

**W**elcome to the Bridges To Life restorative justice program. Any person who is seeking more peace in his or her life—internal or in his relationships with God or others—will benefit from it. As an incarcerated offender, you no doubt are dealing with many difficult personal issues—perhaps denial of your past actions or their effects, resentment at having your freedom taken from you, guilt and shame for what you have done and how you have hurt people you love and those you don’t even know, anger toward those who have hurt you, sadness over lost opportunities or the estrangement of loved ones, loneliness and longing of your present life, fear about the future. These and other similar concerns may involve internal conflicts or troubled relationships with loved ones, friends, acquaintances, or even strangers. Unless you deal with them, such concerns will probably grow and pull you down, and they may cause you to mess up again and return to prison after your release. If you want a structured, faith based approach to dealing with such conflict and restoring peace to your life, then this program is for you.

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