## Courage to Change



Courage to change is a series of Journals to help you focus on key life areas and help you make positive changes. Are you struggling with your social values?

Responsible thinking? Self control? Peer relationships?

Family ties? Substance abuse? Need skills for successful living? Or Strategies for success? Then Courage to Change is the program for you!

Ask your Probation Officer or contact

Deputy Probation Officer Victoria Borba at

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