

The Process

Professional and self referrals are welcomed. After a referral has been confirmed, an intake will be completed in person to collaboratively decide which modules will be beneficial to the participant. Each one-on-one session takes approximately one hour to complete. The 12 modules function independently of each other, allowing flexible order of delivery.

After the program is complete, the facilitator will request the participant to evaluate the program and a letter of completion can be written at the request of the participant or referral source.

Module Structure

Each session has a Goal, Theory, and Practice section. The facilitator will review the goals and theory material with the participant and provide a time for questions. The facilitator and participant will collaboratively decide which of the exercises to begin with and work through these together. Each module will have between 3-6 exercises that vary in written, reflective, and verbal responses with supplementary and optional take home material.



Giving Hope Today

Modules

Self-Awareness: participants will consider self-perception and the sources of such beliefs.

Stress: participants will learn to recognize stress as a natural response to new situations, will examine sources of stress, and will consider coping techniques to reduce stress and enhance well-being.

Anger: participants will learn to identify what anger is and is not, will explore different responses to anger, and will attempt steps that facilitate anger resolution.

Assertiveness: participants will examine current assertive behavior, will learn skills to deal with obstacles, and will be encouraged to practice direct communication in respect for others.

Problem Solving: participants will develop creative problem-solving skills through practicing a sequence of individual steps and will consider how creative solutions can be applied to everyday life.

Budgeting: participants will explore the concept of budgeting, will consider signs of financial struggles, will reflect on personal spending, and will practice a budgeting plan.

Modules

Loneliness: participants will discover the differences between loneliness and solitude, identify times of each, will learn to cope more effectively with loneliness, and will explore inner strengths.

Loss and Grief: participants will explore the grieving process, will consider personal losses, will reflect on reactions to loss, and will learn ways to facilitate the grieving.

Depression: participants will walk through an overview of symptoms that may reflect depression, will consider the relationship between thinking and feeling, and consider approaches in dealing with depression.

Self-Esteem: participants will learn to identify feelings and experience methods of raising self-esteem.

Spiritual Life & Hope: participants will explore their spiritual side of life and will reflect on sources of hope and strength.

Goal Setting: participants will examine the role of values in goal setting, explore guidelines for setting goals, and consider factors which help and hinder goal achievement.

What is the Positive Lifestyle Program?

The Positive Lifestyle Program is a copyright program of The Salvation Army Canada & Bermuda Territory. It is a tool to engage people needing a fresh start in a focused and guided conversation to help facilitate self-discovery, self-understanding, and personal development in twelve key areas of life. The Positive Lifestyle Program is not a counseling program, nor a 12 Step Program, and it does not assume nor require the facilitator to have such skills and training. Facilitators take a person centered and collaborative approach to addressing each topic, working alongside the participant to tackle life's challenges.

Mission Statement

The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world

Office Location

Find us on the first floor inside the double doors leading into Courtroom 1.

Chaplain is available Monday to Friday
8:00 am—4:00 pm.

For Services or Inquires

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The Salvation Army

Positive Lifestyle Program

At the Ottawa Court House



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