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NEWS RELEASE

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New program at Maple Street Correction Center provides incarcerated women with self-empowerment training from distinguished Leadership Coach

SAN MATEO COUNTY, Calif. – An innovative new program at the San Mateo County Sheriff's Office Maple Street Correctional Center is helping incarcerated women accept and overcome their past challenges, while empowering them to rebuild their lives. The program is part of the Office's extensive programming designed to reduce recidivism and create successful paths forward for incarcerated persons upon release from jail.

The inaugural "Women's Self-Empowerment Program," led by distinguished Leadership Coach Amy Kelly Lauer, culminated on Monday at the Maple Street Correctional Center, with 12 women receiving certificates of completion. San Mateo County Sheriff Christina Corpus presented the women with their certificates, recognizing their incredible achievement.

"This new program is life-changing for women in our custody as we provide a safe space for acceptance and healing," said Sheriff Corpus. "We are committed to providing those in our custody with impactful programming and I am so grateful to Coach Amy Kelly Lauer for donating her time and expertise and for believing in these women. Together, we're paving the path to rebuilding the lives of incarcerated women so they can be successful upon release."

The program included four 75-minute classes covering topics including self awareness, self appreciation and acceptance, self authority and self empowerment. Together, Kelly Lauer and participants co-created a safe and supportive learning environment allowing women to open up about their past, providing space for future growth. Kelly Lauer provided the program at no-cost to the Sheriff's Office, donating her time and program materials.

"The self-empowerment program was designed for the women of Maple Street. The purpose is to strengthen participants' access to their inner champion, enabling them to respond and make choices that are aligned with their values, goals, and life plans. I appreciate the participants' openness, engagement, and compassion, and the opportunity to serve as their Leadership Coach," said Kelly Lauer.

For the graduates, their journey of self-empowerment doesn't end here. The women have access to all course materials and are encouraged to continue their learning through journaling and future discussions.

"I felt wanted here. Like I belonged," said one of the graduates. "As an older woman, I was reminded that I still have tools to give and that I can change. I felt safe and that was very important to me."

The program is expected to continue, with future sessions being offered on a quarterly basis.



Graduates of the inaugural San Mateo County Sheriff's Office Women's Self-Empowerment Program alongside Sheriff Christina Corpus, the Sheriff's Office team and Leadership Coach Amy Kelly Lauer.

Note: 11 of the 12 women agreed to be photographed as part of the program.