

U.S. PROBATION OFFICE
FOR THE NORTHERN DISTRICT OF NEW YORK

THINKING FOR A CHANGE

Probation Officers working in the Albany Office co-facilitate a 12-week, cognitive behavior change program, called Thinking for a Change, offered to post-conviction clientele. Each group meeting centers on specific topics to help improve the offender's social skills, problem solving skills, and thinking processes. The topics can range from very simplistic ideas, such as how to listen and respond to everyday situations, to more complex issues, such as how to understand and respond to feelings or how to recognize the thinking patterns that lead to trouble. The group runs cyclically throughout the year and meets for 12 consecutive weeks at the U.S. Probation Office located at 445 Broadway in Albany.

For more information, please contact U.S. Probation Officers Joanne DeFreest or Kelly Hart at 518-257-1700.