

We All Deserve A Fair Shake

Fair Shake: The FREE Nationwide Resource Hub Loaded with information for you and your supporters to utilize!

At Fair Shake, we will never tell you what you need or what you should do. Every person is unique! The website is a huge reentry library that covers employment, education, health, housing and so much more. Don't be afraid to dig in, search and explore! We've designed the website to "help you help yourself". Use the Quick Start Guide in this packet to learn where things are, or use the Search Bar in the upper right corner of the website to find specific items. Get lost in discovery and open doors to new possibilities, including the life you desire. Feel free to contact Fair Shake when you have questions!

Fair Shake is available both online and offline!

- * FREE offline software for all prisons and jails!
- * FREE reentry resource website: unrestricted, anonymous and available to everyone 24/7.

Here are just a few things Fair Shake offers for FREE:

- The nation's largest **Reentry Resource Directory**
- **Employment** support for formerly incarcerated people *and* the employers who hire them!
- An **Educate Yourself!** section with links to free and low-cost education resources.
- A **Free School:** Topics that we need to be free, but which we did not learn in school.
- **Member-only tools:** including digital storage and a Personal Web Page.
- **Reentry Ownership Manual (OM)**, a 196-page book that offers information for you build the most important resource that you'll ever need: YOU. Strengthen your volition and confidence! Create healthy relationships, find employment opportunities, and build community!!

Hi. I, Sue Kastensen, build, maintain and run Fair Shake by myself. How could I build a tool that supports everyone who is releasing from prison or jail anywhere in the US? My first commitment is to make it free for everyone to use. And FREE from tracking, nudging, managing, ads and referrals.

Fair Shake is funded by donations alone. No government grants support this level of universal, unrestricted equal support for all. The majority of the donors are incarcerated, and understand how valuable this tool is. In fact, unless you sent an SASE, THIS ENVELOPE or STAMP was donated by an incarcerated person so that you could receive this information!

Some folks write to me with expectations based on rumors. To clarify: we don't advertise, we don't have a 'kit', and the Ownership Manual (formerly the Reentry Packet) is not full of local resources. If your letter asked for a free copy of the Reentry Packet: sorry, but we've been unable to pay for the postage since 2017. We can send the free book to you, but you'll need to pay the postage: \$5 (stamps ok). Your supporters can print the book, or specific pages, and mail them to you, too.

WI believe we can build reentry success by increasing opportunities, building strengths, sharing gifts, and addressing challenges. A fair shake is not given to us - it is something we create. Let's create success together. (It's the only way, actually.)
We all deserve a fair shake!

To Our Successful Transitions,



Sue Kastensen – Founder and Director

* Sorry to offer so many website links. Sadly, few organizations, offer addresses or respond to letters.

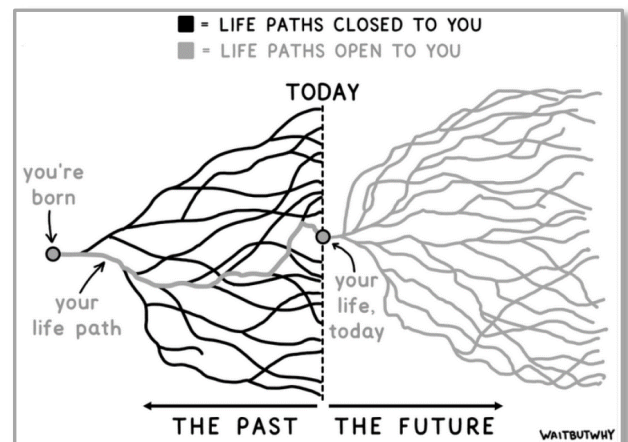


Image from
waitbutwhy.com



Formerly and Currently Incarcerated People



NATIONAL REENTRY HELPLINE: 844-916-2577

This page is loaded with links for folks in transition.

Remember: many of our most highly treasured stories are redemption stories.

For those of you who are currently incarcerated and Corlinks please sign up for our newsletter: outreach@fairshake.net

THIS PAGE IS ALSO FOR FOLKS WHO ARE HELPING PEOPLE IN TRANSITION: Family, Friends, Advocates, Non-Profits, Ministry, Case Managers, et al

Employment



Looking for information to help you find a job?

Check out our Find A Job page!

If you're getting ready to apply or interview, check out our Prepare For Work page!

Housing Search

Transitional Housing is supportive housing that helps light the homeless problem in today's society.

Transitional housing is generally for a limited time period. Stays can be from two weeks to twenty four months. <https://www.transitionalhousing.org/>

SHELTERLIST.COM

They provide an online directory of shelters in cities where they found help for those needing shelter. <https://www.shelterlist.com/>



Low Income Housing: Find affordable rentals & housing options for low income families and individuals.

<https://www.lowincomehousing.us>

New to Computers?

Need help with your computer skills? Learn more about using your computer on our Building Computer Skills page!

Keep your documents safe[ish] in the cloud!

Google online storage



The Affordable Connectivity Program (ACP) is a U.S. government program that helps many low income households pay for broadband service and internet connected devices. <https://affordableconnectivity.gov/>

Vital Documents

Social Security

Supplemental Security Income

What Prisoners Need To Know

More Publications

Social Security Card

<https://www.ssa.gov/ssanumber/>

social-security-card-info.pdf

This is the ss-5 form.

<https://www.socialsecurity.gov/forms/ss-5.pdf>

social-security-card-form-ss-5.pdf

Social Security Info, no color document

Write For Vital Records - All States

Certificates of Birth, Death, Marriage, Divorce

<http://www.cdc.gov/nchs/v2x.htm>

vital-records.pdf

DMV Request Outline:

There are many reasons you may wish to write to the Department of Motor Vehicles (DMV) to request relief. Perhaps you have very old parking tickets, or your license was suspended, et al. You may find some leniency from the DMV to help you drive again, especially to get to work. This form has been created by folks in the FCI Sandstone Career Resource Center and is meant to be used as a template or outline for you to use to create your own.

DMV Change Request Outline

Tax FAQ's from the IRS

Get Right With Your Taxes

Educate Yourself!



Need more math skills? Concerned about your grammar? Looking to pick up more knowledge or skills? Visit our Educate Yourself page.

Correspondence Schools

Financial Aid

Federal Student Aid Information Center

P.O. Box 84

Washington, D.C. 20044

1-800-433-3243

<https://studentaid.ed.gov/sa/>

A NOTE ABOUT PELL GRANTS

From the US Dept. of Education: The Department intends to implement the legislative changes to allow eligible students in college-in-prison programs to access federal Pell Grants beginning on July 1, 2023. Federal Pell Grants are usually awarded only to undergraduate students

2-1-1

A FREE national resource service available by phone or internet to help folks in need find resources they seek 24 hours a day, 7 days a week. They list resources for food, shelter, employment, education, housing, mental and physical health, specific services for veterans, special needs and reentry, a safe path out of physical and/or emotional abuse. A service of United Way. www.211.org

Find Help

<https://company.findhelp.com>

America's leading social care network, which features more than 300,000 human-verified programs that provide help to millions of people across the country.

Fair Shake Resource Directory

Find food, employment training, free stuff, housing, health care, family support, more than 12,000 resources and 450 reentry publications and links in our FREE Resource Directory!

Banking

FRSH Banking

Created specifically for people who have been incarcerated. The website says "We offer FREE bank accounts with debit cards to EVERYONE no matter what you did in your past. No fees (incl. no overdraft fees). No minimum balance. FRSH is forcing individuals to move from awareness to responsibility, to action."

Check them out here: myfrsh.com/banking

myFRSH, LLC

14555 Dallas Pkwy, #100

Dallas, TX 75254

Improve Your Financial Outlook!

Check out the Money Management page!



Improve your Credit Score



Build a Budget Worksheet

Annual Credit Report.com

www.annualcreditreport.com

Get a free copy of your credit report every 12 months from each credit reporting company. Ensure that the information on all of your credit reports is correct and up to date!

Wherever you are on your financial journey, you can prepare yourself to make informed financial decisions with these resources.

www.consumerfinance.gov/consumer-tools/

Ver página en español

Consumer Financial Protection Bureau

INCHARGE

InCharge offers a free credit counseling service that provides help with budgeting, solutions for becoming debt free and tips to successfully manage your money. The goal of credit counseling is to provide a solution that helps you achieve debt relief and get on a financially healthy path. The service can be done over the phone or online.

You may be able to:

• Lower your interest rates

• Reduce monthly payments

• Credit scores are not a factor

• Eliminate fees and over-limit charges

• Stop harassing calls from debt collectors

• Consolidate credit bills into one monthly payment

• Build a realistic budget and financial plan you can follow.

InCharge Debt Solutions

6760 Major Blvd, Suite 300

Orlando, FL 32819 <https://www.incharge.org/>

Physical Health Page (just getting started)

Help Yourself Therapy

HelpYourselfTherapy.com

HelpYourselfTherapy.com is a website that offers free, confidential, practical advice from a therapist. The Self-Therapy model is easy to understand and self-disclosure is never needed. Everything is completely confidential. Click on the link below to view the list of topics from the website.

<http://helpyourselftherapy.com/topics/index.html>

Mental and Physical Health

Visit the Wellness Page!

Visit the Building Mental Strength Page

<https://www.fairshake.net/wellness/>

Physical Health Page (just getting started)

Help Yourself Therapy

HelpYourselfTherapy.com

HelpYourselfTherapy.com is a website that offers free, confidential, practical advice from a therapist. The Self-Therapy model is easy to understand and self-disclosure is never needed. Everything is completely confidential. Click on the link below to view the list of topics from the website.

<http://helpyourselftherapy.com/topics/index.html>

Physical Health Page (just getting started)

Help Yourself Therapy

HelpYourselfTherapy.com

HelpYourselfTherapy.com is a website that offers free, confidential, practical advice from a therapist. The Self-Therapy model is easy to understand and self-disclosure is never needed. Everything is completely confidential. Click on the link below to view the list of topics from the website.

<http://helpyourselftherapy.com/topics/index.html>

Fair Shake's (large and growing!) webpage for you and your supporters

...and we add more information all the time!



Education not found in school:

The School of Life

The School of Life explores unconventional education to assist people in the quest for a more fulfilled life.

Watch the introduction video here ->

Here are some topics we thought might interest you:

Self: <https://www.youtube.com/watch?v=Plw0d8f6288>

Relationships: <https://www.youtube.com/watch?v=Plw0d8f6288>

Work & Capitalism: <https://www.youtube.com/watch?v=Plw0d8f6288>

You can find more on the School of Life on the Educate Yourself page!

Fair Shake Ownership Manual



Our Reentry Ownership Manual is loaded with reentry information including tools and materials for building bridges of transformation and trust.

Fair Shake Ownership Manual

Individual Pages in the Packet

<https://www.fairshake.net/reentry-resources/ownership-manual/>

Fair Shake "Inside" Newsletter

Read the newsletters here

Sign up at outreach@fairshake.net

Looking for Books?

Check out our Free Books Programs page!

For Veterans

<https://www.fairshake.net/veterans-page/>

THANK YOU FOR YOUR SERVICE!

The veterans' page was created to assist veterans who have been incarcerated as well as their families. The programs and resources on this page can help reduce the pressures associated with reentry. Our hope is that you will find these resources helpful in providing relief as you face the challenges of finding and supporting a effective way of life after incarceration. Thank you for your service to our country.

The Transition Assistance Program (TAP) use established to meet the needs of veterans during their period of transition to civilian life by offering job-search assistance and related services. The guide books below were created specifically to support you by applying considerations from your service life to your job seeking. Check in with your local TAP program to find out about jobs that are available near you. To locate your local support office, click on this link: <http://www.benefits.va.gov/vetaweb.asp>

Personal Appraisal & Career Exploration

Job Search Strategies & Interviews

Reviewing Job Offers & Support and Assistance

Become a Fair Shake Member!

Personal Web Page

Data Storage

Save your Resources

Tutorials

Become a Member, It's FREE!

Looking to get an Interstate Compact?

Interstate Commission for Adult Offender Supervision (ICAOS)

<https://www.interstatecompact.org/>

According to the ICAOS website: "The Interstate Commission for Adult Offender Supervision will guide the transfer of returning citizens in a manner that promotes effective supervision strategies consistent with public safety, accountability and victims' rights."

Here are two documents that can help you get started:

Interstate Compact Overview

Interstate Compact Directory

PREPARING FOR PAROLE?

You might want to consider the info in these Parole Board Handbooks

Ohio Parole Board Handbook 2017

New Parole Board member (State, Federal, and Military) handbook

BJS Bureau of Justice Statistics

Bureau of Justice Statistics

For Parents

It's important to stay connected!

Children of Incarcerated Parents - Bill of Rights

Children of Incarcerated Parents' Library

Biblioteca sobre niños de presos

Prison Parenting Programs - May 2016

Seamless Street: On Incarceration

Tips for Incarcerated Parents

Little Children, Big Challenges

Tips for Caregivers

Can you change your child support order?

State by State Guide

Changing a Child Support Order

Housing

We receive very little housing information, especially on a national scale. Recently, however, the two-part document came to us from a HUD representative. So began my attempt to connect you to HUD.

HUD regional locations

Two Part Reentry HUD Housing Request

Since HUD does not offer any documents (that I could find) of their locations (the book does not even offer office locations, only links and email addresses) please ask your people outside to investigate further.

U.S. Department of Housing and Urban Development

451 7th Street S.W.

Washington, DC 20410

Telephone (202) 708-1112

<https://portal.hud.gov/hudportal/HUD>

HUD Programs

Community Development Block Grants (CDBG) Program

HOME Investment Partnership (HOME) Program

Housing Choice Voucher Program (Section 8) at HUD

Housing Choice Voucher Program (Section 8) at Benefits.gov

Neighborhood Stabilization Program (NSP)

Public Housing Programs

Section 202 Supportive Housing for the Elderly Program

Section 811 Supportive Housing for Persons with Disabilities

Voting Rights

Voting rights vary from state to state. In two states, Maine and Vermont, incarcerated people can vote in prison. In all other states people in person lose their voting rights all together. Voting rights are automatically reinstated at various times throughout the completion of the sentence. There are no longer any states with a lifetime voting ban!

According to The Sentencing Project, felony disenfranchisement (the loss of voting and other civil rights) is an obstacle to participation in democratic life which is exacerbated by racial disparities in the criminal justice system (and creates) a disproportionate impact on communities of color.

To find out more, please visit The Sentencing Project.

Voting in Jails

<https://www.sentencingproject.org/policy/briefing-in-jails/>

Disenfranchisement

<https://www.sentencingproject.org/reports/locked-out-2022-estimate-of-people-denied-voting-rights/>

NATIONAL INVENTORY OF THE COLLATERAL CONSEQUENCES OF CONVICTION

Collateral Consequences of a Criminal Conviction

Collateral consequences are legal and regulatory sanctions and restrictions that limit or prohibit people with criminal records from accessing employment, occupational licensing, housing, voting, education, and other opportunities of a criminal conviction. This state's national resource is now a project of the Council of State Governments.

<https://nccrc.nationalreentryresourcecenter.org/>

Free Member Benefits!

Full access available online only

Sign Up Here

Click any item to learn more

Personal Web Page

Help Employers and Property Managers get to know you

Find a Job (or Start Your Own Business)

Job Search Engines

All search engines available online only

Job Applications

We offer links to online application pages and printable job application forms from our comprehensive database. The feature information on 1,500 popular companies in major industries such as fast food, retail, grocery stores, hotels and restaurants. Each company listed has a page which includes company history, services offered and common job opportunities. <https://www.job-applications.com/>

Way Up

<https://www.wayup.com/>

We feel strongly that opportunity belongs to all, and that an individual should never be limited by their economic status, race, sexual orientation, gender, what you know, where you want to school, or where you're from.

Glassdoor

<https://www.glassdoor.com/>

Glassdoor is one of the fastest growing jobs and recruiting sites. It holds a growing database of millions of company reviews, CEO approval ratings, salary reports, interview reviews and questions, benefits reviews, office photos and more. No other site allows you to see which employers are hiring, what it's really like to work or interview there according to employees, and how much you could earn.

Jobs for Felons Hub

<http://jobsforfelonshub.com/>

A resource website created by a few folks who have personally watched their loved ones struggle to get a job due to having a felony. They share their free ready employment guide here. Check out their website or their Facebook page for more information. <http://jobsforfelonshub.com/about.html> or Facebook: <https://www.facebook.com/jobsforfelonshub/>

Successful Release

We have personally contacted each company for information regarding jobs for felons. <https://successfulrelease.com/jobs-for-felons/>

Guide to Finding a Job Through Networking <https://successfulrelease.com/how-to-find-a-job-through-networking/>

Formerly Incarcerated College Graduate Network

<https://www.ficgcn.org/> Discover career-related jobs that welcome formerly incarcerated applicants and see the value in your lived experience.

Jobline

24-Hour Number: 1-800-414-0748 If you are looking for employment, Jobline is a free public service available on the telephone 24 hours a day, 7 days a week. New jobs are listed on the system each day, and jobs that are filled are removed. All that is required is a touch-tone telephone to establish your personalized job-search profile. The system is designed for you to use each day during your job search.

USA Jobs

An official website of the United States government. <https://www.usajobs.gov/>

All of these websites have thousands of jobs available at different employment levels.

Non-profit Job Search Engines:

Idealist

www.idealist.org Jobs, internships and volunteer opportunities that can sometimes turn into jobs...

Bridgespan

<https://www.bridgespan.org/> The Bridgespan Group

Encore

www.encore.org Jobs for people 50+ yrs of age

Philanthropy News Digest

<http://philanthropynewsdigest.org/> Philanthropy News Digest, all levels of non-profit jobs

GIGS: Single or multiple day opportunities

For an interesting temp option, you can check out the Craigslist in your area under "Gigs". You'll find opportunities that include moving furniture, doing yard work for a few hours, car dismantling, CDL temporary jobs, staff for weekend events, handyperson, cleaning, carpentry, welding, electrical, plumbing, painting, and even a sex editor's help!

Many of these gigs have opportunities that can turn into jobs.

Keep the author's intent in mind when searching on Craigslist. Beware that some listings are sales pitches.

<https://www.craigslist.org/>

Start Your Own Business

It's not easy, but for the creative, courageous and tenacious, it's often the right thing to do. Here are a few documents to help you get started.

From the Small Business Administration

Business Plan Template

Start a Business!

From the Consumer Information Center

Planning and Loan Setting for a Small Business

Minding Your Own Business

How to Write a Business Plan

From the Fair Shake Ready Packet

Self-Employment

Career Onestop

Put together a successful job search with resources on resumes, interviewing, networking and finding job openings

<https://www.careeronestop.org/jobsearch/job-search.aspx>

Everything in this section available Online Only

America's Service Locator connects individuals to employment and training opportunities available at local American Job Centers.

www.servicelocator.org

Gary's Job Board: Truck Drivers wanted!

Gary can find you a better truck driving job, with or without a CDL.

Website: <http://www.garysjobboard.com/>

More Information about trucking I driving jobs

<https://www.fairshake.net/employment/trucking-driving-jobs/>

Prepare For Work!

www.fairshake.net/prepare-for-work/

Resume Writing Ideas

Letter of Explanation

Prepare For Your Interview

and much more!

Employer Support

Give employers tools and information to help them hire you

Share this document with your potential employers to help them hire you

Bonding, WOTC, and EEOC filers

You are bondable Federal Bonding Plan

Work Opportunity Tax Credit Filer

Equal Employment Opportunity Commission Background Checks

More on Background Checks: What Applicants Need to Know

Formerly Incarcerated Individuals' Job Readiness (US and Wisconsin) Created by the WOTC

US Department of Labor CareerOneStop

Formerly Incarcerated Reemployment

<http://www.careeronestop.org/Offenders/index.cfm>

US Department of Labor CareerOneStop

Formerly Incarcerated Reemployment

<http://www.careeronestop.org/Offenders/index.cfm>

Watch The Video!

1-877-348-0002 TTY: 1-877-348-0001

Career OneStop Locations:

Alabama Louisiana

Arizona Maine

Arkansas Maryland

California Massachusetts

Colorado Minnesota

Connecticut Mississippi

Delaware Missouri

Florida Montana

Georgia Nebraska

Hawaii Nevada

Idaho New Hampshire

Illinois New Jersey

Indiana New Mexico

Iowa New York

Kansas North Carolina

Kentucky North Dakota

Wisconsin Wyoming

← Fair Shake's Find a Job page

↓ Prepare for Work page:

Prepare for Work

The Resume Writing Academy

www.resumewritingacademy.com

Resume Writing This document generously shared with Fair Shake by The Resume Writing Academy thanks to Wendy Orlov, M.W., CCM, CRRW, JCTC and Louisa Kunkin, M.W., CCM, CRRW, JCTC

Resume Examples

Top Tips & Techniques for Writing Great Resumes

Free 15-minute resume writing audio webcast with printable handouts

Best Resumes and Letters for Offenders

Resume guide that addresses special employment issues facing offenders

Raw Resume

<http://www.rawresume.com/turn-a-resume-into-a-guide>

How to Write a Great Resume: The Definitive Guide

This guide will take you from start to finish through all the aspects of a great resume and help you transform your current resume into an interview-winning resume. Written for beginner and intermediate job seekers. Before reading this guide is a Winning Resume - Check Sheet to get started.

Here I Am - Resume Writing Tips & Tricks

The Complete Guide to a Winning Resume Check Sheet

Discussing Your History in the Interview

Discussing Criminal History in the Interview

Other Employment Support

http://www.jalisco.org/help_with_new_employment.html

Jalisco to Jalisco is an organization that provides the tools they need to find employment. On this website you'll find a step-by-step plan to follow as you carry out your job search.

Unwired.com

Unwired.com offers guides and resources for exploring careers, whether you're searching for a new job or considering a career change - see more at:

<http://www.unwired.com/guides/transitioning-career-employment>

How2become.com

How2become.com offers a resource guide that provides detailed insights on how to answer certain questions, body

about the Fair Shake

Support for hiring formerly incarcerated people:

The Fidelity Bonding Program

The Fidelity Bonding Program offers six months of free bonding support to businesses across the country to lower their risk when hiring applicants who have been incarcerated.

Federal Fidelity Bonding Program: <http://bonds4jobs.com>

Bonding can:

- Reduce your risk when you hire formerly incarcerated people

- Provide six months of FREE insurance against employee theft

- Be obtained quickly and easily by just a phone call to confirm your hire

To bond a formerly incarcerated new hire today call toll-free: 877-US2-JOBS (877-872-5627)

The WOTC is a special tax credit available for hiring former felons (and others) and must occur within one year of their release date. The WOTC is available to any size business from small organizations to national corporations. The credit is also available for any type of job. The work can be full-time, part-time, temporary, or seasonal.

Facts about the WOTC tax credit:

- Employers can save as much as \$2,400 in taxes

- Applies to the first year of employment

- The new employee must work 120 hours for the employer to begin to receive credit

- Not for independent contractor work

- Not for a business owned by a close relative

To find out more: <http://www.doleta.gov/business/incentives/opptax/wotcEmployers.cfm>

Or call: 1-800-829-4933

Employee Training Support

Your business may be eligible for a state or federal training grant (or other funding). To find out what you may qualify for, check with your Workforce Investment Board, Small Business Development Center, or economic development agency.

- Workforce Investment Board, Small Business

- Small Business Development Center: <https://www.sba.gov/tools/local-assistance>

- Economic Development Agency: <https://www.sba.gov/content/economic-development>

Ban the Box

Are you ready to remove the box that says 'Have you ever been convicted of a felony?' from your job application forms? If so, we can help! <https://www.fairshake.net/ban-the-box/>

On our page you will find:

- Best Practices and Model Policies

- Fair Chance Fact Sheet

- Community Hiring Model

- Which states, cities and counties Ban the Box

- Learn from dedicated states like Minnesota who have Banned the Box for both public- and private-sector jobs. They freely share information for you to do this, too.

Fair Shake Employment Documents

Available Offline and Online

Be sure to also check out the information we have on the Employing page to help the interview process!

- Employment Tips

- Interview Tips

- Interview Questions for You to Ask

- Sample Interview Questions

- Computer and Internet Tips

- Letter of Explanation

- Functional Resume Example

- Accomplishments and Skills Worksheet

- Employer Support

- Resume Examples

- Sample Letters for Your Resume

- Sample Employment Application

- Cover Letter / Thank You Letter

- Self-Employment

Employer Support

Share this document with your potential employers to help them hire you

Bonding, WOTC, and EEOC filers

- You are bondable Federal Bonding Plan

- Work Opportunity Tax Credit Filer

- Equal Employment Opportunity Commission Background Checks

- More on Background Checks: What Applicants Need to Know

- Formerly Incarcerated Individuals' Job Readiness (US and Wisconsin) Created by the WOTC

Ownership Manual

Take the 'ownership' along to bolster your before interview!

Relationships

Because work relationships are unique!

About the Fair Shake Personal Web Page

Members differentiate themselves from other applicants

Members share information easily. No need to carry documents; they are stored in their accounts

Value of the Personal Web Page

Just a few of the pages from the Reentry Ownership Manual (formerly called the Reentry Packet)

FairShake
REENTRY RESOURCE CENTER

Managing Anger

Flying off the handle sometimes causes hammers and humans to lose their heads... as well as their effectiveness. — William Arthur Ward

Everyone gets angry.

We are all familiar with anger; we see it demonstrated frequently. We see angry people in TV shows and movies; we hear angry politicians and radio hosts. Sometimes we experience anger with others around us, and we also experience anger in ourselves.

People sometimes try to use anger to solve problems or to relieve stress... but that often creates more problems, more stress and even more anger.

We can't eliminate anger, but we can manage it. We can make it a useful tool instead of one that demolishes relationships and other things.

Anger is often glorified as a key to unlock hidden strength and passion. Anger *feels* powerful.

Between a Rock and a Hard Place
Managing Anger
1/4



FairShake
REENTRY RESOURCE CENTER

How to Watch TV

The media is the most powerful entity on earth. Because they control the minds of the masses. — Malcolm X

Americans watch a lot of TV. Even though we are also obsessed with our phones (texts, tweets, Facebook, email and much more), the average American still finds time to watch more than 5 hours of TV per day. Only a very tiny fraction of us watch 0 hours of TV each day. I am one of those people. "No TV" includes no cable, no "smart" TV, no Netflix or other movies (except when I'm on my bicycle wind trainer in the basement during inclement weather) and no flat-screen-monitor hanging on the wall in the living room. Or the kitchen. Or the bathroom, bedroom, office, car, etc.

I have gone as far as to get a device that turns TVs off. When I feel attacked or trapped by loud, offensive commercials, news stories or shows being broadcast in public places, I just turn them off. Most people don't notice. Those that do usually just shrug their shoulders and do something else.

How to Watch TV
1/4



FairShake
REENTRY RESOURCE CENTER

Exploring IDENTITY

What Makes You YOU?

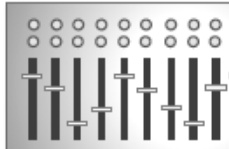
Who we are - at any given time - is a compilation of our experiences, our interests and intentions, our environment, our body, our mind (whatever that is) and our spirit (whatever that is). Mind and spirit are very important to us. They are at the foundation of our values and beliefs, and drive our desires, fears, goals and relationships, yet they cannot be located or clearly defined. That is a good thing. They defy empirical observation and they can't be quantified. This is our 'special sauce' of unlimited potential!

"I am what time, circumstance, history, have made of me, certainly, but I am, also, much more than that. So are we all." — James Baldwin

In a very real way, we became who we are today because of our relationships. Civilization is made up of people...including those who have been here and left their mark, and those with whom we currently share this planet. Other people have guided our lives and our development since we were born and other people continue to shape us today. We learned how to be a person from other people. We are who we are today because of who we all are (people in our family, our community, our region, our nation and our world). This is the foundation of the philosophy of UBUNTU. (We explore this philosophy more deeply in this booklet, but for now let's just explore YOU.)

I created a MIXING BOARD METAPHOR for this exploration so we can see the 'hard-wired' aspects of ourselves that are so frequently cited (and feel inauthentically limiting) and the 'plastic' aspects... which are the areas where we are always changing.

Mixing Your Unique Identity!



Although it may sometimes feel like other people are shaping us, we are not. We may be directed, controlled, or limited in one way or another, but our minds will respond. We can surmount limitations by gently questioning our given to us when we were too young to question them. We can learn, a lot of things that our family, friends, culture or the status quo may not do. fit into roles. But times are changing; the roles may no longer apply.

"Between stimulus and response there is a space. In it lies the power to choose our response. In our response lies our growth."

www.fairshake.net Identity Scale / Fair Shake Ownership Manual

UBUNTU!

Ubuntu is an ancient, sub-Saharan philosophy that means:
I AM WHO I AM BECAUSE OF WHO WE ALL ARE

Desmond Tutu says: Africans have a thing called ubuntu. There is no such thing as a solitary individual. A person is a person through other persons. We believe that my humanity is caught up, bound up, inextricably, with yours. When I dehumanize you, I dehumanize myself. The 'solitary human being' is a contradiction in terms. Therefore, you seek to work for the common good because your humanity comes into its own in community, in belonging.

Nelson Mandela shared this: Ubuntu acknowledges both the right and the responsibilities of every citizen in promoting individual and societal well-being.

FairShake
REENTRY RESOURCE CENTER

Fair Shake Technology Tools

Do you need to learn to use a computer? How to navigate websites? Or just brush up on your skills?

Check out our Computer Basics tutorial!

We cover these topics:

- Mouse
- Keyboard

Desktop Basics

Welcome to Computer Basics

FairShake
REENTRY RESOURCE CENTER

Working Through Depression

Depression *noun* Severe, typically prolonged, feelings of despondency and dejection, typically felt over a period of time and accompanied by feelings of hopelessness and inadequacy. (source: the Oxford (online) Dictionary)

As Americans, it is common to feel like we are supposed to be happy. TIME magazine* recently announced "Americans are wired to be happy", and reminded us that we made the pursuit of happiness "a central mandate of the national character" when we declared it a basic human right.

With so much emphasis placed on feeling good, it should come as no surprise that when we don't feel happy, we may feel like something is wrong.

In fact, when we feel lonely, inadequate or disheartened as we search for meaning in our lives, our friends and family and even professionals often encourage us to strive to feel good again - as soon as possible - whether through distractions (shopping, media and superficial social connections, etc.) or pain relievers.

Between a Rock and a Hard Place
Working Through Depression
1/8

FairShake
REENTRY RESOURCE CENTER

Resisting Influence

(This content created by Dr. Philip Zimbardo and Cindy X. Wang)

Resisting Influence

This is a shortened version of the original which was prepared by Dr. Philip Zimbardo and Cindy X. Wang. You can view the full Resisting Influence Guide here: <http://www.lucifereffect.com/guide.htm>

Our daily lives are wrought with compelling social tensions. Many of us hope that we are immune to compliance tactics, have the courage to resist unjust authority, and would never abandon our core beliefs and principles in the face of social pressures.

This document was created for learning how unwanted and unjust influence can impact your daily life and to better equip you to resist these forces. By understanding the contexts of influence and social compliance, we hope you will be able to identify the principles and strategies that professional agents of influence may use to gain your compliance.

We will look at frameworks to understand social influence and identify how you can apply these ideas to your own life, we will discuss ways to utilize your new understanding of the principles of social influence for positive social change, and finally we provide hints from Dr. Z on how to resist unwanted influences.

FairShake
REENTRY RESOURCE CENTER

Swellness

(Yes, it is spelled correctly)

Health. Strength. Tenacity. Flexibility. Durability. Resilience. Power. Discipline. Vigor.

These words can be used to describe both mental and physical characteristics. Swellness is the idea that our physical and mental well-being cannot be separated; they are dependent upon each other. It is the belief that we must take care of our mind to take care of our body, and we need to take care of our body to take care of our mind; that health is psychosomatic / somapsychotic and that those words can be applied to wellness as well as to illness. Swellness exists in those who have overcome illnesses and physical setbacks with powerful positive beliefs about their ability to survive and thrive. Swellness is not a goal, it is a continuous process.

From the Dictionary:

Swell — noun: a full shape or form adverb: excellently; very well


Swellness — is a state of excellently full form.

A few considerations for healthy minds and healthy bodies:

- When our minds are in turmoil, often our guts and/or our muscles are, too.
- When our neck and shoulders ache from stress, we may struggle to feel happy or optimistic.

We need:

- Strength in our: heart, character, muscles, mind





QUICK START GUIDE! or How to use the website.

WELCOME TO FAIR SHAKE! ➡ www.fairshake.net

PRINT THIS PAGE to guide you as you explore the Fair Shake Do-It-Yourself Reentry Resource Center. There is a lot of information on the website! This guide will help you get find your way around.

3 important items for you to remember:

1. If you ever get lost on the website (or any website), click on the logo to return to the home page.
2. Words in blue are links to pages on our website, other websites or documents that you can also print.

3. Icons you will see:
 - Available off-line and on-line
 - Available on-line only
 - Documents available off-line and on-line



➤ [Resource Directory](#)
➤ [Resource Directory](#)



Fair Shake Website Home Page: ➡ www.fairshake.net



Do It Yourself!

- You are unique! No one knows what you need better than you do
- Explore new opportunities!
- No tracking, nudging, or monitoring



Find RESOURCES:

Resource Directory – search our huge data base!
Resource Guides – local, regional, and national brochures, books, and interactive websites

Find EMPLOYMENT

Prepare For Work
Find A Job (also includes Start Your Own Business)
Help an Employer Hire You!

Explore LEARNING OPPORTUNITIES

Formal, Informal, Non-formal
Higher Ed, Life Skills, Lifelong Learning

And Improve COMPUTER SKILLS!

Step-by-Step Tutorials and Internet Safety Tips

Fair Shake Reentry Tool Kit

- Resource Directory
- Ownership Manual
- Building Computer Skills
- Find a Job
- Become a Member!
- Educate Yourself!
- Fair Shake Newsletter

SEARCH the entire Fair Shake WEBSITE

It is like a REENTRY, DEVELOPMENT and COMMUNITY-BUILDING LIBRARY!

You can find all the pages on our website from almost any location on our website! By hovering over the four menu tabs on the left side of our home page, you will activate the menu bar to reveal links to pages organized under headings.

STEP BY STEP:

Look to the left side of any page and you will see a dark purple column. Do you see the words: Reentry Resources, Information Center, Member Menu and About Fair Shake? Hover your cursor (don't click) over the words Reentry Resources at the top of the column. To 'hover', move the cursor – which usually looks like an arrow – over a tab. You will see the cursor switch to the image of a hand. The Menu Title will then change to light-purple and the Menu will appear to the right. Next, you can move your cursor over the words in the menu. Hover over any of the titles and the color will change to orange and a line will be added underneath. Click on the title that interests you, and you will go to that page on the website.



Most websites work like Fair Shake:

- Click on the logo to return to the home page
- Find the sitemap at the bottom of almost every page
- Words that change color are often links
- Learn about an organization's Mission and Vision by visiting the "About Us" page.

Found at the bottom of each webpage, the Sitemap also shows all of the pages on the website:

Home / Sitemap / Privacy Policy / Help / Contact Us / Back to Top