

Heart-to-Heart: Comienzos East



Transformative Education in Jails, Prisons, and Communities

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Yes to Life Application

Dear _____,

Thank you for your interest in Yes to Life. We are glad that you're considering this journey of learning and growing in community. Please respond to the questions below. Feel free to go to two pages if needed.

What is motivating you to be a part of Yes to Life?

Heart-to-Heart supports learning and growth in four essential skills: Mindfulness, Empathy, Decision making and Conflict Resolution (or MEDC). What is your experience in developing these skills? Have you completed any trainings in these areas? If so, with who? Please describe briefly.

Do you plan to share what you will learn through Yes to Life? How will you use what you learn to contribute to others?

Anything else you want us to know?

Name: _____

Address: _____

Phone(s) _____

Email: _____

Thank you for your desire to say Yes to Life and for taking this step of applying. If you have any questions, please contact Heart-to-Heart at (856)406-6153. Return this form to: bd.heart2heart@gmail.com