

## The Organization



**T**ower of Refuge is a grass-roots organization whose primary purpose is to reduce the rate of recidivism in the State of Illinois through various programs and community collaborations.

**W**e provide a continuum of reentry services to address the complete needs of individuals who are incarcerated, formally incarcerated and their families.

**T**ower of Refuge is a community-based organization supporting the incarcerated and the formerly incarcerated through vehicles of training, education, employment readiness, health education, Bible Study, family reconciliation as well as housing assistance to prevent homelessness.

**O**ur services and programs focus on improving the successful continuous rehabilitation of the incarcerated and the formerly incarcerated while rebuilding and reconciling family relationships.

**O**ur success is determined by former inmates becoming and remaining a healthy, productive, active member of society.



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*A Haven of Hope, Security and Opportunity*



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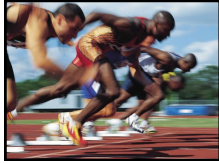
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*For You have been a shelter and a refuge for me,  
a strong tower against the adversary. Psalms 61:3*

## Programs & Services

### Finish Line



Preparation to re-enter society is necessary for the incarcerated and without guided assistance, history indicates the likeliness of recidivism occurring.

**Finish Line (FL)** is a re-entry readiness program facilitated within the Department of Corrections for the incarcerated that are within twenty-four months of their parole date. FL offers:

- Cognitive Thinking Curriculum (“*Think to Change*”)
- Communication Curriculum
- Entrepreneur & Job Readiness Preparation

### Community Support Advisory Council



The **Community Support Advisory Council (CSAC)** is an Illinois Department of Corrections Faith Based Re-entry Program whose role is primarily to build support

within the community for the formally incarcerated returning home.

CSAC works by bringing together supporters and providers in the community to provide an array of services to support the formally incarcerated in their re-entry transition.

### The Ties That Bind Us



Having family support through words of encouragement and suitable acts of kindness aide in helping the formally incarcerated reach their goals.

**The Ties That Bind Us (TTTBU)** is a venue of communication with the family of the formally incarcerated to rebuild long-lasting healthy relationships. TTTBU offers:

- Parenting
- Counseling
- Financial Counseling
- Group Therapy
- Mentorship

### The Academy



The Academy represents a myriad of life skills related trainings and services. The formally incarcerated can participate in the following components:

#### **Housing Opportunities Made Easy (HOME)**

Within thirty days of release, most parolees are faced with homelessness. Some are even paroled to shelters. **HOME** offers the following (*upon resource availability*):

- Independent Living Counseling
- Budget Management
- Rental/Utility Assistance
- Financial Planning

#### **Network of Employment Opportunity (NEO)**

Upon completing our Job Readiness program, clients can access our *Network of Employers* who are willing to hire the formally incarcerated. **NEO** enhances the ability of our clients to consistently maintain employment while navigating into roles offering greater measures of responsibility.

#### **Mind, Body & Soul (MBS)**

When the formally incarcerated re-enters society, an array of psychological, physical, and spiritual adjustments are necessary. **Mind, Body & Soul** offers:

- Nutrition Education
- Physical Fitness Training
- Social Skills & Stress Management
- HIV/AIDS Awareness & Prevention
- Diversity Awareness & Acceptance
- Bible Study

#### **Preventing & Understanding Low Self-Esteem (PULSE)**

Newly released parolees are often challenged with whether or not society will accept them. **PULSE** provides an opportunity to gain the confidence to overcome any presented obstacle. Clients learn to identify their value and how to obtain the motivation necessary to move forward. **PULSE** offers:

- Self-Motivation Training
- Self-Esteem Awareness/Overcoming Low Self-Esteem
- Goal Setting

To become a partner, volunteer, or make a donation, please contact our office at (217) 241-9911.



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