Figure 1. Themes and Subthemes that Characterize Raising Community Awareness About Formerly Incarcerated Women

|  |  |
| --- | --- |
| Helping my Neighbour Understand Me | My Need for Connection |
| 1. Confronting Ignorance
2. Stigma
3. Shame
4. Misconceptions
5. Telling My Story
6. Who I Was
* Abuse, Addiction, Loss
1. Who I am Today
* Being Normal,
* Pride in Accomplishments
1. Who I am Becoming
* Hopes and Dreams
1. “I Don’t Need a Fix”
2. Listen
* I View Trauma Differently
1. See My Strength
* Coping Strategies
* Humour
1. I Can Change and Learn
2. Healing With/Without Professional Help
* Positive and Negative Experiences of Counselling
 | 1. Connect to Self
2. Self Awareness
3. Spirituality
4. Taking Responsibility
5. Connect to Those I Know
6. Family Reconnection
7. Community
* Forced in the Past
* Chosen in the Present
1. Connect to Those I Don’t Know
2. Wanting to Give
* Advocacy
* Education
1. Wanting to Receive
* Acceptance
* Not Necessarily Forgiveness
 |



Photograph: Toni looks to the future

You know, there’s like the road and the sun in the background and the hills or whatever. But that just gives me a reminder that I’m on the road right now. There’s the sun coming through the clouds and that’s how it’s gonna be if I stay on that road.