



Life Skills Curriculum

Life Skills is a 7-week program, encompassing 175 hours of coursework. Participants are exposed to a variety of topics and skills designed to develop self-awareness, addiction recovery, stress/anger coping mechanisms, and practical skills to prepare them for productive, healthy lives upon release.

Week 1: Taking Personal Responsibility

1. Boundaries / Who Am I / Health & Hygiene
2. Where have I been? / Where am I going?
3. Disease Prevention

Week 2: Road to Recovery

1. The Process of Recovery
2. Understanding 12 steps
3. Understanding Root Cause of Addiction
4. Building Self Esteem
5. Dealing with Spiritual Warfare
6. Becoming Proactive
7. Working Your Mission

Week 3: Character Development / Anger & Stress Management

1. Honesty / Responsibility
2. Forgiveness / Resentment / Teachability / Stubbornness
3. Diligence / Dependability / Spirituality
4. Uncovering the Roots of Hostility
5. Understanding Prejudices & Predetermined Expectations
6. Way to Responsibility

Week 4: Goal Setting

1. Vocational
2. Educational
3. Family / Social



Week 5: Developing Budgets

1. Developing Budgets / Finances
2. Personal & Spiritual

Week 6: Marriage & Family

1. Sexuality
2. Resolving Conflict / Communication Skills
3. The Essence of Manhood / Womanhood

Week 7: Job Preparation / Graduation

1. Application / Resumes / Interviews
2. Self-Promotion & Employer Expectations
3. Performing Well on the Job
4. Graduation