



**FAILSAFE-ERA  
PRESENTS**

# COURAGE TO CHANGE

A comprehensive group mentorship program for individuals transitioning from incarceration to become Agents of Change leading full productive lives.



**Discussion**  **Journaling**  **Mentorship** 

**9 key unit topics spanning 5 weeks each**

- Setting goals & getting started
- Seeking employment
- Taking a look at substance abuse
- Building stronger family ties
- Improving your thinking
- Developing & practicing self control
- Understanding & improving social values
- Mastering peer relationships
- Living your best life: recreation & leisure

**REGISTER NOW &  
JOIN US!**



**TUESDAYS**  
7.00 - 8.30 PM



**FAILSAFE-ERA**  
1972 WILLIAM ST  
FREDERICKSBURG, VA 22401

**CONTACT US  
TO REGISTER**



 540-479-3021

 [www.failsafe-era.org/events](http://www.failsafe-era.org/events)