



# 20 years of spiritual mentoring, skills mentoring, and companionship people in recovery from trauma

## 1 EMPOWERING WOMEN:

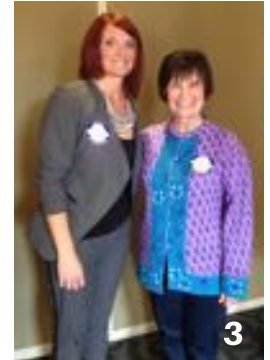
Incarcerated women receive training that empowers them to support other women in the facility and to bring their stories of change to the public.



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## 2 REDUCING RECIDIVISM:

It costs \$40,000 to incarcerate one woman for a year. Making Choices has been shown to reduce the return-to-prison rate of participants from 53% to 8%.



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## 3 WOMEN'S VOICES:

Through Women's Voices, our speaker's bureau, women released from prison and their mentors speak to civic groups, schools, churches and other organizations.

## 4 GRADUATION AT THE PRISON:

For women, some of whom never completed high school and struggle with a sense of failure, Making Choices graduation is a special opportunity to celebrate their accomplishments.



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## 5 SOUL CARE IN PRISON:

Spiritual directors provide soul care for incarcerated women experiencing grief, loss, and recovery from trauma.

**6 BACKPACKS AND MORE FOR RE-ENTRY FROM PRISON:** Women in re-entry from prison are not left without resources. They can receive re-entry mentoring and participate in the Making Choices supportive community. Women newly released from prison also receive survival packs with toiletries and other necessities.

**7 INSPIRING OTHERS:** Making Choices graduates who have successfully re-entered society are the highlight of every program graduation. With the support of their mentors, they encourage women who are about to reenter society.

**8 QUALITY MATTERS:** Professional educators volunteer their talents and bring real expertise to the Making Choices learning experience.

**1 SPIRITUAL DIRECTORS:**  
After 15 months of study, reflection, internship and service, participants in the Formation Program for Spiritual Directors go on a pilgrimage to San Luis, CO, and graduate at the Great Sand Dunes National Park.



**2 SECOND RESPONDERS:**  
The Center is now a recognized Disaster Spiritual Care Training Center and our Second Responders provide a caring presence, practical assistance and ongoing soul care for individuals impacted by disasters.



**3 OUTSTANDING SERVICE:**  
In 2012 the Center for Spirituality at Work received the George Mader Outstanding Service award from Catholic Volunteer Network. The same year, founder Vie Thorgren was named one of the Colorado Women of Influence.



**4 WOMEN'S CIRCLES:**  
The Center unites diverse people by connecting professionals with those on the margins. Volunteers then share the story of mentoring with women's groups like this one.



**5 ADVOCACY:**  
During our Day at the Capitol each year, our graduates in re-entry from prison and our volunteer mentors visit with legislators to educate them about the barriers to successful re-entry.

**6 SUPERVISION:**  
Spiritual Directors receive ongoing support and supervision.

**7 PICNIC FOR HOMELESS PEOPLE:**  
We work collaboratively with the Vincentian Family to deepen our service with people who are homeless.

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