

The **COMING HOME** program is a 20 week program that seeks to empower those who are returning to the community from incarceration.



**Coming Home** assists individuals in the process of recovery from the traumas associated with a major life crisis and rebuilding one's life through the strengthening of essential life skills, and the sharing of life stories in the context of a supportive community. Typically Coming Home programs have between 8 and 12 participants. It is based on a well-established model with a track record of success and over a thousand graduates in the New York area.

## 2018 Program Dates:

**Mondays 6:00-8:30p.m.  
January 29<sup>th</sup> -June 25<sup>th</sup>**

Join us  
Coming Home  
Memorial UMC



The Coming Home Re-Entry Program

## MEMORIAL

United Methodist Church  
250 Bryant Avenue  
White Plains, New York

For more information about the  
Coming Home program please contact:  
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*"Faith is taking the first step even when you can't see the whole staircase."*  
Rev. Dr. Martin Luther King Jr.

Key to **Coming Home** is learning life skills, setting goals, and sharing personal stories in a safe and supportive community.

The sessions are comprised of four distinct components:

1. **Life Skills:** Sessions with Guest Speakers who offer presentations on important topics including Self-Image, Goal Setting, Healthy Relationships and the World of Work.

2. **Goal Setting:** Each participant works one-on-one with a trained volunteer to set and achieve short and long term goals.

3. **Personal Stories:** Participants are guided in sharing their life experiences. At the end of the program they are asked to share their stories at graduation.

4. **Graduation:** where participants, volunteers, instructors, friends and family celebrate the successful completion of the program.

## Who Are Our Participants?

- People who have a history of incarceration.
- Individuals clean from drug or alcohol abuse for at least 3 months.
- Those committed to staying clean, and *if applicable* support programs such as AA, NA, etc.
- People interested in learning and sharing about themselves.
- Those interested in connecting with a supportive group in a positive surrounding.



Each session begins with a group meal, followed by a session on life skills, the sharing of personal stories in the context of a supportive group process, or one-on-one mentoring.

Mentors work with participants to establish and implement personal and career goals.

Each program group is limited to approximately 12 participants. Over the course of the Coming Home program, a family-like community is formed through the creation of an environment based on trust, support and respect.