

# Course Catalog

## 2025- 2026

AM100	Anger Management	Approved by SC Probation to help individuals understand, manage, and express anger in healthier, more constructive ways
CL100	Cognitive Learning 100	Introduces foundational cognitive principles that help students understand how their thoughts influence emotions, decisions, and behavior.
CL101	Building Blocks	Strengthens foundational life and learning skills including critical thinking, discipline, responsibility, and communication.
CL105	Understanding Your Mind	Explores how thoughts and beliefs shape behavior and emotion, with a focus on how the brain is affected by repeated behaviors such as pornography use. Students learn how to retrain thinking patterns and restore healthy brain pathways through biblical and cognitive principles.
CR100	Career Ready 100	Helps students prepare for long-term employment by exploring career interests, resume writing, interview skills, and goal setting.
FM100	Financial Management	Teaches practical money management skills such as budgeting, saving, credit awareness, and responsible financial decision-making.
H4DE	Healing for Damaged Emotions	Focuses on emotional recovery, forgiveness, and personal transformation through faith-based cognitive and behavioral principles.
HW100	His Way	His Way Mentorship Group
RFG 100	Re-entry for Good!	Post Release Program: Designed specifically to support individuals as they balance their workload while transitioning back into the community. This course integrates Cognitive Learning, Financial Management, Work Ready, and Spiritual Development in a way that maximizes impact for re-entry students.
SC100	Soul Care	Soul Care (by Dr. Rob Reimer) teaches a biblically grounded process for identifying and removing spiritual and emotional barriers—such as sin, wounds, and lies—so individuals can experience deeper intimacy with God and lasting freedom.
SR100	Smart Recovery	Approved by SC Probation and is a science-based, self-empowering program for overcoming addiction that focuses on helping individuals build and maintain motivation, cope with urges, manage thoughts, feelings, and behaviors, and live a balanced life
STPS	50 Steps with Jesus	Learning how to walk in Faith with Jesus
V-CDL200	CDL	In coordination with Driving for a Change, commercial drivers license training.