



LifeWorks! is a program of the Center for Community Transitions, a nonprofit organization established in 1974 to help individuals and families impacted by incarceration. LifeWorks! provides people with criminal records the resources and tools necessary to reach their professional and personal goals. Using a cognitive behavior intervention approach, we ask clients to evaluate themselves in their journey to make healthier decisions. We believe when clients learn how to take charge of their thinking, they can change their life. If you or a loved one need help overcoming obstacles to employment and other areas of your life due to your criminal record, our programs can help.



Employment Readiness

The foundational program at Lifeworks!, this two-week workshop prepares individuals with criminal records for the process of introducing themselves to potential employers and teaches them how to market themselves.

With a focus on professional and personal branding, participants also learn how to:

- interview successfully
- answer the conviction question
- network with employers
- develop better decision-making skills

Upon graduation, clients receive a \$50 incentive and a guaranteed a job interview with a ready-to-hire employer.



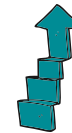
Working Smart

Employers are looking for people who not only have the technical skills and experience to do the job, but also bring the “soft skills” that lead to success:

- communication
- problem-solving
- time management
- accountability

In addition to learning these new skills, participants of the two-week program will have the opportunity to apply them in their everyday lives, network with others and build their resumes.

Upon graduation, clients are guaranteed a job interview with a ready-to-hire employer.



FRESH START

This program covers 10 areas and provides clients with step-by-step, self-directed coaching and goal planning to assist with economic and social mobility and stability.

Clients develop their own goals and use action plans to document their progress.

Financial stability
Relationships
Employment and career
School and education
Health and wellness

Spirituality
Thinking
Attitude
Recreation
Time management



Client Advisement, Networking & Referrals

LifeWorks! staff members work one-on-one with clients to determine personal goals in all areas of their lives and identify steps necessary to achieve those goals.

Clients are also provided with job leads, focusing on employers who are willing to hire people with criminal records.

Partnerships with local community agencies help ensure clients have access to basic services and assistance with crisis situations.

Partners include:

Oxford Homes • Vocational Rehabilitation
Crisis Assistance Ministries • Charlotte Works
Common Wealth Charlotte • Goodwill
Industries of the Southern Piedmont



FIT Program

The Formerly Incarcerated Transition (FIT) Program connects formerly incarcerated individuals who have a chronic disease, mental illness and/or substance use disorder with appropriate health care services and other reentry resources.

The program assists people during their reentry process (while still incarcerated), after release and up to 2 years later.

Services and referrals include:

- primary health care
- mental health assistance
- behavioral health assistance
- substance use disorder treatment
- nutrition
- tobacco cessation



Seeking Safety

Seeking Safety is a support group that addresses trauma and substance abuse issues.

The group is led by a skilled facilitator who guides clients through difficult discussions and topics. Together, they learn new tools to help navigate everyday life and manage the effects of trauma and substance abuse.

The curriculum is educational. Participants don't share details of their experiences; instead, we focus on how to deal with the present.

Through Seeking Safety, clients can learn to build a life of wellness and stability. The program is also available as individual, one-on-one sessions.

LifeWorks! is a program of the Center for Community Transitions

Located on the Goodwill Opportunity Campus • 5301 Wilkinson Blvd., Charlotte, NC 28208

704-374-0762 • lwadmin@centerforcommunitytransitions.org • centerforcommunitytransitions.org