



A&A COMPASSIONATE CARE, LLC
EMPOWERING YOUNG ADULTS

LIFE SKILLS. REAL RIGHTS.

Brighter - Futures.

Knowledge. Tools. Support. Success.



KNOW YOUR RIGHTS

A four-module course covering your legal rights after conviction: voting rights and restoration, expungement basics, probation and parole rules, tenant rights, consumer protection, and how to navigate systems without re-offending.

- 01 Your Rights During a Police Encounter
- 02 Search, Seizure, and Miranda Rights
- 03 Navigating Probation and Parole
- 04 Expungement and Record Clearing Basics
- 05 Your Rights in Housing and Employment
- 06 Navigating Systems Without Re-Offending



AODA

A six-module course covering how alcohol and other drugs affect the brain and body, the addiction cycle, recognizing personal triggers, harm reduction strategies, and connecting to community resources.

- 01 How Alcohol and Drugs Affect the Brain and Body
- 02 The Addiction Cycle
- 03 Recognizing Personal Triggers
- 04 Harm Reduction Strategies
- 05 Relapse Prevention
- 06 Connecting to Community Recovery Resources



COMMUNICATION & RELATIONSHIPS

A six-module course covering communication styles, active listening, healthy vs. unhealthy relationships, conflict resolution, social media safety, and building positive support networks.

- 01 Understanding Communication Styles
- 02 Mastering Active Listening
- 03 Expressing Needs Non-Aggressively
- 04 Healthy vs. Unhealthy Relationships
- 05 Setting Healthy Boundaries
- 06 Building Positive Support Networks



ANGER & EMOTION MANAGEMENT

A six-module course grounded in cognitive-behavioral principles: identifying triggers, understanding the anger cycle, de-escalation strategies, cognitive restructuring, conflict resolution, and building emotional regulation skills.

- 01 Identifying Your Anger Triggers
- 02 The Anger Cycle: From Trauma to Rage
- 03 Practical De-escalation for Intense Moments
- 04 Changing Negative Thoughts: Reframe Your Story
- 05 Nonviolent Communication for Healthy Conflict
- 06 Micro Habits for Lasting Emotional Regulation



HEALTH & WELLNESS

A six-module course covering physical health, mental wellness, self-care, nutrition, sexual health, accessing healthcare without insurance, and building healthy daily habits.

- 01 Understanding Your Mental Health
- 02 Managing Stress & Building Coping Skills
- 03 Anger Management & Emotional Regulation
- 04 Healthy Relationships & Setting Boundaries
- 05 Understanding Substance Use & Recovery
- 06 Accessing Healthcare Without Insurance



HOUSING & TRANSPORTATION

A six-module course covering how to find and secure housing, understand leases and tenant rights, security deposits, navigate public transportation, get a driver's license, and know your rights as a renter.

- 01 Finding Housing with a Record
- 02 Reading a Lease & Knowing Your Rights
- 03 Setting Up & Managing Utilities
- 04 Using Public Transportation
- 05 Getting Your Driver's License
- 06 Home Safety & Emergency Preparedness



INDEPENDENT LIVING SKILLS

A six-module course covering daily living fundamentals: cooking and nutrition on a budget, personal hygiene and health habits, household management, time management, grocery shopping, and navigating utilities and services.

- 01 Personal Hygiene & Self-Care
- 02 Cooking Basics & Meal Planning
- 03 Keeping a Clean & Organized Space
- 04 Time Management & Daily Routines
- 05 Finding & Keeping Your First Apartment
- 06 Navigating Community Resources



FINANCIAL LITERACY

A six-module course covering goal setting, banking, income, budgeting, credit, and debt management — based on the CFPB reentry curriculum.

- 01 Goal Setting & Money Picture
- 02 ID & Banking Basics
- 03 Income & Taxes
- 04 Budgeting & Bills
- 05 Credit Reports & Scores
- 06 Debt Management & Identity Protection



EMPLOYMENT READINESS

A six-module course covering resume writing, job applications, interview skills, workplace behavior, understanding your paycheck and benefits, and education pathways — based on DOL reentry employment research.

- 01 Knowing Yourself: Skills, Strengths & Goals
- 02 Building Your Resume
- 03 Completing Job Applications
- 04 Interviewing with Confidence
- 05 Workplace Behavior & Keeping Your Job
- 06 Your Paycheck, Benefits & Education Pathways