

	What do you need?	Why?	How?	Website
Employment	State-Issued Photo ID	An identification card is required to get a job.	Department of Transportation	Find these in the Fair Shake Resource Directory at www.fairshake.net/search
	Temporary Job	Temporary work while you search for for full-time or permanent employment.	Find a local Staffing Agency and apply.	
	Job Training	Training can prepare you for jobs that require specific qualifications.	Find out about training opportunities in your area.	
	Resume	Mainly for skilled positions.	Fair Shake and many other websites offer resume building tips.	
	Self-Training	Educate yourself!	Education websites, You-Tube how-to videos, and libraries full of books.	
	Fair Shake Employment Checklist	Fair Shake offers a variety of tools to prepare for employment.	Practice and prepare. You never get a second chance to make a first impression.	www.fairshake.net/employment
Housing / Shelter	Emergency Shelter	In need of temporary and emergency housing.	Search through Fair Shakes Resource Directory to find your nearest shelter.	www.fairshake.net/search
	Section 8 Housing Voucher	The Section 8 housing voucher is a government program that will pay up to half of your rent while your income is low.	A local Community Action Organization may be able to help you.	http://portal.hud.gov/hudportal/HUD?src=/program_offices/public_indian_housing/programs/hcv/about
	Housing Assistance	Possible options	HUD and other programs	www.fairshake.net/search
Food	Soup Kitchen	Soup Kitchens offer free hot meals, often on a certain day of the week.	Find out by word of mouth, or possibly at a local food coop or church, or in the FS Resource Directory.	www.fairshake.net/search
	Food Pantry	Packaged food for you to take home.	Same as above	www.fairshake.net/search
	Food Stamps	You may be eligible for food stamps	Apply at your local Human Services office.	www.fairshake.net/search
	Fresh produce, whole grains, lots of water!	You are what you eat! Fresh and whole foods play an important role in gaining and maintaining mental and physical health.	The library and the internet are valuable resources for recipes, produce purchasing tips and cooking information.	One of many healthy recipe websites: www.eatingwell.com/recipes_menus/collections/healthy_budget_friendly_recipes
	2-1-1	Call 2-1-1 for help with food, housing, health care, employment, counseling and more.	Call on your phone or visit their website.	www.211.org/

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Transportation	Driver's License	If you want to drive!	Department of Transportation	www.fairshake.net/search
	Public Transportation	Public transportation is great: it's fuel efficient, read while you travel, meet folks, no parking!	The American Public Transportation Association	http://www.apta.com/resources/links/unitedstates/Pages/default.aspx
Education	GED, HSED or Diploma	Greatly improve odds for employment	Usually, tests and preparation classes are provided by technical colleges for a small fee.	Find these in your phone book or a search engine.
	Universities and Technical Colleges	An education offers the possibility to earn more money.	Talk with a counselor. They can help you plan your education and find funding.	Find out about schools in your area.
	Self-Directed Education	Educate yourself!	Education websites, You-Tube how-to videos, and libraries full of books.	www.fairshake.net/educate-yourself
	Grammar improvement	More opportunities	Educate yourself!	www.grammar-monster.com
Family and Friends	Family counseling	Everyone has changed since you've been incarcerated...including you.	Find out if support is available in your area through the Resource Directory	www.fairshake.net/search
	Child Care and Spousal Support	Find information on these topics in our Resource Directory	Same as above	www.fairshake.net/search
Health and Sobriety	Alcohol and/or Narcotics Anonymous	Find a group to talk with! This can be extremely valuable.	Find your local options on the FS website or through a search engine.	www.aa.org www.na.org
	Mental Health	Get help when you need it.	Free and sliding-scale clinics, meditation	www.fairshake.net/search
	Free or Sliding Scale Clinic	Good physical and mental health are crucial to success!	Find them in our resource directory or in the phone book and call ahead of time.	www.fairshake.net/search
Clothing	Affordable Clothing	All purposes	Found in most towns and neighborhoods.	Check out thrift stores and free stores.
Finances	Prepare a budget	How much money do you need to make to live?	The National Foundation for Credit Counseling can help you create your budget online or at one of 750 offices in all 50 states.	www.nfcc.org/FinancialEducation/monthlyincome.cfm www.fairshake.net/pdf/build_a_budget_worksheet.pdf

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Possible Benefits	Veteran's Assistance, Disability Support and Elders	If you're in one of these groups you may be eligible for special considerations.	Check out the links available in the Fair Shake Resource Directory!	www.fairshake.net/search
Mentally Prepare	Fair Shake Culture Shock! Document	A primer to consider the many differences between living an institution and living in society.	Available on the Fair Shake website	www.fairshake.net/culture-shock
	Fair Shake Ownership Manual	Little reminders to help you stay centered and on your path!	Available on the Fair Shake website	www.fairshake.net/ownership-manual
	Proceed with Caution	Considerations about relationships. We live in society; we are always relating to others.	Available on the Fair Shake website	www.fairshake.net/proceed-with-caution