Entry S1 E13 (MP3) | Audio Recording (MP3) + Feedback |
| | Aaliyah Polite in Conversation with Marcus Bullock, S2, E1 (MP3) | Audio Recording (MP3) + Feedback |
| | Aaliyah Polite in Conversation with Carrie Murchison, S2, E2 (MP3) | Audio Recording (MP3) + Feedback |
| | Beverly Smith-Brown on Resilience and Reentry S2, E3 (MP3) | Audio Recording (MP3) + Feedback |
| | Sidecast on Resilience: Bea and Beverly Discuss the Meaning of Resilience Bonus (MP3) | Audio Recording (MP3) + Feedback |
| | MENTAL HEALTH AWARENESS | |
| | Toolkits | |
| | Full 2020 May is Mental Health Month Toolkit 3.30 | PDF Book |
| | Fact Sheets & Informational Handouts | |
| | 5 Things You Should Know About Stress | |
| | 5 Cosas Que Usted Debe Saber Sobre El Estres | Info Sheet |
| | Chronic Illness & Mental Health | Info Sheet |
| | Las Enfermedades Crónicas y La Salud mental: Como reconocer y..... | Info Sheet |
| | Depression in Women: 5 Things You Should Know | Info Sheet |
| | Looking at My Genes: What Can They Tell Me About My Mental Health? | Info Sheet |
| | Mis genes: Que me pueden decir sobre mi salud mental? | Info Sheet |
| | Older Adults and Depression | Info Sheet |

Women's Reentry Tablet Programming Participation Sheet

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| Las personas mayores y la depresion | Info Sheet |
| Posttraumatic Stress Disorder (PTSD) | Info Sheet |
| Schizophrenia | Info Sheet |
| Taking Control of Your Mental Health: Tips for Talking With Your Health..... | Info Sheet |
| Tome control de su salud mental: Consejos para hablar con su proveedor.... | Info Sheet |
| National Suicide Prevention Lifeline Phone Number | Flyer |
| Red Nacional de Prevencion de Suicidio | Flyer (Spanish) |
| The National Suicide Prevention Lifeline - One Pager | Info Sheet |
| Books & Booklets | |
| Post-Traumatic Stress Disorder (PTSD) | PDF Booklet |
| Brochures & Pamphlets | |
| Depression and HIV/AIDS | Brochure |
| Depression in Women | Brochure |
| Depression in Women: 5 Things You Should Know | Brochure |
| Las personas mayores y la depresion | Brochure |
| Schizophrenia | Brochure |
| Videos | |
| Posttraumatic Stress Disorder (PTSD) Video | Video + Assignment |
| Alfred and Shadow - A Short Story About Emotions (Video) | Video + Assignment |
| 10 Mental Illness Signs You Should Not Ignore (Video) | Video + Assignment |
| The Safe Place | Video + Assignment |
| Discovering My Superpower | Video + Assignment |
| Suicide and Research | Video + Assignment |
| Suicide Lies :60 Seconds Prevent Suicide | Video + Feedback |
| Discovering My Superpower - Strength Over Silence | Video + Assignment |
| The Safe Place - Strength Over Silence | Video + Assignment |
| Real Stories The Woman with 15 Personalities Documentary | Video + Assignment |
| What Is Bipolar Disorder? | Video + Assignment |
| WARNING: Sensitive Content Schizophrenia Simulation | Video + Assignment |
| Audio | |
| Transgender and LGBTQ Mental Health (MP3) | Podcast Episode |
| Advocacy in Mental Health (MP3) | Podcast Episode |
| Black Mental Health Altha Stewart MD (MP3) | Podcast Episode |
| TEDx Talks & Presentations | |
| How Childhood Trauma Affects Health Across a Lifetime TEDx Talk w/ Nadine... | TEDx Talk + Feedback |
| Mental Health - The Blind Stigma Stacy-Ann Buchanan TEDx Talk | TEDx Talk + Feedback |
| Black Mental Helath Matters Phillip J Roundtree TEDx Talk | TEDx Talk + Feedback |
| September is Suicide Prevention Awareness Month PowerPoint | PowerPoint Presentation |
| Quizzes | |
| Mental Health - Test Your Knowledge Quiz | Quiz |

Women's Reentry Tablet Programming Participation Sheet

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|--|--|--------------------|
| | Post-Traumatic Stress Disorder (PTSD) - Test Your Knowledge Quiz | Quiz |
| | Short Films | |
| | Forget Me Not (Short Film + Assignment) | Video + Assignment |
| | ALL ABOUT MINDFULNESS & MEDITATION | |
| | Books & Booklets | |
| | 7 Chakras for Beginners - The Complete Guide | PDF Booklet |
| | How to Meditate - A Guide to Formal Sitting Practice by Tara Brach | PDF Booklet |
| | The Fundamentals of Meditation Practice by Ting Chen | PDF Booklet |
| | The 11 Best Mudras for Deeper Meditation | PDF Booklet |
| | Buddhism The Three Treasures | PDF Booklet |
| | Introduction to Hinduism By Sally Mallam | PDF Booklet |
| | Principal Texts of Hinduism (Sacred Text Hinduism) | PDF Booklet |
| | Hinduism Basic Beliefs | PDF Booklet |
| | The Religions Book | PDF Book |
| | The Four Agreements by Don Miguel Ruiz | PDF Book |
| | The Fifth Agreement: A Practical Guide to Self-Mastery | PDF Book |
| | Law of Attraction - The Science of Attracting More of What You Want and Less of What You Don't | PDF Book |
| | The 48 Laws of Power - Robert Greene | PDF Book |
| | Videos | |
| | Meditation Techniques for Hinduism & Buddhism | Video |
| | Money, Happiness and Eternal Life - Greed Part 1 Documentary | Video + Assignment |
| | Money, Happiness and Eternal Life - Greed Part 2 Documentary | Video + Assignment |
| | 16 Laws of Psychological Power (Inspired by Robert Greene) | Video + Assignment |
| | Oprah Winfrey talks with Thich Nhat Hanh Excerpt - Powerfu | Video + Assignment |
| | 10 Life Lessons From Buddha (Buddhism) | Video + Assignment |
| | Marcus Aurelius - How To Build Your Self Confidence (Stoicism) | Video + Assignment |
| | Lao Tzu: LIFE CHANGING Quotes (Taoism) | Video + Assignment |
| | 10 Life Lessons From Confucius (Confucianism) | Video + Assignment |
| | Seneca - How To Manage Your Time (Stoicism) | Video + Assignment |
| | Lao Tzu - How To Be Happy (Taoism) | Video + Assignment |
| | IKIGAI A Japanese Philosophy for Finding Purpose | Video + Assignment |
| | 7 Things To Do In Your Evenings (Stoicism Evening Routine) | Video + Assignment |
| | Enlightenment (Documentary) | Video + Assignment |
| | Tibetan Monk: A Day in the Life of a Tibetan Buddhist Monk | Video + Assignment |
| | Meditation and Going Beyond Mindfulness: A Secular Perspective | Video + Assignment |
| | Tibetan Woman's Life | Video + Assignment |
| | What Is Hinduism?? | Video + Assignment |
| | 5 Life Lessons People Often Learn Too Late | Video + Assignment |
| | Friedrich Nietzsche - How To Find Yourself (Existentialism) | Video + Assignment |
| | Build Unbreakable Self Discipline With These 5 Rules | Video + Assignment |

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| | Guided Meditations | |
| | Balancing Your Chakras with Healing Energy - Guided Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | 15 Minute Guided Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | Coping with Uncertainty Guided Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | Eye of the Storm Guided Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | Guided Imagery Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | Deep Breathing Guided Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | Beginning Guided Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | Intermediate Guided Meditation (MP3) | Audio Recording (MP3) + Feedback |
| | Deeper Meditation Guided (MP3) | Audio Recording (MP3) + Feedback |
| | Deepest Meditation, Guided | Audio Recording (MP3) + Feedback |
| | Exercise Tutorials | |
| | Breathing Retraining (MP3) | Exercise Tutorial + Feedback |
| | Mindfulness of Breath (MP3) | Exercise Tutorial + Feedback |
| | Watching Thoughts (MP3) | Exercise Tutorial + Feedback |
| | Fact Sheets & Informational Handouts | |
| | Chakras- The Seven Engery Centers of the Body | Info Handout + Feedback |
| | Stress Symptoms, Signs, and Causes | PDF Reading |
| | Stress Management | PDF Reading |
| | Relaxation Techniques for Stress Relief | PDF Reading |
| | How to Stop Worrying | PDF Reading |
| | Benefits of Mindfulness | PDF Reading |
| | Cultivating Happiness | PDF Reading |
| | Benefits of Meditation - 76 Things You Might Be Missing Out On | PDF Reading |
| | Types of Meditation – An Overview Of 23 Meditation Techniques | PDF Reading |
| | Ultimate Guide to Walking Meditation | PDF Reading |
| EMPLOYMENT & JOB READINESS | | |
| | Videos | |
| | How to Write a Resume that Employers will Notice (Video) | Video + Assignment |
| | 6 Universal Rules for Resume Writing (Video + Reading) | Video + Feedback |
| | What to Wear: The Best Job Interview Attire (Video & Assignment) | Video + Assignment |
| | Background Checks and Criminal Records (Video) | Video + Feedback |
| | Applying for a Job with a Criminal Record (Video) | Video + Feedback |
| | Interviewing for a Job with a Criminal Record (Video) | Video + Feedback |
| | Jobs for Felons: The Facts About Companies That Hire Ex-Offenders... | Video + Feedback |
| | Criminal Records: Understanding How Employess Analyze Your Records (Video) | Video + Feedback |
| | Online Job Applications: What Happens After Your Submit Your Resume | Video + Feedback |
| | Netflix Explained - Why Women Are Paid Less (Video + Assignment) | Video + Assignment |
| | Indeed 101 -Getting Started on Indeed (Video) | Video + Feedback |
| | How to Write a Resume with Indeed (Video) | Video + Feedback |

Women's Reentry Tablet Programming Participation Sheet

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| Interviewing - US Tips for Before, During, and After a Job Interview (Video) | Video + Feedback |
| Top Interview Tips (Video) | Video + Feedback |
| 3 Jobs in the Food Industry (Video) | Video + Feedback |
| 5 Indeed Job Search Tips (Video) | Video + Feedback |
| Resume Words to Include and Avoid (Video) | Video + Assignment |
| Negotiate Your Salary in 7 Steps (Webinar) Indeed | Video + Assignment |
| How to Use Indeed - 10 Ways to Use Indeed Like a Pro (Webinar) | Video + Assignment |
| Cover Letter Tips - How to write one and when it's necessary (Webinar) | Video + Assignment |
| Winning Negotiation Strategies for Women Jamie Lee (Webinar) | Video + Assignment |
| Off the Beaten Path: Rethinking your Career? (Webinar) | Video + Assignment |
| Career Paths: 3 Engaging Non-Desk Jobs (Video) | Video + Assignment |
| Unemployment Explained - Unemployment insurance benefits, the CARES act, and what it means for you Webinar | Video + Assignment |
| Changing Careers - Communicate your transferable skills to get a job in a different industry Webinar | Video + Assignment |
| Explain a Gap in Your Work History Webinar | Video + Assignment |
| Tips for Virtual Interviews in 2020 Webinar | Video + Assignment |
| Urgently Hiring Employers, Economic Update + Video Interviewing Tips COVID-19 Update Webinar | Video + Assignment |
| Finding a Job During COVID-19, Transferable Skills and Indeed Resources Webinar | Video + Assignment |
| Fact Sheets & Informational Handouts | |
| What is a federal resume? How to write a federal resume (Reading) | Info Handout + Feedback |
| What to Wear: Tips for Job Interview Attire (Reading) | Info Handout + Feedback |
| DC Office of Human Rights "Ban the Box" : Fair Criminal Record Screening Act | Info Handout + Feedback |
| Interview Questions: "Tell Me About Yourself" (Tips and Example Answers) | Info Handout + Feedback |
| Interview Question: "What Are Your Strengths and Weaknesses?" | Info Handout + Feedback |
| List of Felon Friendly Employers (Companies that hire felons) | Info Handout |
| How to Fill Out an Application (Indeed.com) | Info Handout + Feedback |
| What to Expect from a Pre-Employment Screening | Info Handout + Feedback |
| What is the Difference Between a Job and a Career? | Info Handout + Feedback |
| Learning Styles for Career Development | Info Handout + Feedback |
| Using Your Myers-Briggs Type to Advance Your Career (Indeed.com) | Info Handout + Feedback |
| Key Differences Between Introverts and Extroverts (Indeed.com) | Info Handout + Feedback |
| 15 Best Jobs for Introverts (Indeed.com) | Info Handout + Feedback |
| 8 Best Jobs for Extroverts (Indeed.com) | Info Handout + Feedback |
| How to Advocate for Pay Equity Analysis | Info Handout + Feedback |
| Industry Recognized Apprenticeship Program (IRAP) General Fact Sheet | Fact Sheet |
| Industry Recognized Apprenticeship Program Frequently Asked Questions | FAQs Sheet |
| Skilled Trades | Info Handout |
| The Federal Bonding Program At A Glance | Info Handout |
| The Federal Bonding Program Employers and Job Seekers | Brochure |
| The Federal Bonding Program State Coordinators | Brochure |
| Assignments | |

Women's Reentry Tablet Programming Participation Sheet

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| | Conflict Resolution Skills in the Workplace (Reading + Assignment) | Video + Assignment |
| | Interview Question: What Are Your Strengths and Weaknesses? - Assignment | Assignment |
| | Interview Question: What Are Your Strengths and Weaknesses? - Assignment | Assignment |
| | What to Do When You've Received a Bad Referenced + Assignment | Assignment |
| | Learning Styles for Career Development -Assignment | Assignment |
| | Introvert or Extrover? Assignment | Assignment |
| | Charts | |
| | Hard Skills vs Soft Skills (Chart & Assignment) | Chart + Assignment |
| | Books & Booklets | |
| | The Past is Behind You, Now It's Time to Get to Work Jobs for Felons | PDF Guidebook |
| | The Job Search Guide for People with a Criminal Record | PDF Guidebook |
| | Construction Apprenticeship - The "Other Four-Year Degree" | Booklet |
| | Competency Model - Commerical & Industrial Construction | Booklet |
| | Competency Model - Heavy Highway Civil Construction | Booklet |
| | Competency Model - Residential Construction Industry | Booklet |
| | Entrepreneurship Competency Model | Booklet |
| | Preparing for An Aging Workforce: Retail and Hospitality Industry Toolkit | PDF Guidebook |
| | Competency Model - Food and Beverage Service | Booklet |
| | Competency Model - Hospitality, Tourism, and Events Industry | Booklet |
| | ALL ABOUT FOOD!!! | |
| | Fact Sheets & Informational Handouts | |
| | What's MyPlate All About? | Fact Sheet |
| | Dietary Guidelines for Americans 2015-2020: How to Build a Healthy Eating Program | Info Handout |
| | Preparación de comidas en familia | Info Handout |
| | Yogurt 5 Ways | Info Handout |
| | Brown Rice 5 Ways | Info Handout |
| | Let's All Eat Healthy. Be Healthy. Save. | Info Handout |
| | 10 Tips Nutrition Education Series: Make Better Food Choices | Info Handout |
| | 10 consejos Serie de Educación en Nutrición: seleccione mejor sus alimentos | Info Handout |
| | 10 tips Nutrition Education Series: Choosing Healthy Meals As You Get Older (65+) | Info Handout |
| | 10 tips Nutrition Education Series: Vary your protein routine | Info Handout |
| | 10 consejos Serie de Educación en Nutrición: Varíe su rutina de proteínas | Info Handout |
| | Videos | |
| | Start Simple With MyPlate (Video) | Video + Assignment |
| | Healthy Fast Food Meal Choices! Under 500 Calories (Video + Assignment) | Video + Assignment |
| | 15 Healthy Food Swaps (Video + Assignment) | Video + Assignment |
| | This is How Doritos Are Made (Unwrapped) | Video + Assignment |
| | How Kentucky Fried Chicken is Made (Unwrapped) | Video + Assignment |
| | How It's Made-Wild Rice | Video + Assignment |
| | How Sriracha Hot Sauce is Made | Video + Assignment |

Women's Reentry Tablet Programming Participation Sheet

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| | How Krispy Kreme Doughnuts Are Made | Video + Assignment |
| | How Its Made- Hot Dogs | Video + Assignment |
| | How Pringles Are Made (Unwrapped) | Video + Assignment |
| | Inside Taco Bell Headquarters: Top Secret Repices (Unwrapped) | Video + Assignment |
| | How Its Made - Sardines | Video + Assignment |
| | How Food Affects Your Brain (Video) | Video + Assignment |
| | How Cotton Candy is Made (Video + Assignment) | Video + Assignment |
| | How Skippy Peanut Butter is Made (Video + Assignment) | Video + Assignment |
| | How Chipotle Burritos Are Made (Video + Assignment) | Video + Assignment |
| | How Cheetos Are Made (Video + Assignment) | Video + Assignment |
| | How It's Made- Wedding Cake (Video + Assignment) | Video + Assignment |
| | Hidden Valley Ranch Dressing (from Unwrapped) | Video + Assignment |
| | How Warheads Get So Insanely Sour (from Unwrapped) | Video + Assignment |
| | The Secret Behind Wendy's Famous Cheeseburgers (from Unwrapped) | Video + Assignment |
| | How McDonald's Makes Its Fries (from Unwrapped) | Video + Assignment |
| | This Is Why Costco's Pizza Is So Delicious | Video + Assignment |
| | How Its Made - Yogurt | Video + Assignment |
| | How Its Made - Bubble Gum | Video + Assignment |
| | Food Chains (Documentary, Spanish w/ English Subtitles) | Video + Assignment |
| | How SNICKERS Chocolate Bars are Made Unwrapped | Video + Assignment |
| | How Creepy Crawler Sour Gummy Worms are Made Unwrapped | Video + Assignment |
| | How Caramel Apples Are Made Unwrapped | Video + Assignment |
| | How It's Made - Chicken -----> Fried Chicken | Video + Assignment |
| | Food Waste is the World's Dumbest Problem | Video + Assignment |
| | How Cheez-Its Are Made (from Unwrapped) | Video + Assignment |
| | This Is How Twinkies Are Made (from Unwrapped) | Video + Assignment |
| | Unwrapped: Popcorn FandangoMovies | Video + Assignment |
| | HOW PEPSI IS MADE? INSIDE PEPSI FACTORY | Video + Assignment |
| | Food Network Guy Fieri Tries Baked Ziti PIZZA Diners, Drive-Ins and Dives | Video + Assignment |
| | Food Network Top 10 Most-Outrageous Dishes from Worst Cooks in America | Video + Assignment |
| | TEDx Talks & Presentations | |
| | TED-Ed -What is a Calorie? by Emma Bryce | Video + Assignment |
| | TED-Ed: Cómo el azúcar afecta el cerebro - Nicole Avena No English Subtitles (| Video + Assignment |
| | TED-Ed: How sugar affects the brain - Nicole Avena | Video + Assignment |
| | Books & Booklets | |
| | Lesson 7: Making Good Food Choices and Healthy Meals | PDF Workbook |
| | Add Color with Fruits and Vegetables | PDF Guidebook |
| | Assignments | |
| | Making Family Meal (Assignment) | Assignment |
| | Word Scramble - Assignment | Assignment |

| Quizzes | | |
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| | MyPlate Vegetable Group - Test Your Knowledge Quiz | Quiz |
| | MyPlate Dairy Group - Test Your Knowledge Quiz | Quiz |
| | MyPlate Fruit Group - Test Your Knowledge Quiz | Quiz |
| HAIR LOVE (+Nails, Makeup, Skin Care, & Hygiene) | | |
| Short Films | | |
| | Hair Love - Short Film (Assignment) | Video + Assignment |
| | The Big CHOP (Video + Assignment) | Video + Assignment |
| Videos | | |
| | Madam CJ Walker - First Female Self-Made Millionaire (Video) | Video |
| | Hair and Scalp Disorders in Patients of Color | Video |
| | Hair Loss in Women of Color Central Centrifugal Cicatricial Alopecia | Video |
| | African-American Hair: Tips for Everyday Care, Processing and Styling (Video) | Video + Assignment |
| | How to Style Hair Without Damage (Video) | Video + Assignment |
| | Tips for Healthy Hair (Video) | |
| | 100 Years of Girls Hair Allure (Video + Assignment) | Video + Assignment |
| | 100 Years of Black Hair Allure (Video + Assignment) | Video + Assignment |
| | 100 Years of Nails Allure (Video + Assignment) | Video + Assignment |
| | 100 Years of Lips Allure (Video + Assignment) | Video + Assignment |
| | 100 Years of Eyes Allure (Video + Assignment) | Video + Assignment |
| | 100 Years of Deodorant Allure (Video + Assignment) | Video + Assignment |
| | 100 Years of Dental Care Allure (Video + Assignment) | Video + Assignment |
| | Quick 30 Second Loc Hairstyles | Video Tutorial |
| | 8 QUICK & EASY NATURAL HAIRSTYLES FOR 4 TYPE NATURAL HAIR | Video Tutorial |
| | 8 SUPER CUTE NATURAL HAIR STYLES FOR OLD DIRTY HAIR ALL CURL TYPES | Video Tutorial |
| | 9 QUICK HAIRSTYLES FOR SHORT TO MEDIUM NATURAL HAIR (TYPE 4A/ 4B/ 4C) | Video Tutorial |
| | Quick & Easy Straightened Natural Hair Tutorial | Video Tutorial |
| | 100 Years of Foot Care Allure | Video + Assignment |
| | 100 Years of Glasses Glamour | Video + Assignment |
| | 100 Years of Hair Color Allure | Video + Assignment |
| | The Truth About Where Hair Extensions Come From | Video + Assignment |
| | 100 Years of Periods | Video + Assignment |
| | 100 Years of Pregnancy | Video + Assignment |
| | 100 Years of Underwear | Video + Assignment |
| | Cute and Trendy Braided Hairstyles | Video Tutorial |
| | PROTECTIVE HAIRSTYLES FOR NATURAL HAIR | Video Tutorial |
| | Braided Protective Styles | Video Tutorial |
| | 8 DUTCH BRAID HAIRSTYLES YOU NEED TO TRY! Short, Medium, & Long Hair | Video Tutorial |
| | Cute and Natural Protective Hairstyles No added Hair Protective Hairstyles WOCH | Video Tutorial |
| | SUPER CUTE Hairstyles For SHORT NATURAL HAIR ! Half Up, Space Bun, High Puff & Double Top Knot | Video Tutorial |

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| Afro Germany - Being Black and German Documentary | Video + Assignment |
| Fact Sheets & Informational Handouts | |
| African American Hair Care & Exercise | Informational Handout |
| Cosmetics and Hair Dye | Informational Handout |
| Charts | |
| What's My Hair Type? - Type 1 | Reference |
| What's My Hair Type? - Type 2 | Reference |
| What's My Hair Type? - Type 3 | Reference |
| What's My Hair Type? - Type 4 | Reference |
| Books & Booklets | |
| Chapter 3: The Study of Hair | PDF Book |
| Techniques to Achieve Naturally Healthy Hair | PDF Guidebook |
| African American Hair Care & Exercise | PDF Booklet |
| Quizzes | |
| Madam CJ Walker - Test Your Knowledge Quiz | Quiz |
| Cosmetics and Hair Dye - Test Your Knowledge Quiz | Quiz |
| TEDx Talks & Presentations | |
| TEDx Talk by Amber Starks: "A New Standard of Beauty" | TEDx Talk |
| TEDx Talk by Mena Fombo: "No. You Cannot Touch My Hair" | TEDx Talk |
| TEDx Talk by Mannat Malhi: "How Long Hair Changed My Life" | TEDx Talk |
| TEDx Talk by Naomi Abigail: "Why Do We Care About Hair?" | TEDx Talk |
| TEDx Talk by Johanna Lukate: "The Psychology of Black Hair" | TEDx Talk |
| TEDx Talk by Jannica Olin: "Welcome to My New Normal" | TEDx Talk |
| TED-Ed: How I help people understand vitiligo Lee Thomas | TEDx Talk |
| DOSAGES OF UPLIFT FOR THE SOUL | |
| Daily Devotions | |
| What Did I Tell You? | Reading Reference + Video |
| Are You Jealous? | Reading Reference + Video |
| When You Don't Know What's Next? | Reading Reference + Video |
| Living Inside Out | Reading Reference + Video |
| The Need for Approval | Reading Reference + Video |
| A Reunion To Look Forward To | Reading Reference + Video |
| Sometimes Everything Goes Wrong | Reading Reference + Video |
| Thank You, God! | Reading Reference + Video |
| Loving One Another | Reading Reference + Video |
| Seeing the Whole Truth | Reading Reference + Video |
| Getting Through the Day | Reading Reference + Video |
| Faith Waits | Reading Reference + Video |
| When God Yells | Reading Reference + Video |
| God Has the Power | Reading Reference + Video |

Women's Reentry Tablet Programming Participation Sheet

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| When Wisdom Brings Calm | Reading Reference + Video |
| Love You More | Reading Reference + Video |
| Jesus First | Reading Reference + Video |
| Genuine Faith | Reading Reference + Video |
| Hiding Our Mistakes | Reading Reference + Video |
| The Only One | Reading Reference + Video |
| Who is the Greatest? | Reading Reference + Video |
| A Healthy Mind | Reading Reference + Video |
| Love is Greater than Racism | Reading Reference + Video |
| Climb Every Mountain | Reading Reference + Video |
| Out of Your Control | Reading Reference + Video |
| It's All Under Control | Reading Reference + Video |
| Narrow Bridge of Salvation | Reading Reference + Video |
| Chasing Perfectionism | Reading Reference + Video |
| Barriers Down! Access Granted! | Reading Reference + Video |
| Stepping Up & Stepping Out | Reading Reference + Video |
| God vs. Evil - The Ultimate Showdown | Reading Reference + Video |
| Lust: Cut It Out! | Reading Reference + Video |
| A Message Worth Endorsing! | Reading Reference + Video |
| Videos | |
| Faith Christian Family Church Women of Destiny Bible Study - Week 1 Weights | Video |
| Faith Christian Family Church Women of Destiny Bible Study - Week 2 Self Worth | Video |
| Faith Christian Family Church Women of Destiny Bible Study - Week 3 Friendship | Video |
| Faith Christian Family Church Women of Destiny Bible Study - Week 4 Prayer | Video |
| Faith Christian Family Church Women of Destiny Bible Study - Week 5 Faith | Video |
| Faith Christian Family Church Women of Destiny Bible Study - Week 6 Purpose | Video |
| Faith Christian Family Church Women of Destiny Bible Study - Week 7 Daily Destiny | Video |
| Faith Christian Family Church Women of Destiny Bible Study - Week 8 Expectations | Video |
| Girl, Get Up (Pastor Sarah Jakes Roberts preaches "Girl, Get Up" at Free Chapel in Gainesville, Georgia) | Video |
| Spoken Word "Knocking" - Hosanna Poetry Live Sessions | Video |
| Everything Must Go Pastor Sarah Jakes Roberts | Video |
| Going Beyond Ministries with Priscilla Shirer | Video |
| Power Deficit - Pastor Sarah Jakes Roberts | Video |
| Make Up Your Mind - Sarah Jakes Roberts | Video |
| REAL LIFE STORIES OF WOMEN | |
| Short Films | |
| Should You Wear That? (Short Film + Assignment) | Video + Assignment |
| Lose Some Weight (Short Film + Assignment) | Video + Assignment |
| OBLIVIOUS - Sex Trafficking (Short Film + Assignment) | Video + Assignment |
| Absent A woman who cares for a mother with dementia (Short Film + Assignment) | Video + Assignment |

Women's Reentry Tablet Programming Participation Sheet

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| House Finch A day in the life of a mother and her disabled son. (Short + Assignment) | Video + Assignment |
| Anxiety (Short Film + Assignment) | Video + Assignment |
| Sophia A Homeless Subway Violinist (Short Film) | Video + Assignment |
| Muted Short Film | Video + Assignment |
| A young woman is forced to deal with a neighbor's unwelcome advances. The Complex (Short Film) | Video + Assignment |
| House Girl Short Film | Video + Assignment |
| Alivio the Movie (Spanish with English subtitles) | Video + Assignment |
| GIRLSPLAINED (Short Film) | Video + Assignment |
| How Do Homeless Women Cope With Their Periods? NSFWomen | Video + Assignment |
| What Beauty Is Like For Homeless Women On The Streets? | Video + Assignment |
| A Black woman asks her ex-boyfriend what went wrong. She wasn't ready for his answer. | Video + Assignment |
| TEDx Talks & Presentations | |
| TEDx Talk - Escaping the Pain of Human Trafficking Markie Dell | Tedx Talk |
| TEDxTalk - We have made coming home from prison entirely too hard Teresa Hodge | Tedx Talk |
| TEDx Talk - Prison is no place for women and girls Topeka K. Sam | Tedx Talk |
| TEDx Talk - Domestic Violence: I choose to be her voice Haylee Reay | Tedx Talk |
| TEDxTalk - From Victim to Survivor: Find Your X...but First, Find Your (Wh)Y? Lauren Book | Tedx Talk |
| TEDX Talk - Battered Not Broken: The journey of redemption after abuse Marica Phipps | Tedx Talk |
| TEDx Talk: Fifty-five, Unemployed, Faking Normal Elizabeth White | Tedx Talk |
| Videos | |
| Things I Wish I Could Tell My Mom (Video + Assignment) | Video + Assignment |
| The Superheroes + Their Sidekick Duo or Duos (Parenting & Children) | |
| Books & Booklets | |
| The Blessings of New Babies: A Pediatrician on Overcoming Parenting Worries | PDF Booklet |
| Building a Secure Attachment Bond with Your Baby | PDF Booklet |
| What is Secure Attachment and Bonding? | PDF Booklet |
| Grandparents Raising Grandchildren | PDF Booklet |
| Children and Divorce | PDF Booklet |
| Co-Parenting Tips for Divorced Parents | PDF Booklet |
| Blended Family and Step-Parenting Tips | PDF Booklet |
| Help for Parents of Troubled Teens | PDF Booklet |
| Parent's Guide to Teen Depression | PDF Booklet |
| Bullying and Cyberbullying | PDF Booklet |
| Helping Children Cope with Traumatic Events | PDF Booklet |
| Assignments | |
| Chapter 1: Strengthening Individuals, Families, and Communities | Reading |
| Chapter 4: Protecting Children Understanding Child Abuse and Neglect | Reading |
| Chapter 5: Tip Sheets for Parents and Caregivers | Reading |
| Quizzes | |
| Chapter 1: Strengthening Individuals, Families, and Communities - Test Your Knowledge Quiz | Quiz |

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| Chapter 4: Protecting Children - Test Your Knowledge Quiz | Quiz |
| Fact Sheets & Informational Handouts | |
| Supporting Postpartum Families | Brochure |
| Apoyo a las familias durante la etapa de Postparto | Brochure |
| ABC's of Behavior - What skill should I use? | Chart |
| 6 Steps of Effective Communication | Info Handout |
| Identifying Victims of Human Trafficking: Potential Indicators and Red Flags | Info Handout |
| Tips for Incarcerated Parents | Info Handout |
| Supporting Children Who Have an Incarcerated Parent | Info Handout |
| Supporting Relationships Between Children and Their Incarcerated Parents | Info Handout |
| Videos | |
| Creating Secure Infant Attachment by Jeanne Segal, PhD | Video + Assignment |
| The ABC's of Behavior and Why Children Act the Way They Do | Video + Assignment |
| How to Get Your Child to Listen Importance of Communication Skills | Video + Assignment |
| Seasme Street in Communities: Coping with Incarceration (Video + Assignment) | Video + Assignment |
| ORIGIN Raising A Child With Selective Mutism: My Child Won't Talk | |
| The Attachment Theory: How Childhood Affects Life | |
| Short Films | |
| ReMoved (Short Film + Assignment) | Video + Assignment |
| Remember My Story - ReMoved Part 2 (Short Film + Assignment) | Video + Assignment |
| Jada A Homeless 7 Year Old (Short Film + Assignment) | Video + Assignment |
| Discipline A Father Slaps a Disobedient Child (Short Film + Assignment) | Video + Assignment |
| A Different Tree Short Film | Video + Assignment |
| Parenting (Short Film) | Video + Assignment |
| This is Vanity Short Film | Video + Assignment |
| TEDx Talks | |
| TEDx Talk How to raise successful kids without over-parenting Julie Lythcott-Haims | TEDx Talk |
| TEDx Talk: Understanding Selective Mutism Candice Powell-Caldwell | TEDx Talk |
| Domestic Violence, Sexual Assault, and Abuse Awareness | |
| Fact Sheets & Informational Handouts | |
| National Domestic Violence Hotline | Resource Flyer |
| What is Domestic Violence? | Info Handout |
| Power and Control Wheel | Info Handout |
| Círculo de Poder y Control | Info Handout |
| Power and Control Wheel for LGBT Relationships | Info Handout |
| Circulo de Poder y Control para Personas dentro de Relaciones Lésbicas, Gay, Bisexual y Transgenero | Info Handout |
| DeafHope -Deaf Power and Control Wheel | Info Handout |
| The National Center on Violence Against Women in the Black Community: Black Women & Sexual Assault | Info Handout |
| The National Center on Violence Against Women in the Black Community: Intimate Partner Violence | Info Handout |
| Existe Auyda Fact Sheet- Latinas and Sexual Violence | Fact Sheet |

Women's Reentry Tablet Programming Participation Sheet

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| Fact Sheet: Violence against Asian and Pacific Islander Women | Fact Sheet |
| Love is Respect.org - Types of Abuse | Info Handout |
| Love is Respect.org - What is Digital Abuse? | Info Handout |
| Love is Respect.org - What is Emotional / Verbal Abuse? | Info Handout |
| Love is Respect.org - What is Financial Abuse? | Info Handout |
| Love is Respect.org - What is Physical Abuse? | Info Handout |
| Love is Respect.org - What is Stalking? | Info Handout |
| Love is Respect.org - Is this Abuse? | Info Handout |
| Love is Respect.org - Living with Your Abuser? | Info Handout |
| Love is Respect.org - Documenting Abuse | Info Handout |
| Love is Respect.org - I Have Children What Should I Do? | Info Handout |
| Love is Respect.org -Setting Boundaries | Info Handout |
| Love is Respect.org - Relationship Rights | Info Handout |
| Domestic Violence and Children | Info Handout |
| Domestic Violence and Sexual Assault | Info Handout |
| Domestic Violence and Economic Abuse | Info Handout |
| Domestic Violence and Physical Abuse | Info Handout |
| Domestic Violence and Psychological Abuse | Info Handout |
| Domestic Violence and Guns | Info Handout |
| Domestic Violence Against American Indian and Alaska Native Women | Info Handout |
| Domestic Violence in the Black Community | Info Handout |
| Domestic Violence in California | Info Handout |
| Domestic Violence in Virginia | Info Handout |
| Domestic Violence in Maryland | Info Handout |
| Domestic Violence in the District of Columbia | Info Handout |
| October is Domestic Violence Awareness Month | Info Handout |
| Books & Booklets | |
| Domestic Violence and Abuse | PDF Booklet |
| How to Get Out of an Abusive Relationship | PDF Booklet |
| Child Abuse and Neglect | PDF Booklet |
| Elder Abuse and Neglect | PDF Booklet |
| Recovering from Rape and Sexual Trauma | PDF Booklet |
| Emotional and Psychological Trauma | PDF Booklet |
| Quizzes | |
| Love is Respect.org - Test Your Knowledge Quiz | Quiz |
| Who is Doing What to Whom? Determining the Core Aggressor in Relationships Where Domestic Violence Exists | Quiz |
| Videos | |
| Battered Love Season 1, Ep 1 "Domestic Violence" (Video + Assignment) | Video + Assignment |
| Battered Love Season 1, Ep 2 "Can We Make It" (Video + Assignment) | Video + Assignment |
| Battered Love Season 1, Ep 3 "If You Want to Leave" (Video + Assignment) | Video + Assignment |

Women's Reentry Tablet Programming Participation Sheet

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| | Battered Love Season 1, Ep 4 "Strength in Goodbye" (Video + Assignment) | Video + Assignment |
| | Battered Love Season 1, Ep 5 "Which Road Do I Choose?" (Video + Assignment) | Video + Assignment |
| | Sinking Ships Short film - Domestic Abuse | Video + Assignment |
| | Caged In (Short Film) | Video + Assignment |
| | Because He Loves Me Short Film | Video + Assignment |
| TEDx Talks | | |
| | TEDx Talk Meera Vijayann: Find your voice against gender violence | TEDx Talk |
| | TEDx Talk The Courage to Leave Norah Casey | TEDx Talk |
| Readings | | |
| | Why Do Women Use Force or Violence in Intimate Partner Relationships? | Reading + Assignment |
| | Who is Doing What to Whom? Determining the Core Aggressor in Relationships Where Domestic Violence Exists | Reading + Quiz |
| RELATIONSHIPS | | |
| Assignments | | |
| | Chapter 2: Getting to Know Partners Well | Reading |
| | COUPLETS: Lesson 1 - Intensity (Assignment) | Assignment |
| | COUPLETS: Lesson 2 - Put Downs (Assignment) | Assignment |
| | COUPLETS: Lesson 3- Anger (Assignment) | Assignment |
| | COUPLETS: Lesson 4 - Disrespect (Assignment) | Assignment |
| | COUPLETS: Lesson 5 - Guilt (Assignment) | Assignment |
| | THE FIVE LOVE LANGUAGES -A summary of Dr. Gary Chapman's Principles | Assignment |
| | Love Maps- Questions for Couples or Families | Assignment |
| | COUPLETS: Lesson 6 - Control (Assignment) | Assignment |
| | COUPLETS: Lesson 7 - Obsession (Assignment) | Assignment |
| | COUPLETS: Lesson 8 - Isolation (Assignment) | Assignment |
| | Chapter 3: Nurturing the Relationship | Reading + Assignment |
| | The 10 P's | Reading |
| | Chapter 5: Developing and Maintaining Friendship | Reading + Assignment |
| Quizzes | | |
| | Chapter 2: Getting to Know Partners Well - Test Your Knowledge Quiz | Quiz |
| | The Myers Briggs Personality Types - What Personality Type Am I? Quiz | Quiz |
| | The 10 P's - Test Your Knowledge Quiz | Quiz |
| | Chapter 5 - Actions Speak Louder Than Words - Test Your Knowledge Quiz | Quiz |
| Fact Sheets & Informational Handouts | | |
| | Growing Up Social - 50 Table Talk Questions for Your Family (Reading) | Info Handout |
| | The Myers Briggs Personality Types | Info Handout |
| | Myers-Briggs Personality Types (Chart) | Chart |
| | Gateway to 5 Love Languages by Dr. Gary Chapman | Info Handout |
| | Dating Guidance for Single Parents (Handout) | Info Handout |
| | 10 Signs of Healthy Relationship | Info Handout |
| | 10 señales de una relación saludable | Info Handout |

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| | NATIONAL SERVICE PROVIDERS & HELPLINES | Info Handout |
| | How to help a friend who may be in an abusive relationship | Info Handout |
| | How to help a friend who may be abusive | Info Handout |
| | How to make a resources page | Info Handout |
| | INSTEAD OF DOING THIS, DO THAT | Info Handout |
| | INSTEAD OF SAYING THIS, SAY THAT | Info Handout |
| | Breakup planning guide | Info Handout |
| | Books & Booklets | |
| | Tips for Building a Healthy Relationship | PDF Booklet |
| | Making Good Friends | PDF Booklet |
| | Improving Emotional Intelligence (EQ) | PDF Booklet |
| | Improving Family Relationships with Emotional Intelligence | PDF Booklet |
| | Emotional Intelligence in Love and Relationships | PDF Booklet |
| | Audio Recordings | |
| | Embracing Uncomfortable (MP3) -Building Relationships with Dr. Gary Chapman | Podcast Episode (MP3) |
| | Self-Assessments | |
| | How Good Is Your Sorry? | Self-Assessment |
| | Videos | |
| | Myers-Briggs Personality Types Explained (Video) | Video + Feedback |
| | What Is Your Myers-Briggs Personality Type? (Video + Assignment) | Video + Assignment |
| | Couch Conversations Gender Roles within a Marriage S1E1 | Video + Assignment |
| | Couch Conversations Working Together Within Marriage and Business S1E2 | Video + Assignment |
| | Because I Love You #That'sNotLove | Video + Assignment |
| | Are You Living an Insta Lie? Social Media Vs. Reality | Video + Assignment |
| | Seeking Secrets S4, E4: People Read Strangers' Cheating Secrets | Video + Assignment |
| | Animated Videos | |
| | COUPLETS: Intensity | Video |
| | COUPLETS: Put-Downs | Video |
| | COUPLETS: Anger | Video |
| | COUPLETS: Disrespect | Video |
| | COUPLETS: Guilt | Video |
| | COUPLETS: Control | Video |
| | COUPLETS: Obsession | Video |
| | COUPLETS: Isolation | Video |
| | Short Films | |
| | Toxic (Short Film) | Video + Assignment |
| | TEDx Talks | |
| | TEDx Talk The difference between healthy and unhealthy love Katie Hood | TEDx Talk |
| | TEDx Talk 4 Habits of ALL Successful Relationships Dr. Andrea & Jonathan Taylor-Cummings | TEDx Talk |
| | TEDx Talk Social Media is Making Us Unsocial Kristin Gallucci | TEDx Talk |

| Non-Substance Use Addictions, Behaviors, Controlling Impulses.....Fears and Phobias | |
|--|-------------------------|
| Fact Sheets & Informational Handouts | |
| Cross Addiction (Reading) | Info Handout |
| Compulsive Shopping | PowerPoint Presentation |
| Gambling: An Overview | Info Handout |
| A-Z List of Phobias | Info Handout |
| The Four Major Specific Phobia Categories | Chart |
| Arachnophobia - Fear of Spiders | Info Handout |
| Claustrophobia - Fear of Small Spaces | Info Handout |
| Mysophobia or Misophobia - Fear of Germs | Info Handout |
| Gamophobia - Fear of Commitment | Info Handout |
| Xenophobia - Fear of the Unknown | Info Handout |
| Globophobia - Fear of Balloons | Info Handout |
| Kleptomania | Info Handout |
| Sex vs Compulsive Sex (Fact Sheet) | PDF |
| Understanding Food Addiction in America (Infographic) | PDF |
| 20 Questions: Are You a Food Addict? What is FA? | PDF |
| Just for Today Card | PDF |
| Before You Take That Bite | PDF |
| Internet Addiction (Fact Sheet) | PDF |
| TEDxTalks | |
| TEDx Talk - We Need To Talk About Sex Addiction Paula Hall | TEDx Talk |
| TED Talk: What you need to know about internet addiction Dr. Kimberly Young | TEDx Talk |
| Quizzes | |
| Cross Addiction -Test Your Knowledge Quiz | Quiz |
| Gambling - Test Your Knowledge Quiz | Quiz |
| Assignments | |
| Recovery Scenarios - Cross Addiction (Assignment) | Assignment |
| Fear vs Phobia | Assignment |
| Videos | |
| Shopaholic: I've Hit Rock Bottom (Video + Assignment) | Video + Assignment |
| Miriam's Serious Shopping Addictions Leaves Her with \$36,000 Debt (Video + Assignment) | Video + Assignment |
| Gambling Addiction: She Lost \$200,00 & Almost Went to Jail (Video + Assignment) | Video + Assignment |
| What is Kleptomania? (Video) | Video + Assignment |
| Meet the Doctor Who Struggles with Kleptomania (Video + Assignment) | Video + Assignment |
| My Sex Addiction Almost Killed Me | Video + Assignment |
| Bad Habits and Addictions Documentary Science Channel | Video + Assignment |
| Food Addiction: Inside Food Addicts in Recovery Anonymous - The Feed | Video + Assignment |
| The Effects Of Internet Addiction National Geographic Science Documentary | Video + Assignment |
| Self-Assessments | |
| | Self-Assessments |

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| | Are You an Over-Shopper? | Self-Assessment |
| | Fifteen Questions to Ask Yourself about Compulsive Debting | Self-Assessment |
| | Am I a Sex Addict? (Self-Assessment) | Self-Assessment |
| | Are You a Food Addict? (Self-Assessment) | Self-Assessment |
| | Books & Booklets | Books & |
| | Spent: Break the Buying Obsession and Discover Your True Worth | PDF Journal & Workbook |
| | Understanding Problem Gambling | PDF Book |
| | Gambling Addiction and Problem Gambling | PDF Booklet |
| | Why Can't I Stop Eating? Recognizing, Understanding and Overcoming Food Addiction (PDF Book) | PDF Book |
| | Food Addiction: There is a Solution | PDF Booklet |
| | Living Abstinently: A Guide to the FA Tools- | PDF Booklet |
| | Food Addiction and the FA™ Solution: For Anyone Who Wants to Learn More | PDF Booklet |
| Entrepreneurship & Startups | | |
| | Books & Booklets | Books & |
| | The Ultimate Guide to Starting a Business: Legal knowledge to minimize your risk and maximize..... | PDF Book |
| | How to Become a Successful Freelancer: What every freelancer should know about the law | PDF Book |
| | The No Hassle Guide to Using Contracts: How to draft and negotiate contracts to create better deals | PDF Book |
| | How to Protect Your Intellectual Property: Understanding Copyrights, Trademarks, Patents & Trade Secrets | PDF Book |
| | Chapter 4 Starting a Business (Business Startup Guide) | PDF Book |
| | DC&RA Vending Handbook | PDF Book |
| | Creating a Business Plan For Dummies | PDF Book |
| | Small Business For Dummies | PDF Book |
| | Business Development For Dummies | PDF Book |
| | Starting a Business For Dummies, Business Plans For Dummies, Understanding Business Accounting for Dummies | PDF Book |
| | Social Entrepreneurship For Dummies | PDF Book |
| | The New Nonprofit's Guide to Fundraising | PDF Book |
| | Starting a Nonprofit Checklist | PDF Book |
| | The Nonprofit Grant Writing Guide | PDF Book |
| | How To Write A Grant - Intro Chapter 1 | PDF Book |
| | Grant Writing For Dummies | PDF Book |
| | Fact Sheets & Informational Handouts | Fact Sheets |
| | Women-Owned Business Carving a New American Business Landscape | PDF |
| | State of Female Entrepreneurship | PDF 2019 Statistics Report |
| | Entrepreneur Characteristics | Handout |
| | 10 Steps To Starting A Business | Handout |
| | Comparing Company Types Understanding C Corp, S Corp, LLC and DBA Business Structures | Reading |
| | Business Type Comparison Table | PDF Handout |
| | Black upStart Presents: Skillhouse U (Information ONLY) | PDF |
| | FAQ THE BLACK UPSTART (Information ONLY) | PDF |
| | Market Manager Class C Vending License Application | PDF |

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| Vendor Employee Badge Application | PDF |
| Vending Business License Application | PDF |
| Basic Business License Information: Vending Quick Facts | PDF |
| Department of Consumer & Regulatory Affairs (DCRA) - Vending Services Information | PDF |
| Unlocked Futures Letter of Inquiry Guide 2019_Final_v2 (INFORMATIONAL PURPOSES ONLY) | PDF |
| Unlocked Futures Applicant Overview_2019_Final_v2 | PDF |
| Business Type Comparison Table | PDF |
| Comparing Company Types Understanding C Corp, S Corp, LLC and DBA Business Structures | PDF |
| 10 Steps To Starting A Business | PDF |

Videos

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| Building a Brand: Lessons From African-American Entrepreneurs | Video Panel Discussion + Assignment |
| Black Women Entrepreneurs About Her Business: Part 1 | Docuseries + Assignment |
| Black Women Entrepreneurs Necole Bitchie, Reese Scott & Denequa Williams Clarke Are Business Savvy Part 2 | Docuseries + Assignment |
| Black Women Entrepreneurs Harlem's Fashion Row & Black Designers Part 3 | Docuseries + Assignment |
| Black Women Entrepreneurs Black Business & Black Bosses Part 4 | Docuseries + Assignment |
| 5 Women Entrepreneurs Share Their Secrets To Success | Video + Assignment |
| How These Latina Designers Created a Business Together | Video + Assignment |
| Rachel Gomez, Creator of 'Viva La Bonita,' Discusses the Lifestyle Brand | Video + Assignment |
| Here's how this Latina built Viva La Bonita, the brand that's all over Instagram | Video + Assignment |
| Vanessa Braxton Of Black Momma Vodka On Black Ownership, Financial Literacy & More | Docuseries + Assignment |
| Marie Denee On Creating An Online Community For Plus-Sized Fashion & Protecting It | Docuseries + Assignment |
| Lauren Napier Reveals What It Took To Build Her Beauty Brand With No Investors | Docuseries + Assignment |
| Ursula Stephen Reveals What It Really Takes To Become A Celebrity Hairstylist | Docuseries + Assignment |
| Carol's Daughter Founder Lisa Price Is A Pioneer For Black Hair Care Brands | Docuseries + Assignment |
| Mattie James On How She Juggles Being An Influencer & Working Mom | Docuseries + Assignment |
| The Honey Pot Founder: Beatrice Dixon | Docuseries + Assignment |
| How Nichole Lynel Made Her First Million Running Her Fashion Boutique | Docuseries + Assignment |
| Topeka Sam #UnlockedFutures | Video + Assignment |
| Marcus Bullock #UnlockedFutures | Video + Assignment |
| Amanda Alexander #UnlockedFutures | Video + Assignment |
| Teresa Hodge #UnlockedFutures | Video + Assignment |
| Meet the Entrepreneurs of Unlocked Futures | Video + Assignment |

TEDx Talks & Presentations

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| BECOMING A BOSS The Secret Behind My Success - Jenn Im | TEDx Talk |
| Latina Leaders Summit Panel Discussion | TEDx Talk |

Readings

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| 26 Businesses You Can Start for Free (Article) | Article |
| 8 Steps to Starting Your Own Business (Article) | Article |
| John Legend Wants To Improve Job Opportunities For People With Criminal Backgrounds (Article) | Article |

CREATIVE WRITING

| Worksheets | |
|--|--------------------|
| A Year of Creative Writing Worksheets by Eva Deverell | PDF Booklet |
| Writing References | |
| Top 500 Adjectives | Reference Handout |
| Top 1500 Nouns | Reference Handout |
| Regular Verbs Lists | Reference Handout |
| List of Irregular Verbs | Reference Handout |
| Letter Writing | PDF Workbook |
| Show Someone You Care | Guide Sheet |
| Show Someone You Care Letter Template | Guide Sheet |
| Family Activity Sheet | Worksheet |
| Creative Writing Exercises for Dummies, A Wiley Brand | PDF Book |
| Poetry Packet - Various Types of Poetry | PDF Packet |
| Elements and Characteristics of Short Stories | PDF Packet |
| The Handbook of Creative Writing (PDF) | PDF Book |
| Assignments | |
| Japanese Haiku - Assignment #1 | Writing Assignment |
| Writing Prompt - Assignment #1 | Writing Assignment |
| Writing Prompt - Assignment #2 | Writing Assignment |
| Writing Prompt - Assignment #3 | Writing Assignment |
| Writing Prompt - Assignment #4 | Writing Assignment |
| Powerful Prowess - Writing Prompt | Writing Assignment |
| Flashing Back - Writing Prompt | Writing Assignment |
| Taking a Trip - Writing Prompt | Writing Assignment |
| Five Years from Now - Writing Prompt | Writing Assignment |
| A Letter to Your Younger Self - Letter Writing Assignment #1 | Writing Assignment |
| Music Exercise #1: Share What Music Means to You | Writing Assignment |
| Fear - Writing Prompt | Writing Assignment |
| Haiku Writing Prompt #1 | Writing Assignment |
| Poem Writing Prompt #1 | Writing Assignment |
| Haiku Writing Prompt #2 | Writing Assignment |
| Haiku Writing Prompt #3 | Writing Assignment |
| Short Story Writing Prompt #1 | Writing Assignment |
| Music Writing Prompt #2 | Writing Assignment |
| Music Exercise #2: Choosing the Music | Writing Assignment |
| Music Exercise #3: What Instrument Would You Like to Play | Writing Assignment |
| Poem Writing Prompt #2 One of the 5 Senses | Writing Assignment |
| Poem Writing Prompt #3 Color | Writing Assignment |
| Poem Writing Prompt #4 Life Changing or Something Ordinary | Writing Assignment |
| Short Story Writing Prompt #2 Dreams | Writing Assignment |

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| Happy New Year Writing Prompt | Writing Assignment |
| Writing Prompt Dear Journal | Writing Assignment |
| 30 Journaling Writing Prompts | Writing Assignment |

RACIAL INJUSTICE

Fact Sheets & Informational Handouts

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| IN MEMORIAM: I CAN'T BREATHE | IN MEMORIAM |
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Movies, Videos & Documentaries

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| Netflix 13th (Documentary) | Video |
| The Untold Story of EMMETT LUIS TILL by Keith Beauchamp | Video |
| Revisiting the Murder of Louis Allen | Video |
| Netflix Strong Island (Documentary) | Video |
| Justice for Medgar Evers Comes 30 Years After His Murder | Video |
| Say Her Name': New HBO Doc Examines The Life and Death Of Sandra Bland | Video |
| Rest in Power: The Trayvon Martin Story, Part 1 | Video |
| Rest in Power: The Trayvon Martin Story, Part 2 | Video |
| 8 Minutes and 46 Seconds: The Killing of George Floyd Full Documentary | Video |
| Philando Castile's Girlfriend, Diamond Reynolds, Recounts The Tragic Day Finding Justice | Video |
| 137 Shots, No Convictions: Cleveland Cop Acquitted in Killing of Unarmed African-American Pair | Video |
| Grand jury exonerates Cleveland police officers involved in Tanisha Anderson death | Video |
| MLK: The Assassination Tapes (Full Episode) | Video |
| The War on Drugs is Racist to the Core Documentary | Video |

TEDx Talks & Speeches

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| TEDx Talk Let's Get to the Root of Racial Injustice Megan Ming Francis | Video |
| RFK's Speech on Racial Injustice is Still Relevant Today | Video |
| TEDx Talk Why I, as a black man, attend KKK rallies. Daryl Davis | Video |

Assignments

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| Netflix 13th Assignment | Video |
| Netflix Strong Island Assignment | Video |

Readings w/ Audio

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| Fatal Police Shootings Of Unarmed Black People Reveal Troubling Patterns | News Article with Interview Recording |
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ART EXTRAS

Videos

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| Architecture, art and design - 100 years of the Bauhaus (1/3) | Video |
| Architecture, art and design - 100 years of the Bauhaus (2/3) | Video |
| Architecture, art and design - 100 years of the Bauhaus (3/3) | Video |
| Netflix Abstract: The Art of Design Es Devlin: Stage Design (Docuseries) | Video |
| Netflix Abstract: The Art of Design Bjarke Ingels: Architecture (Docuseries) | Video |
| Netflix Abstract: The Art of Design Ilse Crawford: Interior Design (Docuseries) | Video |
| 10 Pioneers of Black Fashion | Video + Assignment |
| Netflix Next In Fashion, Ep 1 | Video + Assignment |

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| The Remix: Hip Hop x Fashion Masterclass | Video + Assignment |
| The Remix: Hip Hop x Fashion | Video + Assignment |
| Ralph Lauren: How I Built a Fashion Empire | Video + Assignment |

Books

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| Drawing Cartoon Faces: 55+ Projects for Cartoons, Caricatures & Comic Portraits | PDF Book |
| How to Draw a Mandala (Tutorial Book) | PDF Book |
| Drawing Cartoons & Comics for Dummies | PDF Book |
| Fashion Illustration Templates | PDF Book |

Informational Handouts

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| A-Z Types of Art | Handout |
| World Arts | Handout |
| Styles and Genres | Handout |

TEDx Talk

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| TEDx Talk Fashion in the Post-Trend Generation Violante Nessi | TEDx Talk |
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BLACK HISTORY MONTH

Fact Sheets

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| Black History Month Facts | Fact Sheet |
| African American Statistics 2019 | Fact Sheet |

Videos

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| Enslavement to Emancipation Documentary | |
| Life Aboard a Slave Ship Video | Video + Assignment |
| Dorothy Dandridge Documentary (1998) | Video + Assignment |
| Sally Hemings (2000) Documentary | Video + Assignment |
| The Journey of the African-American Athlete (1996) Documentary | Video + Assignment |
| Harriet Tubman & Sojourner Truth Documentary | Video + Assignment |
| Malcolm X Documentary | Video + Assignment |
| Against the Odds - The Story of Bessie Smith (1983) Documentary | Video + Assignment |
| 4 Little Girls Documentary | Video + Assignment |
| The Story of Marcus Garvey A Documentary | Video + Assignment |
| The Rise and Fall of Jim Crow Part 1 : Promises Betrayed | Video + Assignment |
| The Rise and Fall of Jim Crow Part 2: Fighting Back | Video + Assignment |
| The Rise and Fall of Jim Crow Part 3: Don't Shoot to Soon | Video + Assignment |
| The Rise and Fall of Jim Crow Part 4: Terror and Triumph | Video + Assignment |
| Black Wall Street Documentary | Video + Assignment |
| The Black Panther's Documentary | Video + Assignment |
| Who REALLY Killed Sam Cooke? Real Stories | Video + Assignment |
| James Baldwin: Great Writers of the 20th Century | Video + Assignment |
| Ida B. Wells (Activist for African-American Justice) Documentary | Video + Assignment |
| Shirley Chisholm: First African American Congresswoman Documentary | Video + Assignment |
| Reflections on the Greensboro Lunch Counter | Video + Assignment |

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| Sit-In (1960) A Film by Robert M. Young | Video + Assignment |
| The Tragic Real-Life Story Of Fannie Lou Hamer | Video + Assignment |
| Letter from Birmingham Jail - Martin Luther King, Jr. April 16, 1963 | Video + Assignment |

Movies

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| I Know Why The Caged Birds Sing MOVIE | Video + Assignment |
| The Light of Freedom (2013) Movie | Video + Assignment |
| The Rosa Parks Story Movie | Video + Assignment |

Books

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| The Immortal Life of Henrietta Lacks | PDF Book |
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Quizzes

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| Black History Month - Test Your Knowledge Quiz 1 | Quiz |
| Black History Month - Test Your Knowledge Quiz 2 | Quiz |

Assignments

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| Writing Prompt I Know Why the Caged Bird Sings | Assignment |
| The Rise and Fall of Jim Crow: Intergenerational Discussion Guide (PDF) | Assignment |
| Leontyne Price (Assignment) | Assignment |

Herdacious Podcast Series

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| HERdacious Commerical | |
| Ep1: Navigating Bias Like a Boss - HERdacious feat. Sam Barrow | MP3 + Assignment |
| Ep2: Ask Like a Boss - HERdacious feat. Vasavi Kumar | MP3 + Assignment |
| Ep3: Yes Like a Boss - HERdacious feat. Joy Evanns | MP3 + Assignment |
| Ep4: Rep Like a Boss - HERdacious feat. Terri Broussard Williams | MP3 + Assignment |
| Ep5: Climb Like a Boss - HERdacious feat. Diana Maldonado | MP3 + Assignment |
| Ep6: Manage Fear Like a Boss - HERdacious feat. Jobi Weinstein | MP3 + Assignment |
| Ep7: Avoid Burnout Like a Boss - HERdacious feat. Sarah Argenal | MP3 + Assignment |
| Ep8: Energize Like a Boss - HERdacious feat. Sierra Bailey | MP3 + Assignment |

LGBTQ+

Informational Handouts & Fact Sheets

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| Human Rights Campaign - General Information | Informational Handout |
| Cancer in LGBT Communities | Fact Sheet |
| Tobacco Use in LGBT Communities | Fact Sheet |
| 10 Things LGBT People Can Do to Improve Their Wellness | Fact Sheet |
| PRIDE in DCPS - LGBTQ Family Resource Guide | Informational Handout |
| National-Resource-Providers-and-Helplines-for-LGBTQ-Survivors | Informational Handout |

Videos

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| Seeking Secrets S4, E3: People Read Strangers' LGBTQ Secrets | Video + Assignment |
| LGBT People Share Their Experience Being Rejected By the Church Tell A Stranger | Video + Assignment |
| Only Human Neither Male or Female - Secret Intersex (Gender & Sex Documentary) | Video + Assignment |
| Frameline Voices - Pay it No Mind: The Life and Times of Marsha P. Johnson (Documentary) | Video + Assignment |

TEDx Talks

TEDx Talk | Black Trans Female Empowerment | Mila Jam
TEDx Talk | Tackling LGBTQ stigma: "What, like it's hard?" | Kimberly Levitt

Video + Assignment
Video + Assignment

Books & Booklets

Top Health Issues for LGBT Populations Information & Resource Kit
Coming Out - A Handbook for LGBTQ Young People
Black and LGBTQ Approaching Intersectional Conversations
Facilitation-Tips-LGBTQ-Inclusive-Facilitation-Toolkit

PDF Book
PDF Book
PDF Booklet
PDF Booklet

Organization or Provider Name (Source where the material came from)

Ms. Link

Collaborative Solutions for Communities

Metropolitan Police Department

National Domestic Violence Hotline

The National Center on Violence Against Women in the Black Community

Voices for a Second Chance

DOC -READY Center

Community Family Life Services

Voices for a Second Chance

Published by Interfaith Conference of Metropolitan Washington

Together We Bake

Flikshop School of Business

Mayor's Office of Returning Citizens Affairs

Mayor's Office of Returning Citizens Affairs

The Washington LEGAL CLINIC for the Homeless

Miriam's Kitchen

Department of Human Services

Department of Human Services

Department of Human Services

Department of Human Services

Mayor's Office of Returning Citizens Affairs

Mayor's Office of Returning Citizens Affairs

Mayor's Office of Returning Citizens Affairs

Mayor's Office of Returning Citizens Affairs

Mayor's Office of Returning Citizens Affairs

Women's Reentry Tablet Programming Participation Sheet

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| Mayor's Office of Returning Citizens Affairs |
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| Mayor's Office of Returning Citizens Affairs |
| Mayor's Office of Returning Citizens Affairs |
| Mayor's Office of Returning Citizens Affairs |
| Mayor's Office of Returning Citizens Affairs |
| Child & Family Services |
| Mayor's Office of Returning Citizens Affairs |
| Mayor's Office of Returning Citizens Affairs |
| Department of Motor Vehicles |
| Hope Foundation Reentry Network |
| Department of Employment Services |
| Mayor's Office of Returning Citizens Affairs |
| Mayor's Office of Returning Citizens Affairs |
| The Federal Bonding Program |
| The Federal Bonding Program |
| The Federal Bonding Program |
| Department of Labor |
| Department of Labor |
| Department of Labor |
| Department of Labor |
| Department of Labor |
| Disability Rights DC at University Legal Services |
| Department of Human Services |
| Evidenced-based and Clinically Proven Practices - Rich Pfeiffer, M. Div, Ph.D |
| Defense Health Agency |

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| Defense Health Agency (Quiz created by Ms. Link) |
| HelpGuide.org (Quiz created by Ms. Link) |
| HelpGuide.org (Quiz created by Ms. Link) |
| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
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| YouTube (Assignment created by Ms. Link) |
| YouTube (Assignment created by Ms. Link) |
| YouTube (Assignment created by Ms. Link) |
| YouTube (Assignment created by Ms. Link) |
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| HelpGuide.org |
| HelpGuide.org |
| HelpGuide.org |
| Free E-Book |
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| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
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| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
| Anger Management for Substance Use Disorder and Mental Health Clients Participant Workbook - SAMHSA |
| |
| 5lovelanguages.com |
| |
| Gentle Stress Relief for Peace Health & Happiness gentle-stress-relief.com |
| Gentle Stress Relief for Peace Health & Happiness gentle-stress-relief.com |
| Gentle Stress Relief for Peace Health & Happiness gentle-stress-relief.com |
| Gentle Stress Relief for Peace Health & Happiness gentle-stress-relief.com |
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Women's Reentry Tablet Programming Participation Sheet

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| Service Provider |
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| Goes with Service Provider Webinar: Making a Budget |
| Service Provider |
| Goes with Service Provider Webinar: Spending Trackers |
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Women’s Reentry Tablet Programming Participation Sheet

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| SAMHSA https://www.samhsa.gov/marijuana (Assignment created by Ms. Link) |
| SAMHSA https://www.samhsa.gov/marijuana (Assignment created by Ms. Link) |
| BBC News |
| YouTube (Ms. Link) |
| VICE News |
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| Alcoholics Anonymous (www.aa.org) |
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| National Institute on Alcohol Abuse and Alcoholism |
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| www.drugfreeworld.org |
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| Narcotics Anonymous (www.na.org) |
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| National Institute on Drug Abuse www.drugabuse.gov |
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| US Department of Health and Human Services SAMHSA |
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| Substance Abuse and Mental Health Services Administration (SAMHSA) |
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Women's Reentry Tablet Programming Participation Sheet

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Women's Reentry Tablet Programming Participation Sheet

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| National Institute of Mental Health www.nimh.nih.gov (Ms. Link) |
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| National Institute of Mental Health www.nimh.nih.gov (Ms. Link) |
| National Suicide Prevention Lifeline https://suicidepreventionlifeline.org/ |
| National Suicide Prevention Lifeline https://suicidepreventionlifeline.org/ |
| National Suicide Prevention Lifeline https://suicidepreventionlifeline.org/ |
| HelpGuide.org |
| National Institute of Mental Health www.nimh.nih.gov (Ms. Link) |
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| YouTube (Ms. Link) |
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| YouTube via National Alliance on Mental Illness (NAMI) |
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| American Foundation for Suicide Prevention https://afsp.org/suicide-statistics |
| SAMHSA & National Suicide Prevention Lifeline |
| National Alliance On Mental Illness (NAMI) |
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| Psychiatry Unbound American Psychiatric Association Publishing |
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| Mindmonia |
| Insight Meditation Community of Washington www.imcw.org |
| Buddha Dharma Education Association www.buddhanet.net |
| Mindmonia |
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| HelpGuide.org Meditation (Ms. Link) |
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| Rild the Wild Horse Meditation - Jeanne Segal (Ms. Link) |
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| Centre for Clinical Interventions https://www.cci.health.wa.gov (Ms. Link) |
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| www.dharmaspirit.com |
| HelpGuide.org |
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| https://liveanddare.com/types-of-meditation/ |
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| YouTube: The Job Guy Eric Mayo Helps Felons Get Jobs |
| YouTube (Ms. Link) |
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| Postpartum Support International (PSI) www.postpartum.net |
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| Smarter Parenting |
| Smarter Parenting |
| Polaris www.polarisproject.org |
| Sesame Street.org/incarceration (Ms. Link) |
| www.youth.gov/COIP |
| National Child Abuse and Neglect (CANTASD) https://cantasd.info/ |
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| HelpGuide.org (Ms. Link) |
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| National Domestic Violence Hotline CALL 1-800-799-SAFE (7233) TTY 1-800-787-3224 CHAT THEHOTLINE.ORG |
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| National Domestic Violence Hotline CALL 1-800-799-SAFE (7233) TTY 1-800-787-3224 CHAT THEHOTLINE.ORG |
| DeafHope |
| UJIMA www.ujimacommunity.org |
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| National Coalition Against Domestic Violence (NCADV) |
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| Strong Relationships: Strengthening Individual and Family Well-Being (Ms. Link) |
| One Love Foundation https://www.joinonelove.org/act/couplets/ (Ms. Link) |
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| www.fivelanguages.com |
| Strong Relationships: Strengthening Individual and Family Well-Being |
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| HelpGuide.org |
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| Building Relationships with Dr. Gary Chapman www.5lovelanguages.com |
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| Youtube (Ms. Link) |
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One Love <https://www.joinonelove.org/act/one-love-workshops/>

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Gambling Education Toolkit www.fastforward.org.uk/gamblingtoolkit (Ms. Link)

The Phobia List www.phobialist.com/index.html (Ms. Link)

<https://www.verywellmind.com/list-of-phobias-2795453>

<https://www.verywellmind.com/spider-fears-or-arachnophobia-2671679>

<https://www.fearof.net/fear-of-small-spaces-phobia-claustrophobia/>

<https://www.fearof.net/fear-of-germs-phobia-mysophobia/>

<https://www.fearof.net/fear-of-commitment-phobia-gamophobia/>

<https://www.fearof.net/fear-of-the-unknown-phobia-xenophobia/>

<https://www.fearof.net/fear-of-balloons-phobia-globophobia/>

www.foodaddicts.org

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Mental Health America via SAMHSA.gov

YouTube (Ms. Link)

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| Debtors Anonymous General Service Office www.debtorsanonymous.org (Ms. Link) |
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| www.foodaddicts.org |
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| Hazelden hazelden.org/bookstore (Ms. Link) |
| knowtheodds.org (Ms. Link) |
| HelpGuide.org (Ms. Link) |
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| www.foodaddicts.org |
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| Chris Brown Founder of Venture Legal |
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| DC Department of Consumer & Regulatory Affairs (DCRA) |
| www.pdfdrive.com |
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| https://snowballfundraising.com/ |
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| www.learngrantwriting.org |
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| US Chamber of Commerce Foundation |
| She's Next Empowered by VISA usa.visa.com |
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| BizFilings bizfilings.com |
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| https://www.theblackupstart.com/ |
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www.forbes.com

www.knowledgeicon.com

www.knowledgeicon.com

Your Dictionary

<https://www.e-grammar.org>

Junior Certificate School Programme

United States Postal Service

United States Postal Service

United States Postal Service

www.en.wikipedia.org, www.flashcardexchange.com

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