

Moving On

What is it and Who is it for?

Moving On is an intervention program specifically for women who are involved with the criminal justice system. The overarching goal of this program is to assist women in developing personal and social resources to reduce the risk of future criminal behavior. The program is 28 weeks in length and is broken down into six modules with various topics explored in each module.

Module 1: Orientation	• Program Description • Assessment • Feedback • Personal Change Plan
Module 2: Listening and Being Heard	• I Am Listening • Expressing My Wants and Needs • Saying No • Taking the Sting Out of Criticism • Win-Win: The Art of Negotiating
Module 3: Building Healthy Relationships	• What Is a Healthy Relationship? • What Do I Really Want in a Relationship? • What I Can Do Without • Making the Decision to Leave • What I Bring to a Friendship
Module 4: Expressing Emotions	• Exploring Feelings • Reacting to the Outside World • Listening to My Inner Messages • Challenging Harmful Self-Talk • Celebrating Emotions
Module 5: Making Connections and Staying Healthy	• Challenging Common Myths and Stereotypes • Exploring Ways to Be Happier and Healthier • What about Drugs? • My Family • Family Challenge • My Career: What I Want and What I Can Do • It's All about Me
Module 6: Endings	• Program Debriefing • Post-program Assessment • Achievements • Maintenance Plan

When:

Tuesdays
10am – noon

Where:

North Todd County Government Center
200 1st St NE, Suite 1, Staples,
MN 56479

Cost:

\$30 to cover supplies and materials

Get Started:

Contact your probation agent/case worker to start the referral process. For self-referrals, contact Alisha or Shannon

Contact:

*Alisha
218-631-7618
Alisha.Robasse@co.todd.mn.us

*Shannon
320-732-6165
shannon.suderman@co.todd.mn.us