

SESSION 4 – POST INCARCERATION CHALLENGES AND SUCCESSES

INTRODUCTION

In this session, we examine the how women cope post incarceration once released. We discuss strategies and solutions.

OUTLINE

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| 1. Introduction to Course | (5 min) |
| 2. Presentation by Facilitator
(Discussion of Homework) | (20 min.) |
| 3. Discussion Group | (30 min.) |
| 4. Summary by Facilitator | (5 min.) |
| 5. Conclusion and Message of Hope
(Next week assignments and Reading Comprehension Techniques) | (15 min.) |

Tutoring session



OBJECTIVES

At the end of this session, you will be able to:

- Describe the challenges women face post incarceration.
- Identify strategies to successfully integrate.

POSSIBLE DISCUSSION TOPICS

- **What are some of the complex problems women face once they are released from prison? Do things get better over time?**
- **What strategies would help these women?**



Think About It

**How did you maintain hope under so much challenge?
What are strategies for success that worked?**



CONCLUSION

1. Summarize what you learned.
 - What are the challenges for women post incarceration?
2. Homework
 - a) Choose one of the discussion topics listed and write a one page to half page essay. Use full sentences and proper punctuation and grammar. Try to use some of the new vocabulary you learned.
 - b) You can also choose an alternative assignment.
 - c) Read the articles for the next session and complete the questions for next week.
 - d) Meet your tutor, correct homework and writing assignments. Create an outline for your essay. Email your completed homework to your tutor.
 - e) You can ask for more readings on this subject from the facilitator if you are interested.