Greetings,

We hope this mail finds you well in body and spirit, and keeping up the struggle. This is our most recent edition of the PARC Resource Directory, which includes suggestions and referrals from prisoners. Please note our address has changed. We thank those of you who have trusted us with your letters and stories, who returned the evaluation forms, and passed the directory on for others to use. PARC is an all-volunteer organization with no paid staff. We get far more requests for help and information than we can respond to individually. We thank you for your patience. Be advised it may take us 3-4 months to respond.

Enclosed in this packet you will find resources including prison support organizations, prison literature projects, legal resources, and other information. Note that there are some new organizations listed, many addresses/phone numbers changed, and the directory has been reorganized with several new sections, so please check this new edition.

This past fall, the prison abolition community gathered in Oakland, CA for CR10, Critical Resistance’s 10 year anniversary conference. Over 3500 people from all over the country, including ex-prisoners and the families of those behind bars, came together to strategize about how to create real change and to resist the prison industrial complex. PARC contributed with a session on how your letters impact the movement and bring us closer to understanding prisoners’ experiences. We are also excited to tell you that we have launched a new website, www.prisonactivist.org. Please encourage your friends and family to go online and access resources and read articles and updates about the prison crisis.

Our aim is to assist you with information and contacts you need, but also to help get the voices of prisoners out to the public. We welcome information on prison conditions or complaints regarding medical neglect, brutality, prison slave labor, and other issues. Let us know if there are specific types of information you need that you don’t find in the enclosed packet. We are not a law office or a legal referral service; we cannot give any legal advice. Please contact any of those listed in the packet for more assistance. Send us information to be publicized; we do publish some letters on our website. We understand that many prisoners may prefer not to publish under their own name. In that case, we will only identify by state and date if we excerpt something from your letter.

Please note: we are unable to keep a database of the prisoners we correspond with. For any further correspondence, please clearly label the outside of your envelope or postcard “Second Contact—No Packet Needed.” Stamps and monetary support are needed and welcomed; but please do not send self-addressed stamped envelopes. To those on the outside: feel free to copy and distribute this directory as widely as possible. If in the area, come visit us! There is always work to be done. Finally, PARC would like to thank the Rainbow Grocery Cooperative for their generous financial support.

Stay strong, and keep in touch. Remember that it takes all of us united and working together to build a more humane and very different world.

In solidarity towards justice,

PARC
NATIONAL ADVOCACY ORGANIZATIONS

Alliance of Incarcerated Canadians/Foreigners in American Prisons (AICAP)
16770 S. Watertower Dr. #166860
Kincheloe, MI 49788
V: 416-968-9417
http://www.angelfire.com/mi2/aicap/

The American Arab Anti-Discrimination Committee (ADC)
1732 Wisconsin Ave NW
Washington DC 20007
V: 202-244-2990
http://www.adc.org
Write to report incidents of discrimination.

American Civil Liberties Union (ACLU)
National Prison Project
915 15th St. NW 7th Floor
Washington DC 20005
V: 202-393-4930
http://www.aclu.org/prison/index.html
Write for list of publications and the contact info for the ACLU office in your state.
ACLU Montana: PO Box 1317, Helena, MT 59624

ACLU of Texas Prison and Jail Accountability Project
P.O. Box 12905 Austin, TX 78711-2905
V: 512-478-7300 F: 512-478-7303
http://www.aclutx.org/projects/prisons.php
Write for their free 49-page national Prison Resource Guide (also available on their website).
Contains "summaries of the law on common prisoner problems" and extensive listings of advocacy groups for Texas prisoners.

American Friends Service Committee
Prisoners Resource Center
89 Market Street, 6th floor
Newark, NJ 07102
V: 973-643-2205 F: 973-643-8924
http://www.afsc.org
Has criminal justice programs in various states.
Parole & post-release services offered.

Anarchist Black Cross
P.O. Box 667233 Houston, TX 77266-7233
http://www.anarchistblackcross.org
Write for their "ABC Information and Resources Guide" (available for download on their website).
Contains essays on the politics of the ABC and addresses for local chapters that do prisoner support.

Barrios Unidos
1817 Soquel Avenue Santa Cruz, CA 95062
V: 831-457-8208 F: 831-457-0389
http://www.barriosunidos.net
Post-release services. Performs Pow-wow/ Cinco De Mayo/Juneteenth ceremonies at Tracy and info packet related to cultural traditions.

Behind the Wire Prisoner Information Network
235 West 100 South
Salt Lake City UT 84101
V: 801-355-0234
Began in 1995, when a small group of Utah state prisoners, their families, and other allies organized a coalition to give voice and information to Utah's incarcerated. Hablan Español.

California Prison Focus
1904 Franklin, suite 507
Oakland, CA 94612
V: 510-836-7222
http://www.prisons.org
Provides several different services, including advocacy, investigations into control units in the CA prison system, visits and limited family support. Write for quarterly newsletter “Prison Focus.”

Chicano Mexicano Prison Project
PO Box 620095 San Diego, CA 92162
www.uniondelbarrio.org/cmpp/index.html

Citizens United for Rehabilitation of Errants (CURE) National Office
P.O. Box 2310
National Capitol Station
Washington DC 20013-2310
V: 202-789-2126
http://www.curenational.org
A prisoner advocacy group with chapters in all 50 states. Write for contact info for the CURE chapter in your state.

Coalition for Prisoners’ Rights
Prison Project of Santa Fe
PO Box 1911 Santa Fe, NM 87504
V: 505-982-9520
Monthly newsletter free to currently and formally

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incarcerated individual and family members.
Stamps and donations needed.

**Colorado Criminal Justice Reform Coalition**
1212 Mariposa St. #6 Denver, CO 80204
V: 303-825-0122 F: 303-825-0304
http://www.cjirc.org
A network of organizations, faith communities,
and individuals working to reverse the trend of
mass incarceration in Colorado. Quarterly
guide for parolees, referrals & community
resource list. ”

**Critical Resistance: Beyond the Prison Industrial Complex**
National Office: 1904 Franklin St. Ste. 504
Oakland, CA 94612
V: 510-444-0484
http://www.criticalresistance.org
Northeast Regional Office:
976 Longwood Ave., Bronx, NY 10459
v: 718-676-1672 crne@criticalresistance.org
Southern Regional Office:
930 N. Broad St. New Orleans, LA, 70119
V: 504-304-3792 crsouth@criticalresistance.org
Critical Resistance provides information on the
prison industrial complex and produces quarterly
newspaper “The Abolitionist.” Please do not
contact for legal help. CR has chapters in
Baltimore, Chicago, Gainesville, Los Angeles,
New Orleans, New York City, Tampa-St.
Petersburg, and Washington DC.

**Disability Rights Education and Defense Fund**
2212 6th St. Berkeley, CA 94710
V: 510-644-2555 F: 510-841-8645
http://www.dredf.org
Provides assistance to state prison inmates
concerning medical access, provides referrals
throughout nation. Write for list of publications on
disability civil rights and newsletter subscription.

**Drug Policy Alliance**
818 Bancroft Way Berkeley, CA 94710
V: 510-208-7711 F: 510-208-7722
http://www.drugpolicy.org
One of the leading U.S. organizations promoting
alternatives to the war on drugs, with extensive
on-line library, reports on drug policy reform by
state, public health alternatives to criminalization,
and more.

**Friends and Family of Idaho Inmates**
PO Box 1376 Boise, ID 83701
Criminal justice reform organization. Current
focus is Unified Sentencing Act. Bi-monthly
newsletter.

**Heart of the Earth Survival School Prison Program**
National Indian Prisoner Support Network
C/o Ted Means, Vernon Bellecourt
1209 Fourth St. S.E.
Minneapolis, MN 55414

**Human Rights Coalition**
www.hrcoalition.com
4134 Lancaster Ave, Philadelphia, PA 19104 V:
215.387.6155
The HRC is based on the radical notion that there
was a vital segment of the population missing
from the organizing work against prisons: the
families and loved ones of the over two million
prisoners in this country. Not as spokespeople or
tokens, but in decision-making positions, deciding
what campaigns to do and what issues to
address. Folks inside took this idea and asked
their family members to take the lead in building
such an organization, and the HRC was born.

**The Jericho Movement**
P.O. Box 1272 NY, NY 10113
V: 718-949-5153
www.thejerichomovement.com
The Jericho Movement is a political prisoner
support group working towards prison abolition.

**Justice Works!**
PO Box 1489, Lake Stevens, WA 98258
Focuses on racism in the crim. justice system in
Washington state. Newsletter, correspondence
classes, court watch and advocacy on specific
reform issues, transition support.

**Malcolm X Grassroots Movement**
1-877-248-6095
http://www.mxgm.org
“The Malcolm X Grassroots Movement is an
organization of Afrikans in America/New Afrikans
whose mission is to defend the human rights of
our people and promote self-determination in our
community.” NYC Office: 36A Ralph Ave
Brooklyn, NY 11221 V: 718-254-8800
Mississippi Office: PO Box 16051 Jackson, MS
39236 V: 601-353-5566 Alabama Office:
Middle Ground Prison Reform
139 East Encanto Dr. Tempe AZ 85281
V: 480-966-8116
http://www.middlegroundprisonreform.org
Working for Arizona's prisoners and their families since 1983. Main areas of activity are: 1) public education about the need for criminal justice reform 2) legislative advocacy on behalf of prisoners and their visitors 3) litigation to protect and define the rights and responsibilities of prisoners and their supporters 4) referral to community resources for ex-offenders. Spanish-speaking volunteers available.

The National Center on Institutions and Alternatives (NCIA)
7222 Ambassador Rd. Baltimore, MD 21244
V: 410-265-1490
http://www.ncianet.org
NCIA offers parole advocacy services to inmates seeking parole, transfer between institutions, or death penalty mitigations.

National Native American Prisoners Rights/Advocacy Coalition
C/o Len Foster
Navajo Nation Corrections Project
P.O. Drawer 709 Window Rock, AZ 86515

National Network for Immigrant and Refugee Rights
310 8th St., Suite 303 Oakland, CA 94607
http://www.nnirr.org
Works on campaigns against immigration raids, police collaboration with immigration enforcement, abuses by immigration police or other law enforcement agents, and BICE and other DHS activity in workplaces, neighborhoods, and public spaces.

Native American Indian Inmate Support Project
8 Dallas Dr, Grantville, PA 17208
Supports the introduction of Native American religious ceremonies and programs in prisons.

Native American Prisoners’ Rehabilitation Research Project
2848 Paddock Lane, Villa Hills, KY 41017
Offers many services for Native American prisoners, including legal and spiritual support, tribal and cultural programs, and direct contact with prison administrators.

The November Coalition
282 West Astor Colville, WA 99114
V: 509-684-1550
http://www.november.org
An organization of drug war prisoners and their loved ones. Their goal is to enlighten the public about unjust sentencing laws and the destructive increase in the US prison population. They publish "The Razor Wire", $6/yr. for prisoners.

Partnership for Safety & Justice (formerly Western Prison Project)
P.O. Box 40085 Portland, OR 97240-0085
V. 503-335-8449 F: 503-232-1922
http://safetyandjustice.org/
Advocacy group working with prisoners, families, and grassroots groups in OR, WA, ID, MT, UT, NV, and WY. Publishes quarterly "Justice Matters" as well as a Prisoner Support Directory.

Pennsylvania Prison Society
245 N. Broad St., Ste. 300
Philadelphia, PA 19107-1518
V: 215-564-6005 or 1-800-227-2307
http://www.prisonsociety.org
Does advocacy work, including prison visits and publishes "Graterfriends," a monthly newsletter for people in prison which is primarily inmate guided.

Prison & Jail Project
217 Forrest St. Americus, GA 31709-3943
V: 229-928-2080
Monitors prison and jail conditions in SW Georgia only, publishes the newsletter "Freedom ways."

Project for Older Prisoners
C/o Jonathan Turley
George Washington University Law School
2000 H Street NW Washington, DC 20052
V: 202-994-7001 / 202-994-0537
www.law.gwu.edu/ACADEMICS/EL/CLINICS/Pages/POPS.aspx
Law students interview and evaluate older and geriatric inmates in obtaining parole or other forms of release from incarceration. Operates in...
five states LA, MD, MI, NC, VA and DC.

Southern Center for Human Rights
83 Poplar St. NW Atlanta, GA 30303-2122
V: 404-688-1202 F: 408-688-9440
http://www.schr.org
Founded in 1976 to 1) fight the death penalty and 2) challenge cruel and unconstitutional treatment of imprisoned men, women, and children throughout the U.S. South. Center attorneys represent people facing the death penalty; provide technical assistance to other attorneys; and represent individuals confined to prisons and jail in federal class action litigation.

South Dakota Prisoner Support Group
P.O. Box 3285 Rapid City, SD 57709
V: 605-399-1830
http://groups.yahoo.com/group/SouthDakotaPrisonerSupportGroup/
Following a rash of deaths in South Dakota prisons, the PSG was formed to support people on the inside, ex-prisoners, family, and friends, and to draw attention to racist injustice, medical neglect, and illegal conditions inside S.D. prisons and jails. Some members speak the Sioux language.

Stopmax Campaign
American Friends Service Committee
1501 Cherry St, Philadelphia, PA 19102
www.afsc.org/stopmax
National Campaign to stop the use of solitary confinement and related forms of torture in US prisons.

ADVOCACY FOR WOMEN
ACLU Reproductive Freedom Project
125 Broad Street, 18th fl, NY, NY 10004-2400
Advocates for pregnant women while incarcerated to receive the reproductive health services that are needed. Write for a Know Your Rights fact sheet.

Battered Women’s Justice Project
2104 4th Ave. South, Suite B
Minneapolis, MN 55404
V: 612-824-8768 or 800-903-0111 ext. 1
F: 612-824-8965
http://www.bwjp.org
We provide assistance and information to battered women charged with crimes and to their defense teams. We do not provide direct legal representation. Women in prison can subscribe to our newsletter “Double Time” for free.

California Coalition for Women Prisoners
1540 Market St. #6, SF, CA 94102
http://womenprisoners.org
Runs an action center and produces newsletter “The Fire Inside”

Free Battered Women
1540 Market St., Suite 490
San Francisco, CA 94102
V: 415-255-7036 ext. 320 F: 415-552-3150
http://www.freebatteredwomen.org
"In California, the majority of women prisoners are survivors of domestic violence; some are doing time for defending themselves and their children, or were forced to confess to crimes. Join the movement to free battered women from prison."

Justice Now
1322 Webster St, Suite 210
Oakland, CA 94612
V: 510-839-7654 F: 510-839-7615
http://www.jnow.org
Focuses solely on the needs of women prisoners. They work on alternative sentencing, document human rights abuses in prison, and their Building a World without Prisons project (works with women prisoners to get their words and art in the media)

Keeping the Faith: The Prison Project
The Pat Graney Company
1419 South Jackson Street Studio 11
Seattle, WA 98144
V: 206-522-8151
http://www.patgraney.org
Founded in 1995, "Keeping the Faith: The Prison Project" is a series of workshops with incarcerated women in WA, MA, FL, and Brazil focusing on writing, movement, and performance skills provided through lecture demonstrations, performances, and classes.

National Clearinghouse for the Defense of Battered Women
125 S. 9th St #302, Philadelphia, PA 19107
Resource and advocacy center that works on cases in which battered women have been

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charged with crimes directly resulting from their experience of battering. Does not provide legal representation or legal advice.

**Women’s Prison Book Project**  
C/o Arise Bookstore  
2441 Lyndale Ave. S.  
Minneapolis, MN 55405  
V: 612-721-3723  
Does not send books to: OR, FL, CT, OH, IL, IN, MS, MI or PA.

**Women and Prison: A Site for Resistance**  
Beyondmedia  
7013 N. Glenwood Ave, Chicago, IL 60626  
[www.womenandprison.org](http://www.womenandprison.org)  
Forum for public discourse about the ways that incarceration affects women’s lives and the work that people are doing to dismantle systems of violence and oppression. Accepts submissions of articles, visual work, personal narratives, etc. Write for guidelines.  
Also runs Chicago Books to Women in Prison, c/o Beyondmedia Education, same address as above. Volunteer collective working to distribute free books to women in prison nationwide.

**ADVOCACY FOR LGBTQ PRISONERS**

**American Civil Liberties Union (ACLU)**

LGBT and AIDS project  
125 Broad Street, 18th Fl. NY, NY 10004  
[www.aclu.org/lgbt](http://www.aclu.org/lgbt)  
Helps prisoners who are facing discrimination because they are transgender, lesbian, gay, bisexual or they have HIV

**Gender Identity Center of Colorado Inc.**  
3895 Upham St. ste 40, Wheat Ridge CO 80033  
303-202-6466  
[www.gicofcolo.org](http://www.gicofcolo.org)  
Provides support to people who cross dress, are transsexual, or are non-traditional in their gender identity, also an informational and educational resource to the community at large.

**Gay and Lesbian Advocates and Defenders**  
30 Winter St, #800, Boston MA 02108  
P 617.426.1350 | F 617.426.3594  
[www.glad.org](http://www.glad.org)  
HIV and LGBT prison issues, New England focused. Will refer out non-New England prison issues

**Lambda Legal Defense & Educational Fund**  
120 Wall St #1500 NY, NY 10005  
212-809-8585  
Legal defense for LGBT and HIV/AIDS discrimination.

**Lesbian and Gay Insurrection (LAGAI)**  
3543 - 18th Street #26  
San Francisco CA 94110  
A grassroots organization doing direct action and education for radical social change from a queer perspective. Produces the bimonthly newspaper ULTRAVIOLET. Free to prisoners.

**Locked Out**  
c/o Prison Book Project  
PO Box 396, Amherst, MA, 01004  
A resource list for gay, lesbian, bisexual, and trans prisoners. If you are able, please include a self-addressed envelope with postage. No requests for legal aid or pen pals please.

**National Center for Lesbian Rights**  
[http://www.nclrights.org](http://www.nclrights.org)  
Provides legal referrals for LGBTQII... Also publications that include legal issues affecting transsexual clients and on the rights of transgender prisoners.  
**California Office:** 870 Market St. Suite 370  
San Francisco, CA 94102  
V: 415-392-6257  
**Florida Office:** 3170 Third Ave North Petersburg, FL 33713  
V: 727-490-4260  
**Washington, DC Office** 1325 Massachusetts Ave NW #600 Washington, DC 20005  
V: 202-737-0012

**National Gay & Lesbian Task Force**  
1325 Massachusetts Ave #600 Washington DC 20005  
V: 202-393-5117  
Education and lobbying on same-sex relationships; seeks to combat all sexual orientation-based discrimination; info clearinghouse for 3,000 nationwide organizations; NO LEGAL SERVICES.

**The Network/ La RED Ending Abuse in Lesbian, Bisexual Women’s and Transgender Communities**  
P.O. Box 6011 Boston, MA 02114  
V: 617-695-0877; hotline: 617-423-SAFE  
[http://www.thenetworklared.org](http://www.thenetworklared.org)  
Services include confidential hotline, emergency
shelter, advocacy, and free support groups for lesbians, bisexual women, and transgender folks fleeing domestic violence.

Out of Control Lesbian Committee to Support Women Political Prisoners
3543 18th St, Box 30, SF, CA 94110
Newsletter Out of Time, 4 times a year.

Prison Book Program
C/o Lucy Parsons Bookstore
1306 Hancock St., Suite 100
Quincy, MA 02169
V: 617-423-3298 (No collect calls)
http://www.prisonbookprogram.org
Does not send books to CA, MA, MD, MI, PA, KY, LA, NV or TX. No computer books, horror, romance, textbooks, true crime, or white supremacist materials. Publishes the National Prisoner Resource List (free to prisoners nationwide) and resource list for LGBTQ prisoners. Can be delayed up to 3 or 4 months.

Sylvia Rivera Law Project
322 8th Avenue, 3rd Floor NY, NY 10001
V: 1-212-337-8550 / 1972
www.srlp.org
Provides free legal services to transgender and gender non-conforming low-income people and people of color. Only available in NY and surrounding areas.

Transgender Law and Policy Institute
328 Flatbush Avenue, Box 312, Brooklyn, NY 11238
www.transgenderlaw.org
Provides legal, medical, and social science resources to attorneys and others advocating on behalf of transgender individuals. Makes freely available litigation, legislative, and education advocacy materials for use by other advocates for transgender people.

Transgender, Gender Variant, and Intersex (TGI) Justice Project
1095 Market St., Suite 308 SF, CA 94103
V: 415-252-1444 F: 415-252-1554
http://www.tgijp.org
The TGI Justice Project works mainly with prisoners in CA; they work on alternative sentencing, writing advocacy letters trying to help transgender prisoners get access to hormones, finding attorneys and preparing cases for attorneys. Prisoners can send confidential legal mail to the above address, c/o Alexander Lee, Attorney at Law.

Transformative Justice Law Project of Illinois
4001 N. Ravenswood #204C, Chicago, IL 60613
info@tjlp.org and www.tjlp.com
Provides legal services to transgender and gender non-conforming people targeted by the criminal legal system; will send resources. Also provides trainings to outside agencies.

ART AND MUSIC PROGRAMS
Art Behind Bars, Inc.
P.O. Box 2034 Key West, FL 33045-2034
V: 305-304-4772 F: 305-294-7345
http://www.artbehindbars.org
Art Behind Bars is an art-based community service program that has a national call for artists on the inside to donate their work as a community service for use by other nonprofit organizations. All donated art is shown twice a year. Ex-prisoners are invited to submit art to Art After Bars at the same contact.

Outside In
P.O. BOX 5714 Santa Fe, NM 87502
V: 505-986-6054
http://www.outsideinproductions.org
Brings free live music and performing arts presentations to prisons and juvenile detention centers in New Mexico. A great organization to contact if starting an arts program anywhere in the country.

Prison Art
PO Box 69586
Seattle, WA 98168-0958
http://www.prisonart.org
Provides an online outlet for the sale of crafts and artwork created by prisoners. Do not submit original art. Send a SASE for a free brochure and instructions.

Prison Creative Arts Project (PCAP)
3187 Angell Hall Ann Arbor, MI 48109
V: 734-647-7673 F: 734-763-3128
http://www.lsa.umich.edu/english/pcap
pcapinfo@umich.edu
PCAP facilitates fine arts, creative writing, and theatre workshops in juvenile detention centers and prisons. Organizes/curates annual art exhibit.

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by Michigan prisoners, with all income going back to the artists.

**Prisons Foundation**
1600 K Street NW #501
Washington DC 20036
V: 202-393-1511
http://www.prisonsfoundation.org
Produces monthly catalog of prisoner art “Art for Justice”; maintains walk-in gallery and occasional events. Write for info.

**Prison Writing Program**
Pen American Center
588 Broadway, suite 303, NY, NY 10012
Free writing resource booklet for prison writers. Sponsors annual writing contest for prisoners.

**BOOKS AND READING PROJECTS**

**AK Press**
674-A 23rd St. Oakland, CA 94612
V: 510-208-1700
http://www.akpress.org
AK Press publishes and distributes a wide variety of radical literature and audio, many directly relating to prisoner and policing issues. Many titles are written by prisoners themselves. Offers prisoners a 30% discount on any/all purchases. Distributes some Spanish language titles but does not have a Spanish language catalog.

**Asheville Prison Books Programs**
C/o The Readers Corner
31 Montford Avenue Asheville, NC 28801
V: 828-254-3025
www.main.nc.us/prisonbooks/links.html
Sends books to individual prisoners in the Southeast only. Also sends their National Prisoners Resource Directory to prisoners anywhere in the US. Free to inmates; donations gladly accepted! Can sometimes provide books in Spanish.

**Association for Research and Enlightenment**
Prison Outreach Program
215 67th St. Virginia Beach, VA 23451-2061
V: 1-800-333-4499
www.edgarcayce.org
Books about the life and work of Edgar Cayce, meditation, and reincarnation. Prisoners are limited to one book every two months. No catalog; when you write, give them an idea of what topics you are interested in.

**Books 2 Prisoners**
C/o Iron Rail Bookstore and Publishing
511 Marigny St., New Orleans, LA
New Orleans LA 70117
V: 504-944-0366
www.ironrail.org

**Book ‘Em**
5125 Penn Ave. Pittsburgh, PA 15224
V: 412- 361-3022
http://www.thomasmertoncenter.org/bookem
Free books to prisoners. Request by subject. A prisoner-published magazine, *Hubris* from Somerset state prison is available for a small fee.

**Books Through Bars**
4722 Baltimore Ave. Philadelphia, PA 19143
V: 215-727-8170
http://www.booksthroughbars.org
Sends progressive political and educational materials at no charge to state and federal prisoners in ALL states except MI and OR. Donates books directly to county jail libraries but no individual requests from county jail prisoners. Request books by topic. No catalog. Donations including artwork and stamps greatly appreciated.

**Books Through Bars—NYC**
C/o Bluestockings Bookstore
172 Allen Street NY, NY 10002
V: 212-254-3697 x. 322
Sends books to prisoners nationwide. Specializes in political and history books. Occasionally sends fiction and educational books. No religious literature. Donations of stamps and cash are appreciated. If you send a money order, please write to the group’s fiscal sponsor, ABC No Rio.

**Books Through Bars—Ithaca**
C/o Autumn Leaves Bookstore
115 The Commons, 2nd fl. Ithaca, NY 14850
V: 607-645-0250
An all-volunteer operated, community-based organization that sends books mainly to the most populated states: NY, TX, FL, CA, PA. Ships to many other states throughout the country as well.

**Books For Prisoners**
323 UCSD Student Center, La Jolla, CA 92037
Nationwide. Only one book per request. Request by subject.
Books to Prisoners
C/o Left Bank Books
92 Pike St., Box A Seattle, WA 98101
http://www.bookstoprisoners.net
Free books to prisoners nationwide. Request by subject, no religious materials or legal materials.
Donations appreciated. Does NOT ship to prisons that require all books sent to be new.

Chicago Books to Women in Prison
C/o Beyond Media Education
7013 N. Glenwood Ave.
Chicago, IL 60626
http://www.chicagobwp.org
Free books to women prisoners only in CT, FL, IL, IN, MS, and OH.

DC Prison Book Project
C/o Quixote Center
P.O. Box 5243 Hyattsville, MD 20782
V: 301-699-0042
http://www.quixote.org/ej/bookstoprisons/
Sends donated reading material to prisoners and educates the public about issues surrounding prisoner education and literacy. Give about 3 month turnaround time.

Gainesville Books for Prisoners
P.O. Box 12164 Gainesville, FL 32604
V: 352-870-4006
Covers prisoners nationwide. Accepts requests by topic of interest only.

Inside Books Project
C/o 12th St. Books
827 W. 12th St. Austin, TX 78701
V: 512-647-4803
http://www.insidebooksproject.com
Sends free books and literature to prisoners in Texas only. Does not accept requests for hardcover, Bibles, pulp fiction, or pornography. Send 1 42-cent stamp for resource list and newsletter. Accepts artwork donations for their yearly prisoner art show.

Microcosm Publishing
222 S. Rogers St. Bloomington, IN 47404
V: 812-323-7395
www.microcosmpublishing.com
Write for catalog. Offers 50% discount to prisoners on some titles.

Midwest Books to Prisoners
C/o Quimby’s Bookstore
1573 North Milwaukee Ave., PMB 460
Chicago, IL 60622
http://www.freewebs.com/mwbtp
Free books to Midwest prisoners.

Midwest Pages to Prisoners Project
C/o Boxcar Books 310-A S. Washington St.
Bloomington, IN 47401
V: 812-339-8710
http://www.pagestoprisoners.org
No California prisoner requests.

Prison Book Project
C/o Food for Thought Books
P.O. Box 396
Amherst, MA 01004-0396
V: 413-584-8975 ext. 208
http://www.prisonbooks.org
Serves prisoners in New England and TX only. Request books by subject. No mailing list or catalogue; no hardback books.

Prisoners Literature Project
C/o Bound Together Books
1369 Haight Street, SF 94117-2908
www.prisonersliteratureproject.com
No Texas or Oregon requests. Request by subject. Stamps or donations greatly appreciated.

The Prison Library Project
915 C West Foothill Blvd., Suite PMB 128
Claremont, CA 91711- 3356
V: 909-626-3066
http://www.inmate.com/prislibr.htm
Free books on self-help, personal and spiritual growth, wellness, and metaphysical books. No law books, technical, or GED. No catalogue. Free resource guide on request.

Real Cost of Prisons Project
5 Warfield Place, Northampton, MA 01060
www.realcostofprisons.org
RCPP works to expand the organizing capacity of people and communities struggling to end mass incarceration. Will send comic books “Prisoners of the War on Drugs,” “Prison Town” and “Prisoners of a Hard Life” free to prisoners.

South End Press
7 Brookline St. # 1
Cambridge, MA 02139-4146

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V: 1-800-533-8478
www.southendpress.org
Radical publisher with wide range selections, including 1994 anthology (Criminal Injustice) edited by PARC founder Eli Rosenblatt. 50% discount to prisoners.

Urbana-Champaign Books to Prisoners Project
C/o Spineless Books
P.O. Box 515 Urbana, IL 61803
V: 217-344-8820
http://www.books2prisoners.org
Sends various books to state & federal prisoners in Illinois. Has large selection of novels.

CAMPAIGNS FOR TELEPHONE JUSTICE
ETC Campaign c/o Michigan CURE
P.O. Box 2736, Kalamazoo, MI 49003-2736
info@etccampaign.com  www.etccampaign.com
The Campaign to Promote Equitable Telephone Charges is a national effort to reduce the high cost of prison phone calls. Website lists campaigns state by state.

NY Campaign for Telephone Justice
c/o Center for Constitutional Rights
666 Broadway Ave, 7th floor, NY, NY 10012
212-614-6481  http://www.telephonejustice.org
Challenges the companies that profit from prisoners calling their loved ones.

Prison Calls Online
P.O. Box 620909 Oviedo, FL 32762
V: 1-888-925-1400 / 7800
F: 1-888-921-8500
http://www.prisoncallsonline.com
www.telenetinc.net
Helps families pay less for their collect prison calls. Formerly known as Tele-Net Inc.

DEATH PENALTY RESOURCES
Campaign to End the Death Penalty
P.O. Box 25730 Chicago, IL 60625
V: 773-955-4841
www.nodeathpenalty.org
A national grassroots abolitionist organization that works with prisoners, family members and organizers. CEDP publishes a newsletter called The New Abolitionist (free to prisoners). Write for regional chapters around the country.

Death Penalty Focus
870 Market St. # 859
San Francisco, CA 94102
V: 415-243-0143 f: 415-243-0994
http://www.deathpenalty.org
Dedicated to abolishing capital punishment through grassroots organizing, media outreach, nationwide coalition building, and education of political and civic leaders and the public about the death penalty and its alternatives. Does not offer any legal services or become involved in individual legal cases.

D.R.I.V.E. Movement
http://drivemovement.org
Founded by Death Row prisoners, the DRIVE movement seeks to unite the Death Row community to push forward and initiate change in the conditions. A group of passionate prisoner activists who have put aside all barriers of ethnicity, creed, color and beliefs, to focus on the injustices forced upon us by this system. Resists by means of inner-resistance, outer-petition drives, direct actions, and hunger strikes.

Death Row Support Project
P.O. Box 600 Dept. P Liberty Mills, IN 46946
V: 260-982-7480
www.brethren.org/genbd/witness/drsp.htm
Offers pen-pal services to death row inmates only. Can connect Spanish-speaking pen-pals on a limited basis.

National Coalition to Abolish the Death Penalty
1705 Desales Street, NW 5th Floor
Washington DC 20036
V: 202-331-4090 F: 202-331-4099
www.ncadp.org
Publishes the "Abolitionist Directory" for $3 and "Lifelines", a quarterly newspaper about what's going on in the struggle for prison abolition. Puts out a monthly newsletter called the "National Execution Alert" which focuses on the scheduled executions for the next month, giving a brief background of the case with addresses of people to write to fight to stop the execution.

Damamli Publishing Co.
25-A Crescent Drive, Suite 171
Pleasant Hill, CA 94523
www.damamli.com
Publishes the autobiography of Stanley “Tookie”
Williams, Blue Rage, Black Redemption available for $28.49 (includes shipping). CA residents add 8.25% sales tax. Book is trade paperback. V: 925-705-3027

Stanley Tookie Williams Legacy Network
c/o Neighborhood House of North Richmond
820 23rd St. Richmond, CA 94804
www.tookie.com  www.savetookie.com
Stan Tookie Williams was the co-founder of the Los Angeles Crips. In 1981 he was convicted of murdering four people and sentenced to death row at San Quentin State Prison. He was executed on 12/13/05. He became a famous activist struggling against the death penalty and to overcome gang violence, and fought up to his deathbed. He drafted the Tookie Protocol for Peace, a national street peace initiative, a framework for peace between gangs. This Legacy Network was founded to achieve Tookie’s last wishes, including violence prevention education, literacy projects, and work for social justice, including abolishing the death penalty. Go online or write for the Protocol for Peace! Sign it and pass it along!

FAMILY AND VISITING RESOURCES

Aid to Children of Imprisoned Mothers, Inc.
691 Garibaldi Street SW Atlanta, GA 30310
V: 404-223-1200 F: 404-755-3294
http://www.takingaim.net
An advocacy group for incarcerated mothers. AIM can provide helpful information for all women in prison who have children but can only provide social services in the Atlanta area.

Aid to Inmate Mothers (AIM)
P.O. Box 986 Montgomery, AL 36101-0986
V: 334-262-2245 or 1-800-679-0246
F: 334-262-2296
http://www.inmatemoms.org
Aid to Inmate Mothers provides visitation and other services for Alabama’s inmate mothers and their children.

Center for the Children of Incarcerated Parents
P.O. Box 41-286 Eagle Rock, CA 90041
V: 626-449-2470
http://www.e-ccip.org
Provides free educational material for incarcerated parents and their children, as well as therapeutic services, family reunification services, and related information. Many services are free.

Family and Friends of People Incarcerated
Roberta Franklin, Director
2243 Ajax Street Montgomery, AL 36108
V: 334-220-4670 or 334-834-9592
http://www.journeyforjustice.org

Families of Parchman Prison Inmates
P.O. Box 2174 Starkville, MS 39760
V: 662-323-5878
www.angelfire.com/ms/prisoninmates/home.html
We serve as a support center to anyone who has a family member incarcerated or recently released from Parchman and any other prison in Mississippi.

Friends and Family of Louisiana’s Incarcerated Children
188 Williamsburg Street
Lake Charles, LA 70605
V: 337-562-8503
http://www.fflic.org
FFLIC is fighting for the closure of Swanson and Jetson Centers for Youth and for an increase in community-based services that help our children grow and thrive in their own homes and communities.

Families United for Prison Reform
12625 Frederick St. #5-141, Moreno Valley, CA 92553 v: 951-210-9149
http://www.californiaprisonreform.org
FU4PR is sponsoring two initiatives for the 2008 general election in California to increase prisoner rights and sentencing.

Families United for Reform Prison Ministry
General Board of Global Ministries
The United Methodist Church
475 Riverside Drive NY, NY 10115
V: 1-800-862-4246
Helps prisoners’ families with visitation, transportation vendors, parole board information, and children’s events. Offers services and information in Spanish.

Family and Corrections Network
93 Old York Road suite 1 #510
Jenkintown, PA 19046
V: 215-576-1110
F: 215-576-1815
www.fcnetwork.org

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Provides information about programs serving families of prisoners. Publishes FCN report tri-annually, which focuses on a topic important to families with prisoners. Offers technical "program design" assistance and training. Also offers pamphlets to Incarcerated Fathers and Children of Prisoners. Limited info in French.

**Family Support America**
307 West 200 S, Suite 2004
Salt Lake City, UT 84101
http://www.familysupportamerica.org
Provides information about family programs, including prison projects.

**Hour Children, Inc.**
36-11A 12th St. Long Island, NY 11106
V: 718-433-4724
Mission is to support mothers and their children. Provides resources and services outside and inside NY state prisons. Provides services in Spanish.

**The Incarcerated Mothers Program Edwin Gould Services for Children**
1968 2nd Ave. 2nd floor
New York NY 10029
V: 212-876-0367
Provides advocacy, foster care prevention, counseling, and vocational training. Also runs "Achievers' Girls and Boys Shine" program for children ages 9-19 whose parents have been or are incarcerated, Saturday activity groups, and "Grandparents as Parents" support group.

**Justice Works Community**
1012 8th Ave. Brooklyn, NY 11215
V: 718-499-6704 F: 718-832-2832
Sponsors "Mothers in Prison, Children in Crisis" campaign to end mandatory minimum sentencing for drug law violations.

**National Institute of Corrections**
791 N. Chambers Road Aurora, CO 80011
V: 1-800-877-1461 F: 303-682-0558
http://www.nicic.org
Provides the "Directory of Programs Serving Families of Adult Offenders" to prison libraries, chaplains, and prisoners' families, not directly to prisoners. Some publications only available online.

**Prisoner Visitation and Support (PVS)**
1501 Cherry Street Philadelphia, PA 19102
http://www.prisonervisitation.org
Provides institutional visits to prisoners only in federal and military prisons nationwide. Limited services for Spanish-speaking prisoners.

**San Francisco Children of Incarcerated Parents Partnership.**
P.O. Box 293, 1563 Solano Ave., Berkeley, CA, 94707. http://www.sfcipp.org
2.4 million U.S. children have a parent behind bars today. The partnership formed to improve the lives of incarcerated children and to demand a “Bill of Rights” for them, downloadable from the website in English and Spanish.

**Women’s Prison Association and Hooper Home**
110 Second Ave. New York NY 10003
http://www.wpaonline.org
Provides foster care prevention, counseling, and housing placement assistance.

**HEALTH CARE / MEDICAL NEGLECT/AIDS AND HEP C RESOURCES**

**AIDS Educational Project**
C/o ACLU National Prison Project
733 15th Street. NW Suite 620
Washington DC 20005
V: 202-393-4930
http://www.aclu.org/prison/index.html
Provides educational materials and legal information about AIDS in prison. Offers class action and litigation for prisoners. Free packet of information to prisoners, including educational pamphlet. (in English and Spanish, single copies free to prisoners) and a comprehensive “AIDS and Prison Bibliography” for $10.

**AIDS in Prison Project**
The Osborne Association
809 Westchester Ave. Bronx, NY 10455
V: 718-707-2600 or 1-800-344-3314
www.osborneny.org/aids_in_prison_project.htm
Brochures for HIV-positive people. Info hotline in English and Spanish. T-Th 3-8pm. Collect calls accepted at 718-378-7022. Also provides transitional housing for recently released prisoners, substance abuse treatment, job
readiness programs, and case management for ex-prisoners.

**AIDS Law Project of Pennsylvania**
1211 Chestnut St. Ste. 600
Philadelphia PA 19107
www.aidslawpa.org
Provides legal services in English and Spanish.

**AIDS Project-East Bay Wellness Center**
499 5th Street, Suite 306 Oakland, CA 94607
V: 510-663-7979
www.apeb.org
Post-services include case management, health services, housing & food assistance for HIV+ people.

**AIDS Treatment News**
1233 Locust Street, 5th Floor
Philadelphia, PA 19107
V: 1-800-873-2812
www.aidsnews.org; temp1x@aidsnews.org
Articles available for free download on website; cannot offer free subscriptions for prisoners. Write for info.

**AmfAR AIDS Research**
120 Wall Street, 13th floor
NY, NY 10005-3908
V: 212-806-1600 or 1-800-39-AMFAR
F: 212-806-1601
http://www.amfar.org
Conducts AIDS research and provides written information in English and Spanish.

**Center for Disease Control’s National Prevention Information Network**
P.O. Box 6003 Rockville MD 20849
V: 800-458-5231
http://www.cdcnpin.org
Provides info, publications, and technical assistance on HIV/AIDS, STDs, and TB M-F 9-6 Eastern time. Spanish-speaking services available. General info line on ALL medical questions is 1-800-342-2437 (English) and 1-800-344-7432 (Spanish).

**Harm Reduction Coalition**
22 W. 27th St., 5th floor
New York, NY 10001
V: 212-213-6376
http://www.harmreduction.org
A national advocacy and capacity-building organization promoting the dignity of individual impacted by drug use. Provides training and other educational services addressing the adverse effects of drug use, including incarceration. Offers written publications and trainings in Spanish.

**Hepatitis C Awareness Project**
P.O. Box 41803 Eugene, OR 97404-0520
V: 541-607-5725 or 1-888-HEPINFO
F: 541-607-5684
http://www.hcvinprison.org
Goal is to increase awareness of viral hepatitis and to educate the community about HCV prevention, diagnosis, and treatment. We offer seminars, workshops, and support groups, both inside and outside of prison. Distributes newsletter: "Hepatitis C Awareness News."

**Hepatitis C Support Project**
HCV ADVOCATE
P.O. Box 427037
San Francisco, CA 94142-7037
http://www.hcvadvocate.org
Publishes monthly patient newsletter. Fact sheets on Hep C available for free download in five languages.

**Infectious Diseases in Corrections Report**
(Formerly known as the HIV and Hepatitis Education Prison Project Report)
146 Clifford Street Providence, RI 02903
V: 401-453-2068
http://www.idcronline.org idcrme@gmail.com
Publication edited and written by prison health care providers discussing HIV/AIDS and hepatitis care for incarcerated people.

**Latino Commission on AIDS**
24 West 25th St., 9th Fl.
New York NY 10010
V: 212-675-3288 F: 212-675-3466
http://www.latinoaids.org
Dedicated to providing prevention (through education) and training for treatment for all those in need with the HIV virus. Offers written information and resources in Spanish.

**National Alliance for the Mentally Ill**
2107 Wilson Blvd. #300 Arlington, VA 22201
P: (703) 524-7600 F: (703) 524-9094
www.nami.org
Seeks equitable services for people with severe

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mental illnesses. Promotes treatment alternative to criminalization of people with severe brain disorders.

**National Health Prison Project**  
32 Greenwood Ave, Quincy, MA 02170  
Covers wide range of topics. Free subscription to prisoners. Will answer personal questions.

**National Minority AIDS Council**  
1931 13th Street NW  
Washington DC 20009-4432  
V: 202-483-6622 F: 202-483-1135  
http://www.nmac.org  
Develops leadership in communities of color to address the challenges of HIV/AIDS. Has a free online resource library. Helps community and faith-based organizations, correctional facilities and health departments evaluate, improve and implement effective discharge planning for HIV positive inmates and former inmates.

**National Prison Hospice Association**  
P.O. Box 4623 Boulder, CO 80306-4623  
V: 303-447-8051 F: 303-447-8055  
http://www.npha.org fleetmaull@comcast.net  
NPHA helps to develop and implement hospices and better end-of-life care for terminally ill prisoners and their families. Also publishes a tri-annual newsletter.

**Test Positive Aware Network**  
5537 North Broadway St. Chicago IL 60640  
V: 1-888-872-6448 or 773-989-9400  
F: 773-989-9494  
http://www.tpan.com tpan@tpan.com  

**Prison AIDS Resource Center**  
PO Box 2155 Vacaville CA 95696  
Also: 926 J St #801 Sacramento CA 95814  
Authoritative HIV/AIDS info

**Prison Health News**  
c/o Philadelphia FIGHT  
1233 Locust St 5th floor, Philadelphia PA 19107  
Free monthly newsletter about prisoners’ and ex-prisoners’ health; published by ex-cons.

**Project Inform**  
1375 Mission Street  
San Francisco CA 94103-2621  
V: 415-558-8669 F: 415-558-0684  
www.projectinform.org  

**Southern Poverty Law Center**  
PO Box 548 Montgomery AL 36101-0548  
Publishes Protecting Your Health and Safety  
(cost $10, includes shipping), written for prisoners. Legal defense of rights to medical care, safety, living conditions.

**San Francisco AIDS Foundation**  
995 Market St. #200  
San Francisco, CA 94103  
feedback@sfaf.org  
Provides California HIV/AIDS hotline at 800-367-AIDS. Puts out publication called BETA, available in Spanish and English.

**WORLD (Women Organized to Respond to Life-Threatening Diseases)**  
414 13th Street, 2nd floor  
Oakland, CA 94612  
http://www.womenhiv.org  
Provides information and educational support for women and families infected and affected by HIV and AIDS. Spanish resources available; also limited written information in Spanish.

**LEGAL RESOURCES: FEDERAL, STATE, AND LOCAL**  
A Jailhouse Lawyer’s Manual  
Columbia Human Rights Law Review  
Attn: JLM Order  
435 W. 116th St. New York NY 10027  
V: 212-854-1601 F: 212-854-7946  
www3.law.columbia.edu/hrlr/ejlm.php  
The 8th edition of A Jailhouse Lawyer’s Manual is $30 if shipped directly to prisoners; $90 for all others. It is also available for free downloaded from website. Topics include habeas corpus, PLRA, civil rights claims (Section 1983), disciplinary proceedings, AIDS, immigration, and parole. 8th edition of the Immigration & Consular Access supplement available. The Spanish Jailhouse version (not updated since 2005) is $15
for prisoners; $30 for all others. Please send check or money order to above address. JLM also accepts postage stamps as payment. PLEASE NOTE: We cannot provide legal advice to prisoners; If you would like to order the JLM but are unable to purchase one, please inquire with your prison law library to see if they will order one.

Blackstone Career Institute
1011 Brookside Road, Suite 300
PO box 3717
Allentown, PA 18106-3717
V: 610-967-3323 or 1-800-826-9228
F: 610-967-3126
http://www.blackstone.edu
info@blackstone.edu
Offers a well-known correspondence program in law. The oldest school of its kind in the U.S., prisoners make up a sizeable percentage of students enrolled.

Center for Constitutional Rights
666 Broadway, NY, NY 10012
www.jailhouselaw.org www.ccr-ny.org
Publishes The Jailhouse Lawyer's Handbook and Women's Appendix, self-help guide for filing Section 1983 claims in federal court against prison conditions and/or abuse by guards. FREE on request.

Correctional Association of New York
2090 Adam Clayton Powell Blvd, suite 200
NY, NY 10027
V: 212-254-5700 F: 212-473-2807
http://correctionalassociation.org
Have four working projects: the Public Policy Project, the Women in Prison Project, the Prison Visiting Project, and the Juvenile Justice Project.

The Innocence Project (National)
100 5th Ave, 3rd floor, NY, NY 10011
212-364-5340
www.innocenceproject.org
info@innocenceproject.org
A national litigation and public policy organization dedicated to exonerating wrongfully convicted people through DNA testing. Will investigate and work to re-open your case ONLY if you are innocent. All cases for consideration should be mailed with a brief factual summary of the case and a list of the evidence used against the defendant. Write for the address of the Innocence Project in your state.

Innocence Project NW Clinic
c/o U of Washington School of Law
William H. Gates Hall, suite 265
PO Box 85110, Seattle, WA 98145-1110
Write for questionnaire to fill out about your case.

La Raza Centro Legal Inc.
Attn: Detention Project
474 Valencia St. Ste. 295
San Francisco, CA 94103
V: 415-575-3500 F: 415-255-7593
http://www.lrcl.org
Resources and possible legal referrals for INS detainees in Northern California. We are not able to help with criminal or other civil matters. Services in Español.

Legal Action Center
225 Varick St, 4th Floor, NY, NY 10014
www.lac.org
Non-profit organization providing free legal services to formerly incarcerated people, recovering alcoholics, substance abusers, and people with HIV.

Legal Aid Society Prisoner’s Rights Project
199 Water Street NY, NY 10038
V: 212-577-3346 or 3300

Legal Publications in Spanish, Inc. Publicaciones Legales en Espanol, Inc.
P.O. Box 623 Palisades Park, NJ 07650
V: 1-800-432-0004
Contact is Ben Zapp or Francis Ortiz. Publications in English/Spanish and Spanish-only.

Legal Services for Prisoners with Children
1540 Market St. Ste. 490
San Francisco CA 94102
V: 415-255-7036
http://www.prisonerswithchildren.org/
Legal services are provided in California only, but some general information is available.

Lewisburg Prison Project
434 Market Street, Suite 307
Lewisburg, PA 17837
V: 570-523-1104

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www.eg.bucknell.edu/~mligare/LPP.html
Publishes a number of low-cost materials for prisoners, including "legal Bulletins", "Prisoner's Guide to Federal Parole", and "Due Process Standards for Administrative Detention." Provides direct legal service to all federal prisoners in Central Pennsylvania, including those at USP Allenwood and USP Lewisburg. Send SASE for publication and price list.

Mexican American Legal Defense and Educational Fund (MALDEF)--National Office
634 S. Spring St., 11th floor
Los Angeles, CA 90014
V: 213-629-2512
www.maldef.org
Has regional offices in GA, IL, TX, CA, and DC. Write for more info. Provides referrals.

NAACP Legal Defense Fund Inc.
99 Hudson St. #1600, New York NY 10013
V: 212-965-2200
www.naacpldf.org
Non-profit law firm which deals only with cases of obvious race discrimination, handles small # of death penalty & life w/o parole cases.

National Center for Youth Law
405 14th St, 15th Floor, Oakland, CA 94612-2701
www.youthlaw.org
Represents juveniles involved in the juvenile justice system in cases likely to result in significant systemic reforms. Assists lawyers who are directly representing at-risk or incarcerated youth. Publishes Youth Law News.

National Lawyer's Guild Prison Law Project
132 Nassau Street # 922
New York, NY 10038
V: 212-679-5100 F: 212-679-2811
http://www.nlg.org
Published a 2005 Jailhouse Lawyers handbook, free for prisoners, on bringing Section 1983 claims. NLG offers $8 membership for jailhouse lawyers; prisoners receive quarterly Guild Notes, other mailings. Cannot provide lawyers.

Nolo Press
950 Parker St. Berkeley, CA 94710-2524
V: 510-549-1976
http://www.nolo.com
Publishes "Legal Research", which gives step-by-step instructions in finding legal information.

Learn how to find and research a case; read statutes and administrative regulations; and make requests under the Freedom of Information Act. Current price $27.99.

The Paralegal Institute
2933 W. Indian School Rd, PSV Mail Drawer 11408, Phoenix, AZ 85061-1408
www.theparalegalinstitute.edu
Associate degree program. Accredited by Distance Education Training Council. Registered with National Association of Legal Assistants.

Prisoner Legal Services
San Francisco Sheriff's Department
555 7th St. 2nd fl., Room 201
San Francisco, CA 94103
V: 415-558-2472
Provides legal information, assistance and advocacy to prisoners in the San Francisco County Jail system. Limited information available in Spanish.

Prisoner’s Rights Research Project
U of Illinois College of Law
504 E Pennsylvania Ave, Champaign, IL 61820
Student run organization that offers legal research on specific questions regarding issues of Illinois or Federal law only. Does NOT accept any legal documents, court transcripts; does NOT give legal advice or representation.

Prisoner Self Help Legal Clinic
Seaton Hall University School of Law
One Newark Center Newark NJ 07102
V: 888-415-7271
Supports prisoners’ efforts at self-litigation with educational resources. Provides services in Spanish and English.

The School of Paralegal Studies
Professional Career Development Institute
430 Technology Parkway
Norcross, GA 30092-3406
V: 1-800-957-5412
www.ashworthcollege.edu
info@ashworthcollege.edu
Offers a correspondence course.

Special Litigation Section
US Department of Justice, Civil Rights Division
Special Litigation Section, PHB
950 Pennsylvania Ave NW, Wash. DC 20530
for FEDEX: 601 D Street NW, Wash. DC 20004
www.usdoj.gov/crt/split
Enforces federal civil rights statutes regarding conditions of institutional confinement; law enforcement misconduct; freedom of religion

US MINT GREEN LTD
PO Box 751944 Wash, Twp, Ohio 45475
usmintgreen@gmail.com
Has over 3 years experience helping prisoners to find lost friends and witnesses. Four names for $5. Serves the entire USA.

PAROLE/PRE-RELEASE INFORMATION
Convicts for Christ, Inc.
3651 NW 2nd St, Ft. Lauderdale, FL 33311
954-797-9758
Provides religious/spiritual counseling, emergency residential assistance and referrals, including family unification support, NA, AA, other social services. Also offers one-on-one mail counseling.

Fortune Society
53 West 23rd Street, 8th floor
New York, NY 10010
V: 212-691-7554 F: 212-255-4948
www.fortunesociety.org
Prisoner re-entry, advocacy for prisoners on behalf of their families, HIV counseling, and support groups. Publishes "Fortune News."

Justice Watch
1120 Garden St. Cincinnati, OH 45214
V: 513-241-0490
http://www.justicewatchinc.org/contact.html
Works to eliminate classism and racism from prisons and opposes death penalty. Operates Garden Street Transitional House for parolees. Publishes quarterly newsletter.

Northern California Service League
28 Boardman Place
San Francisco, CA 94103
V: 415-863-2323
http://www.norcalserviceleague.org/
NCSL provides job placement assistance to parolees.

Palladia (Formerly Project Return)
10 Astor Place, 7th floor
NY, NY 10003-6935
V: 212-979-8800
http://www.projectreturn.org
Parole transition programs, employment readiness and job placement, residential treatment, and case management services.

Project Rebound
C/o Associated Students Inc.
Cesar Chavez Community Center
1650 Holloway Ave., T-138
San Francisco, CA 94132-1722
V: 415-405-0954
http://www.asisfsu.org/rebound/
Assistance with educational programs, admissions, and support services to ex-prisoners.

St. Patrick Friary
102 Seymore St. Buffalo, NY 14210
V: 716-856-6131
Group counseling provided at Attica, Wyoming, Collins, Orleans, Albion, Groveland, Gowanda and Rochester prisons. Post-release services include housing for parolees and job training. They also offer assistance with educational opportunities, transportation, and job opportunities.

Supportive Housing and Innovative Partnerships
PO Box 8803, Boise, ID 83707
Clean and sober housing, therapeutic community program, alternative to sentencing, life skills program, drop-in recovery center. Programs are only available in Boise Idaho.

PUBLICATIONS AND MAGAZINES
Allied Resistance
c/o Kansas Mutual Aid, PO Box 442438
Lawrence, KS 66044
Monthly publication of prisoner revolutionaries dedicated to build a movement for a just and sustainable future. $1 or 4 stamp donation suggested. Ask for info about prisoner labor unions.

Anarchist Black Cross
South Chicago ABC Zine Distro
P.O. Box 721 Homewood, IL 60430
Offers a wide variety of political zines at low cost to prisoners. Specializes in helping get the truth out of the gulags, in zine form. Supports prisoner initiatives such as prison labor unions. Offers

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zines for women prisoners. English only.

The Angolite
c/o Cashier’s Office, Louisiana State Penitentiary
Angola, LA 70712
Magazine produced by prisoners at Angola prison
in LA. Considered excellent prison journalism.
Subs are $20 a year.

Anti-Racist Action LA/PART: Publication of
People Against Racist Terror
P.O. Box 1055 Culver City, CA 90232-1055
V: 310-495-0299
ARA opposes all forms of racism and
colonialism, opposes police brutality and supports
political prisoners. Publishes quarterly “Turning
the Tide.”

Asheville Global Report
P.O. Box 1504 Asheville NC 28802
20 Battery Park, #515 Flat Iron Building
V: 828-236-3103
www.agrnews.org
Winner of ten Project Censored awards, and a
great source of weekly independent news.

Compassion
St. Rose Peace and Justice
140 W. Boundary St, Perrysburg, OH 43551
Newsletter written by death row prisoners. Free to
people on death row. $25 for other prisoners, $50
for people outside prison. Half of sub money
given in scholarships to family members of
murder victims.

The Graduate Group
P.O. Box 370351
W. Hartford, CT 06137-0351
860-233-2330
http://www.graduatetgroup.com
Publishes books including A Guide to Successful
Plea Bargaining and Opportunity for Newly
Released Offenders.

Mennonite Central Committee, US Office of
Crime and Justice
PO Box 500 Akron PA 17501
717-859-3889
Free publications for prisoners, families

Justice: Denied
C/o Hans Sherrrer
P.O. Box 68911 Seattle, Washington 98168

www.justicedenied.org
V: 206-335-4254
Magazine for the wrongfully convicted publishes
prisoners’ stories only.

Ohio University College Program for the
Incarcerated
Haning Hall 222, Ohio University, Athens, OH
45701 www.ohiou.edu/adultlearning/incarc.htm
College degree correspondence program. Write
for more info and costs.

"Outlook on Justice"
Publication of Criminal Justice Program of the
American Friends Service Committee
2161 Massachusetts Ave.
Cambridge, MA 02140
V: 617-661-6130 ext. 120
A newsletter of the AFSC (Quakers), $2/year for
prisoners.

Prisoners’ Guerilla Handbook to
Correspondence Programs in the US &
Canada by Jon Marc Taylor
C/o Prison Legal News
2400 Northwest 80th street, Suite 148
Seattle, WA 98117
www.biddle-audenreed.com/guerrilla.html
212 program profiles, listing tuition rates, time
limits, courses offered, degree programs,
accreditation, and much more. "Any prisoner
seeking to begin or continue their education
behind bars will find this to be an invaluable road
map."--Paul Wright, PLN, $24.95 & $2 S/H.

SUNY Binghamton Prisoner Support
Group/ OFF! Magazine
C/o OFF! Editor, OCC
SUNY Binghamton, Binghamton, NY 13902
V: 607-777-2050
A small grassroots group that works directly with
prisoners based on their individual needs. Offers
legal materials, correspondence, literature,
produces the OFF! magazine and welcomes
submissions of art and writings for that
publication.

Thomson West
610 Opperman Dr, Eagan, MN 55123
West.thomson.com
Books on legal topics: Criminal Law in a Nutshell,
Prisoners and the Law, Rights of Prisoners and
more all for sale. Write for list of all publications.
REHABILITATION/NONVIOLENCE Programs

AA/Alcoholics Anonymous
Grand Central Station, PO Box 459, NY, NY 10163. Free information, local phone lines, meetings in most communities.

Assoc. for the Treatment of Sexual Abusers
4900 SW Griffith Dr, suite 274, Beaverton, OR 97005. www.atsa.com
Newsletter for members only. Provides treatment referrals.

Community Alliance on Prisons
76 North King St. Ste. 203
Honolulu HI 96817
V: 808-533-3454
"A coalition that focuses on alternatives to incarceration, prison reform legislative issues, community education, and effective interventions for Hawaii’s non-violent offenders.

The Insight Prison Project
805 Fourth Street, Suite 3
San Rafael, CA 94901
V/f: 415-459-9800
http://www.insightprisonproject.org
Communication training in nonviolence in correctional facilities; expanding to include post-release training.

ISO of SAA, Inc.
PO Box 70949 Houston, TX 77270
www.seaxa.org
Sex Addicts Anonymous

Mettanokit Outreach
Attn: Medicine Story
167 Merriam Hill Road Greenville, NH 03048
V: 603-878-2310

National Prison Rape Elimination Act (PREA)
1440 New York Avenue, Northwest, Suite 200
Washington, DC 20005-2111
www.nprec.us (202) 233-1090
PREA is federal legislation that attempts to address rape and sexual abuse in prison. State offices have hotline numbers to report sexual abuse as well as fraud, violence and other kinds of abuse. Write for your local office.

Pathfinders of Oregon
8010 North Charleston Ave
Portland, OR 97203
V: 503-286-0600
Pathfinders are a cognitive restructuring/skills building process/ it was designed to transform criminally deviant behavior into responsible conduct. FOR OREGON PRISONERS ONLY.

Project Return of Louisiana Inc.
V: 504-452-5585
Call for updated address. This organization was displaced by Hurricane Katrina. Provides a prison aftercare program, 90 day residential, and addresses transitional issues such as anger management, substance abuse, academic enhancement, computer skills, job readiness.

Prison Dharma Network
PO Box 4623, Boulder, CO 80306
www.prisondharmanetwork.org
Mission is to provide prisoners, and those who work with them, with the most effective contemplative tools for self-transformation and rehabilitation. Provides books and educational materials.

Prison Program at Buddhist Peace Fellowship
P.O. Box 3470 Berkeley, CA 94703
V: 510-655-6169
www.bpf.org/html/current_projects/prison_program/prison_program.html
Provides ministry to help prisoners develop skills to meet everyday violence in prison. Also has training for inmate meditation programs, a Community Correspondence Program, and an Advocacy and Education network.

Reaching Out/Narcotics Anonymous
PO Box 9999, Van Nuys, CA 91409
Free info; quarterly recovery-oriented newsletter, free to incarcerated addicts. www.na.org

The Safer Society Foundation
P.O. Box 340 Brandon, VT 05733-0340
V: 802-247-3132
www.safer society.org
A national research advocacy, and referral center on the prevention and treatment of sexual abuse. Provides treatment referrals to sex offenders.

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approaching parole. Publishes adult sex-offender workbooks and other related titles for purchase. Spanish workbooks presently only available for youth (although those are available to adults if they wish.) No collect calls.

**Sex Abuse Treatment Alliance**  
PO Box 761 Milwaukee, WI 53201  
[www.satasort.org](http://www.satasort.org)  
info, resources, contacts, and support to individuals, families, defense attorneys, treatment providers, and professionals who work with issues of sexual abuse and its prevention.

**Triune Arts**  
111 Wildwood Crescent  
Toronto, Ontario Canada M4L 2K9  
V: 416-686-0467  
[www.triune.ca](http://www.triune.ca)  
Educational resource for restorative justice programs: intended to raise public awareness of an alternative to the existing justice system’s approach, to provide training and to encourage citizens to participate in community justice programs.

**RELIGIOUS/SPIRITUAL RESOURCES**

**Alavi Foundation**  
500 5th Ave., 23rd Floor, Ste. 2320  
New York, NY 10110  
Free Koran for Muslim prisoners.

**American Bible Society**  
1865 Broadway New York NY 10023-7505  
V: 1-800-32-BIBLE  
[http://www.americanbible.org](http://www.americanbible.org)  
Free bibles including large print and study guides. They can arrange with a chaplain to have books sent if necessary. Will send books in Spanish upon request.

**Barre Center for Buddhist Studies**  
194 Lockwood Rd. Barre, MA 01005  
V: 978-355-2347  
[http://www.dharma.org/bcbss/](http://www.dharma.org/bcbss/)  
We provide free books, in the Theravada Buddhist tradition.

**Dharma Seeds Foundation**  
PO Box 61175  
Oklahoma City, OK, 73146-1175  
dharmaseeds@st-raphael-monastery.org  
Non-profit organization that produces a newspaper about meditation with a Catholic and Zen focus to those in jail, incarcerated within state or federal prisons. All subscriptions are free of charge to those incarcerated.

**Human Kindness Foundation**  
Prison Ashram Project  
P.O. Box 61619 Durham, NC 27715  
V: 919-383-5160  
[http://www.humankindness.org/project.html](http://www.humankindness.org/project.html)  
Sends spiritual books free to prisoners, prison workers, and those who cannot afford them. Provides books by Bo Lozoff. You can receive 2 free books and a catalogue of other “hard to find” spiritual books. Provides one book written in Spanish.

**Inside Dharma**  
PO Box 220721, Kirkwood, MO 63122  
[www.insidedharma.net](http://www.insidedharma.net)  
Bi-monthly Buddhist newsletter for prisoners. Focus on Missouri prisons. Clothing for men coming out in Missouri area is available as well as bags for the homeless project.

**International Association of Sufism Prison Project**  
PO Box 2382, San Rafael, California 94912  
415-472-6959  
[www.ias.org](http://www.ias.org)  
A program of the IAS; also runs the Sufi Women Organization Prison Program. Correspondence opportunities and a quarterly newsletter.

**International Bible Society**  
1820 Jet Stream Dr, Colorado Springs, CO 80921-3696  
Inmates can receive free on the inside Bible (English or Spanish) and a booklet for women or men. No large print inmate bibles.

**Islamic Center**  
2551 Mass Ave NW, Washington, DC 2008  
Free Koran and study guides. Will send through chaplain.

**Islamic Center of Springfield Missouri**  
2151 East Division St, Springfield, MO, 65803  
Provides free Qur’ans and will write letters to prison authorities and to politicians about conditions in prisons for prisoners in Missouri and adjacent states.

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**Jewish Prisoner Services International**  
PO Box 85840, Seattle, WA 98145-1840  
Emergency Collect phone: 206-528-0363  
www.jewishprisonerservices.org  
Advocacy organization for Jewish prisoners and their families. Chaplaincy; will send torah and prayer books. Materials available in Hebrew.

**Islamic Education Center**  
2551 Massachusetts Ave. NW  
Washington DC 20008  
V: 202-332-8343 F: 202-234-5035  
http://www.theislamiccenter.com  
Free Koran and beginner or advanced study guides. Can do return mail care of the chaplain. Provides written information in Arabic and English.

**Prison Fellowship**  
P.O. Box 1550 Merrifield, VA 22116-1550  
V: 1-877-478-0100  
http://breakpoint.org  
Prison Fellowship partners with local churches across the country to minister to prisoners, ex-prisoners, and their families. Publishes a variety of prisoner support literature including the Prison Survival Guide

**Rock of Ages Prison Ministry**  
Prisoners Bible Institute  
P.O. Box 2308 Cleveland, TN 37320  
V: 423-479-3243  
Free King James Bible, correspondence course. Offers New Testament study course through the PBI.

**Siddha Yoga Prison Project**  
SYDA Foundation  
PO Box 99140, Emeryville, CA 94662  
Mails monthly free newsletter, correspondence course, *In Search of the Self*. Will stock prison libraries with Siddha Yoga books, tapes and other materials.

**SOCIAL SUPPORT AGENCIES**

**Better People**  
4310 NE Martin Luther King Jr. Blvd.  
Portland OR 97211  
V: 503-281-2663  
www.betterpeople.org  
Better People’s mission is to dramatically reduce recidivism in Multnomah County and other areas.

**Families Against Mandatory Minimums**  
1612 K St. NW, Suite 700  
Washington DC 20006  
V: 202-822-6700 F: 202-822-6704  
http://www.famm.org  
Chapters in almost 30 states. Write for newsletter and list of publications, including info on Booker and Fanfan decisions. Also provides amicus briefs.

**Families to Amend California’s Three Strikes**  
3982 S. Figueroa St. #209 LA, CA 90037  
V: 213-746-4844  
http://wwwfacts1.com  
FACTS works to amend California’s Three Strikes law to target violent felonies only. Quarterly newsletter (by donation). Print return address exactly if you want a response. Flyers printed in English and Spanish.

**International Community Corrections Association (ICCA)**  
1730 Rhode Island Ave NW, Suite 403  
Washington, DC 20006  
V: 202-828-5605  
http://www.iccaweb.org  
Publishes the ICCA Journal on Community Corrections, as well as various newsletters. Also puts out a directory of residential programs every 3-4 years. Provides limited referrals.

**NAACP Criminal Justice Prison Program**  
8 W. 26th St. Baltimore, MD 21218  
V: 410-358-8900

**NEW!!! Prison Place**  
www.prisonplace.com  
Started by an ex-prisoner, this website is a place for friends and families of those on the inside to communicate and support each other.

**The Sentencing Project**  
514 10th St. NW #1000  
Washington DC 20004  
V: 202-628-0871 F: 202-628-1091  
http://www.sentencingproject.org  
Write for list of publications & prices. “Publications on drug policy, voting rights, juvenile justice, sentencing law and policy, racial disparities, and women prisoners.” Free download
Visions for Prisons Peace in Prison Project
P.O. Box 1631 Costa Mesa CA 92628
V: 714-556-8000

VFP sponsors volunteers around the world and offers prison volunteers training. They also promote a prison non-violence program. Offers a meditation instruction service in Spanish.

Prison Legal News
An independent monthly publication started by prisoners that reports, reviews, and analyzes news related to prisoner rights and prison issues. Focuses on state, federal, and international prison issues. PLN will mail an informational brochure, a calendar, and a bookmark at no charge to any prisoner in the US. Subscriptions are not free to prisoners but available at a reduced cost; please write for more information: Prison Legal News, 2400 NW 80th Street #148 Seattle, WA 98117. (206)246-1022 f: (206)248-6846. www.prisonlegalnews.org

All of Us or None
All of Us or None is a national organizing initiative of prisoners and former prisoners to combat the many forms of discrimination that prisoners face upon release. They are active in several local and national campaigns, including BAN THE BOX, a movement to end job discrimination based on felony convictions.
*Have you ever been in juvenile hall, jail, prison, or INS detention? *Are you currently on probation or on parole? *Are you having a hard time starting over or finding a job since your release from prison? *Have you or someone you know been denied housing or welfare due to a felony conviction? *Would you like to know more about your right to vote with a felony conviction? *Have you been denied custody of your children because of your felony conviction? *Has your juvenile record been used against you? We are working towards solutions to these problems. Contact: All of Us or None, c/o Legal Services for Prisoners with Children, 1540 Market St. #490, San Francisco, CA 94102. 415-255-7036 ext. 337 http://www.allofusornone.org

TIGRA
TIGRA is an organizing project formed in 2004 in immigrant communities to challenge the banks that profit from families sending money to loved ones through wire transfers (called “remittances”). Like immigrants, prisoners must receive funds through Western Union or U.S. Postal Service money orders. Money transfer agencies charge 8-15% in fees, resulting in billions of lost money for low-income workers and their families. TIGRA works with community and ethnic associations to conduct the following survey; after 350 surveys are completed in one area, TIGRA demands that corporations reinvest in those communities. More information available in languages at www.transnationalaction.org

***TIGRA survey, for friends and family on the outside: 1) What prison or jail do you send your money to? 2) How much money did you send the past year? (less than $500; $1-2k; $2-$3k; $3-$4k; $4-$6k; other); 3) What company do you use to send money? (Western Union; MoneyGram; Travelex; JPay; U.S. Postal Service; bank (what name?); other) 4) How much do you get charged for sending money? 5) These companies make billions of dollars from transactions such as your family’s. If they were to reinvest some of their profits back into your community; what kinds of services do you want to see supported? (low-cost or free childcare; low-cost or free English classes; low-cost or free bank accounts; scholarships for young people; low-cost or free bus passes; create jobs in the community; other). Send your name and contact information to TIGRA, and ask your friend/family member on the outside to send their name/address/phone/email address/organization affiliation to TIGRA, 900 Alice Street #320, Oakland, CA 94607 (510) 653-3415 tigra@transnationalaction.org

FACTS on prisons and prisoners you should know:
- As of June 2006, there were 2,245,189 prisoners held in Federal or State prisons or in local jails.
- That is approximately 497 inmates per 100,000 U.S. residents
- Women are the fastest growing prison population in the United States, increasing over 500% since 1970. There were 111,403 women prisoners as of June 2006.
- There were more than 1,250,000 women in prison or jail, or on parole or probation in the US, year end 2005.
- As of January 1, 2009 there were 3,297 death row prisoners.

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● Of those prisoners, 45% were white, 42% were black, 11% were Latino/a, 1% were Native American, 1% were Asian.

● Blacks represent 12.9% of the total U.S. population, but 39.5% of the U.S. prison population. Roughly two thirds of female inmates in jails and state and federal prisons are women of color.

● As of January 2007, nearly 80% of women and more than 91% of men in prison for drug offense were African American or Latina, even though studies show that Caucasians use, sell, and buy drugs in greater numbers than people of color.

● Since 1973, the number of women in prison for drug crimes has increased by 825%

● Black children are nearly nine times more likely to have an incarcerated parent in prison (7%), and Latino children (2.6%) are more than three times more likely, than white children (0.8%).

● About 64% of mothers in state prisons lived with their children before prison, compared to 44% of men. What happened to those children?

● Most correctional facilities unfairly target transgender people in prison by placing them in correctional facilities according to their birth sex and not according to the gender they identify with: transwomen are incarcerated in prisons that house men and transmen are incarcerated in prisons that house women.

● 14% of women in New York’s prisons are HIV positive. Rate of infection among women prisoners in New York is more than double the rate for male prisoners (6.7%) and almost 100 times higher than the rate in the general public (0.15%)


TOXIC SWEATSHOPS
Over the past year, PARC has been working in coalition with the Center for Environmental Health, Silicon Valley Toxics Coalition, and the Computer TakeBack Campaign to end the exposure to toxics of people working in electronic recycling programs in prison. Sworn statements from prisoners have played a vital role in advancing our understanding of how electronic waste is recycled in prison. If you have ever worked in a prison industry that has exposed you to toxics, please fill out the following survey and return it to our legal support: Micheal Couzens, Attorney at Law, PO Box 3642, Oakland, CA 94609. For more information on this issue, please visit the parc website: www.prisonactivist.org

QUESTIONS *Do you wish to keep your identity anonymous? *What kind of prison industries program are you currently working in (laundry, landscaping, garage, janitorial, industries, other; please be specific)? *Where are you incarcerated: federal, state, county, or other prison? *If you are working in a Federal Prison, are you working for UNICOR? If not, what is the name of the prison industries program you work for? *What is the name of the facility you are incarcerated in? *How long have you worked in this program? From month/year to month/year? *Do you have any health concerns that you believe are related to your work? If so, what have you done to get redress? *What, if any, special care is taken to protect your health and safety when you are working? Are there any special steps you believe should be taken, but are not? *Has there ever been environmental/toxic materials testing at your site? If so, have you ever witnessed manipulation of activity or change in work routine specifically because of the tests? [For example: stopping work before or sudden clean-ups to pass air quality tests] How many times? When were the tests (month/year)? Do you know what they were testing for? Please list. *Have you had a blood sample taken and tested since you began working in the program? If so, do you know what they were testing for? Please list. Were the results shared with you? How often have you been tested? *When doing this work, what do you wear? Are you provided with personal protective equipment? What? *Have you seen or been involved in accidents, injuries, breakage of equipment at the worksite? If so, how often, and of what nature? Please describe. *What tools are you given to work with? Would you describe the equipment as adequate or inadequate? Please explain. *Have you ever seen prison guards questioned, disciplined, or fired for workplace corruption or violating rules (i.e., refusing to provide safety equipment, setting aside products for personal profit)? Explain. *Do you know where the products you work with or produce come from or are shipped to? Please detail (names of schools, colleges, agencies, hospitals, corporations)? *What do you believe are solutions to the issues you have described above: a) more job training inside prison; b) work furlough so that you can work outside of prison side-by-side with “free” workers; c) close prisons, and spend the money on community needs like health care, education, job creation; d) other. Explain. *Can we use your statements here in reports or media work on these issues? *What is your race/culture/ethnic background? *Please provide contact information for a friend or family member outside of prison, and sign and print your name, with your prisoner id# and date signed, under the following: “I swear under the penalty of perjury under the laws of the U.S.A. that the foregoing statement is true and correct.”

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Standard Minimum Rules for the Treatment of Prisoners
http://www.ohchr.org/eng/law/index.htm

Accommodations
*Cells for individuals should not be used to accommodate two or more persons overnight; dormitory facilities are to be supervised at night.

Exercise and Sport
*If not employed in outdoor work, every prisoner shall have at least one hour of exercise in the open air, weather permitting.
*Young prisoners and others of suitable age and physique are to receive physical and recreational training.

Medical Services
*Pre-natal and post-natal care and treatment are to be provided by women's institutions; where nursing infants are allowed to remain with their mothers, a nursery staffed by qualified persons is needed.
*The medical officer shall see all sick prisoners daily, along with those who complain of illness or are referred to his/her attention.
*The medical officer is to report to the director on prisoners whose health is jeopardized by continued imprisonment and on the quality of the food, hygiene, bedding, clothing, and physical regimen of the prisoners.

Discipline and Punishment
*Cruel, inhuman, and/or degrading punishments, including corporal punishment and restriction to a dark cell, shall be prohibited.

Instruments of Restraint
*Handcuffs, straitjackets, and other instruments of restraint are never to be applied as a punishment, and irons and chains are not to be used as means of restraint.

Information to and Complaints by Prisoners
*Upon admission, prisoners shall be informed of the regulations they are to live by and of authorized channels for seeking information and making complaints.
*Prisoners are to have the right to make complaints to the director of the institution, as well as to the central prison administration and the judicial authority, in the proper form but without censorship as to substance, and they are to have the opportunity to speak directly to an inspector of prisons outside the presence of institutional staff members.
*Unless evidently frivolous, each complaint shall be replied to promptly.

Contacts with the Outside World
*Prisoners are to be allowed regular contact with family and friends, by both correspondence and personal visits.
*Prisoners who are foreign nationals shall be allowed communication with diplomatic and consular representatives of their State, or a State or international authority that has taken charge of their interests.*
*Prisoners are to be kept informed of current events and important items of news.

Books
*Every institution shall maintain for the use of prisoners a library with recreational and instructional books.

Guiding Principles
*The prison system must not aggravate unnecessarily the suffering inherent in a prisoner's loss of self-determination and liberty.
*Prisons should utilize all remedial, educational, medical, and spiritual forms of assistance to treat the prisoner's needs and facilitate his return to society as a law-abiding member.
*Government or private agencies should be available for the after care of released prisoners

Treatment
*Treatment of prisoners under sentence shall be directed to achieve the capacity for law-abiding and self-supporting lives, utilizing professional services whenever possible.

Education and Recreation
*The ongoing education of prisoners is to be facilitated, and schooling of illiterates and youthful prisoners is to be considered compulsory.
*Recreational and cultural activities are to be made available.