



# LIFE AFTER PRISON

is challenging  
for everyone.

**BUT YOU DON'T HAVE  
TO GO IT ALONE.**

At Future Hope we work with  
men like you who want to  
help themselves attain  
an independent life.



Future Hope Inc.  
290 Furby Street,  
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[futurehope.ca](http://futurehope.ca)

**Stand tall again,  
with help from**



It starts **BEFORE YOUR RELEASE** with our **Next Step Program** which will help you prepare for your life in-community with a wide range of assistance including:

- Participating in **peer group sessions** in community
- Creating your **pre and post release plan**
- Determining what your **housing support** needs will be
- Development of **life and social skills**
- Guidance with **financial issues** pre and post parole
- Support and encouragement in dealing with **substance dependency issues**
- **Employment finding resources** and getting yourself job ready

**UPON YOUR RELEASE** we can then help you transition and reintegrate into community with the following supports:

- Access to **affordable, alcohol and drug free transitional housing**
- Assistance obtaining **Manitoba Health card, IDs, driver's licence, clothing, etc.**
- Connection to **employment readiness, search and placement resources**
- Support and encouragement in dealing with **substance dependency issues**
- Peer group fellowship and inspiration that helps promote your **personal growth and sense of "belonging"**
- Help managing your **personal finances and setting life goals**
- Connections to **community groups and health providers**

## Interested?

Here are your next steps:

- 1** Ask your **Parole Officer** or **Chaplain** about meeting the Future Hope Coordinator
- 2** Meet with the **Future Hope Coordinator** in the duty room to find out if we are a good fit for you, and you for us
- 3** Explore the possibility of ETAs to attend **Next Step** meetings in the community
- 4** Participate in **one-on-one meetings** with the Future Hope Coordinator
- 5** Actively work on your **pre and post release plan**



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**BEST OF ALL**, with Future Hope's help you will become part of a community of men, like you, that you can lean on for support and camaraderie every step of your journey.