

Leaving prison can be really tough

The CHANGE Program helps you find a new way forward

When you come out of prison, you face really big challenges. It feels like these problems are too hard to overcome. It's tough to move forward when there's so much pressure.

Even if you try to make a better life, it can feel like everything is against you. This can make it easy to get in trouble again, get arrested, and end up back in jail or prison.

For people from BIPOC communities who have been in prison, the obstacles are even greater. Getting help for trauma, finding a good job, living in a safe place, dealing with hard feelings, going to school, and getting the support you need are all really hard things to tackle.

What is Trauma Counseling?

Trauma counseling is a type of therapy that helps people who have been through tough or upsetting experiences. A trained counselor talks with you about what happened and how it makes you feel. They help you understand your feelings and teach you ways to feel better and stronger. It's like having a caring guide to help you heal from difficult times.

What is Life Coaching?

A life coach is like having a friendly guide who helps you reach your goals to make your life better. They listen to your dreams and plans, and they give you tips and support to make them happen. It's like having a teammate in the game of life who cheers you on to help you score your goals.

CHANGE Your Life

We help you figure out what you want to achieve. We stand by your side and help you through life. We assist you in finding good jobs that pay well. We help you find a safe place to live. We support you going back to school or college. We're with you for the long haul.

If you're ready to put in the work, The CHANGE Program can help you get there.



Meet us at the Pierce County
Resource Center

Fridays 11am - 3PM
925 Tacoma Ave S. Tacoma, WA 98402

We are here to help those willing to help themselves CHANGE!"



The CHANGE Program Model



Life Coaching



Trauma Counseling



Job Preparation



Good Paying Jobs



Safe Housing



Training & Education



Faith-Based Support
Member's Choice



**Recovery for Mental
Health & Addictions**



Family Reconnection



Peer-to-Peer Life Coaching
Through our Alumni Program



Building A New Community