

What It Is

Lifeblood Shorts is a video-based, self-guided curriculum created to serve those who are incarcerated in jails or other facilities for short periods of time or where incarcerated people are not able to participate in traditional discussion groups. Each topic is presented through powerful storytelling of former inmates with shared experiences who have found total life transformation and successfully navigated the transition from incarceration. Sessions help participants think differently about their lives in order to bring about real, actionable change.

The Lifeblood Shorts Topics

Who Am I? - Influence - Hope
Family - Second Chances

How It Works

Five short videos (10 minutes or less) help participants think differently about their lives to bring about real, actionable change. Designed as a self-guided curriculum, participants watch the short video and complete a personal *Study Guide* for each topic. Alternately, Lifeblood Shorts can be facilitated as group discussion sessions.

Note: While the Lifeblood Shorts videos and topic guides include references to faith, Christianity, and scripture, we welcome people of all faiths. We believe the content of these videos will help anyone seeking hope, healing, or change.

- Self-guided group curriculum (5 topics)
- 5 Original Session Digital Videos
- Simple self-led study guides with video summaries, questions, and action steps for individual exploration.
- 1-page *Quick Start Guide*.
- Videos are downloadable and/or available to play live on the LifeSupport website.