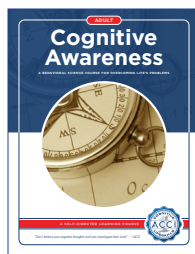


Anger Management (W 111)

Course also offered in Spanish.

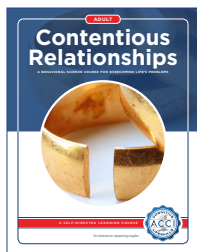
Once you let anger in, you have to either squelch it or express it; both are harmful. The more we can learn to avoid anger, the more productive our life becomes. Those who anger us, control us!



Cognitive Awareness (W 118)

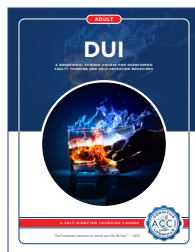
Course also offered in Spanish.

This course is designed to help students recognize faulty thinking patterns and behaviors; we do not always control our beginnings but we can control our endings.



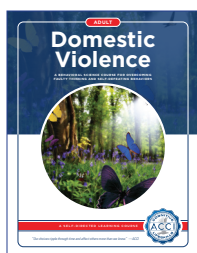
Contentious Relationships (W 116)

With a focus on cognitive restructuring, this course is designed to help couples resolve their differences by helping them overcome negative thoughts, feelings, and emotions.



Driving Under the Influence (W 128)

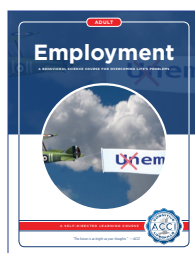
Over the years, we have found that people who drive under the influence do so knowing that it is wrong. This course offers an opportunity for these students to examine why they drive under the influence, and work to overcome faulty thinking associated with this behavior.



Domestic Violence (W 129)

Course also offered in Spanish.

Domestic Violence is a serious crime against humanity because of its far-reaching tentacles and its effect on future generations. This course is designed to help perpetrators recognize self-defeating thoughts and behaviors.



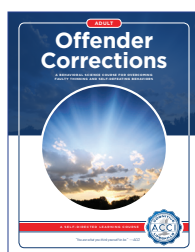
Employment (W 124)

The number one reason people remain under-employed and unemployed, is thinking errors. Often this faulty thinking has been programmed from one generation to another. This course follows two cousins, Chad and Jessie, and their journey to gainful employment.



Marijuana Awareness (W 115)

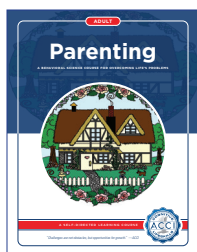
The Marijuana Awareness Course was written as historical fiction; it follows the lives of users and the problems involved in their marijuana usage. This course is designed to help students evaluate the role of marijuana in their lives, and avoid negative consequences connected to marijuana abuse.



Offender Corrections (W 112)

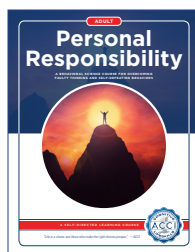
Course also offered in Spanish.

If we keep on doing what we have been doing, we will keep on getting what we have been getting. This course examines how faulty thinking patterns can keep offenders in a cycle, repeating self-defeating behaviors.



Parenting (W 117)

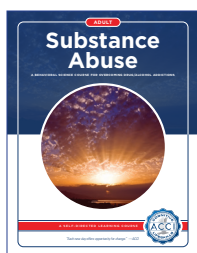
Abuse and neglect are learned behaviors that, without proper intervention, continue. Raising children who are successful in life is difficult and made more difficult by negative scripting. This course teaches parents important cognitive skills to help them in their parenting.



Personal Responsibility (W 119)

Course also offered in Spanish.

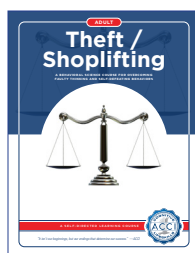
Formerly named Offender Responsibility, this course is a study in how self-defeating thoughts and behaviors keep people trapped in the swinging door of recidivism. For those who are caught in self-deception, this course offers solutions for moving forward.



Substance Abuse (W 114)

Course also offered in Spanish.

This course follows the lives of 2 very different family groups, the Millers and Johnsons. This course is designed to help students recognize self-defeating thoughts and behaviors that can keep them in an addictive cycle with harmful substances.



Theft / Shoplifting (W 121)

This course focuses on helping individuals recognize the faulty thinking associated with stealing or taking property that one does not own.

Changing thoughts, changing lives.



Dear Inmate:

ACCI is excited to offer you our catalog of cognitive lifeskills courses that is designed to help people overcome self-defeating thoughts and behaviors. The focus of these courses is, **“you are many times more worthwhile and capable than you might think you are.”** If we can change our thoughts, we can change and improve our behaviors and the quality of our lives. Life is exciting and full of many opportunities—sometimes it is just a matter of finding ourselves.

Benefits:

- ✓ Correspondence life skills courses through the mail.
- ✓ Nationally recognized evidence-based curriculum.
- ✓ Can satisfy court or other requirements.
- ✓ Certificate of completion for every course completed.
- ✓ Reduced from \$95 to **\$55 per course** for inmates.
- ✓ Complete with another inmate of your choosing (“coach”).
- ✓ Fee includes complete kit with instructions.

Instructions:

Step 1: From the catalog, choose the course most appropriate for you. If in doubt, ACCI suggests **Cognitive Awareness #W118**. These courses normally cost \$95 but have been sharply discounted to \$55 each, for your benefit.

Step 2: You have **two options** when ordering a course:

Option A A friend or relative can visit our website **www.reentrylifeskills.com** and place an order for the course(s) of your choice. They can also call us at (435) 633-2100. They should be ready with your complete mailing address, including your inmate number and housing address.

Option B You can fill out the order form below, and mail it to us along with a check to cover the total amount for the course(s) you are ordering. On the form, list the course(s) you are ordering along with its catalog number. Be sure to include your complete mailing address, including your inmate number and housing. Our mailing address is **1675 N. Freedom Blvd Ste. 5B, Provo UT 84604**.

Step 3: Once your order is received, ACCI will mail out each course with instructions, and a self-addressed return envelope. When you have completed the course, return the workbook using the provided envelope.

Step 4: When ACCI receives your completed course, it will be graded and certified. Upon successful completion, a certificate will be mailed to you.

Sincerely,

ACCI Lifeskills



SHIPPING COSTS		
	Standard	Priority (plus tracking)
1 book	\$2.75	\$8.50
2 books	\$5.50	\$8.50
3 - 4 books		\$8.50
5+ books		\$15

MULTI-COURSE DISCOUNT	
Number of Courses (ordered together)	Discount
3 to 5	5 % off
6 to 11	10 % off
12	15 % off

Please pass the extra flyers to others. Thank you!

CUT HERE

ACCI Reentry Lifeskills Order Form

Inmate’s full name: _____ Inmate # _____

Facility’s full name: _____

Inmate’s housing address, if any: _____

Facility’s mailing address: _____

Facility’s City _____ State _____ Zip: _____

Catalog #:	Course Name:	Cost:

Optional: USPS Priority mailing with tracking number: add \$8.50 for up to 4 courses, or \$15 for 5 or more courses.

Please print clearly! Please have trust check made payable to: ACCI.

Mail to: ACCI, 1675 N Freedom Blvd, Suite 5B, Provo, UT 84604.

Subtotal: _____

Discount: _____

USPS Priority mailing: _____

TOTAL: _____