

And the winner is ...

YOU!!!

Be a part of organizing a Winners' Circle in your community.

**Contact Toy Beasley** 

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**JOIN: Our Private Facebook Group** 

from your Facebook page • search for Winners Circle - Peer Support for Life Struggles • click on Join



## Winners' Circles help participants look at:

- Where they are in their life
- Where they want to go in life
- · What holds them back from succeeding
- What they may need to do or change in order to achieve their goals



## What are Winners' Circles?

Winners' Circles meet both in person and virtually via our private Facebook group, and are open to people with different kinds of life challenges. Some have participated in other, more traditional support groups and don't quite feel comfortable there. Some have been arrested or incarcerated before, and they're focused on making a better life.

Winners' Circles offer safe, positive, nonjudgmental, relaxed spaces for participants to develop healthy lifestyles, and share support, encouragement, and success with others at similar places in their lives. Participants gain the rewards of genuine self-care and mutual respect, while learning skills and behaviors that help them assume responsibility for self-direction and build positive interactions in their families, workplace, and community.

In Illinois, TASC (Treatment Alternatives for Safe Communities) helps guide the development of Winners' Circles by facilitating their formation, providing training for Circle leaders, and working with community partners to establish locations for Winners' Circle meetings.