

WHAT IS A PROGRAM?

You have been referred to do a program with Corrective Services New South Wales.

It might be an EQUIPS program or safe driver program or one of the almost thirty programs we deliver. The one you will do is matched specifically to your needs.

The programs are designed to help you understand the situations, feelings and thoughts that put you at risk of breaking the law.

They are run by trained facilitators. Who are there to guide you – but it's not like a classroom.

You'll sit in a circle with the other group members, talk to each other and the facilitators, and work on some activities.

Listening to other people in the group helps you to understand yourself better and makes it easier to talk about the situations, feelings and thoughts that led you to breaking the law.

At the end of the program, you'll prepare a plan to help you make better choices for yourself and your family.

For more information see the [tap website](#).