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

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| 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.