

### **1. Immediate Essentials**

Securing ID and key documents is essential. Make sure to obtain a state ID, Social Security card, and birth certificate. Check eligibility for public assistance programs like food stamps, Medicaid, and unemployment benefits, and schedule medical and mental health assessments if needed.

### **2. Housing Stability**

Find safe, stable housing options through halfway houses, shelters, or transitional housing programs. Apply for affordable housing programs like Section 8 or look into nonprofit housing organizations that support formerly incarcerated individuals.

### **3. Employment Preparation**

Prepare a resume and practice interviewing, focusing on skills gained during incarceration and future goals. Look for vocational training in high-demand industries and use resources from workforce centers or reentry programs specifically designed to help individuals with criminal records.

### **4. Financial Planning**

Open a bank account for responsible money management, and learn budgeting basics. Connect with financial resources that provide credit repair and guidance on establishing good financial habits.

### **5. Community and Support**

Reconnect safely with supportive family and friends. Join support groups and mentorship programs for former inmates to build positive relationships and maintain accountability.

### **6. Legal Assistance**

Seek legal aid for record expungement, employment rights, and understanding parole conditions. Know your rights related to employment, housing, and non-discrimination.

### **7. Education and Self-Improvement**

Consider continuing education through community colleges or GED programs and engage in life skills training to improve communication, time management, and personal health.

### **8. Personal Wellbeing**

Develop a structured daily routine, engage in hobbies, and practice stress management techniques like mindfulness or journaling to build emotional resilience.