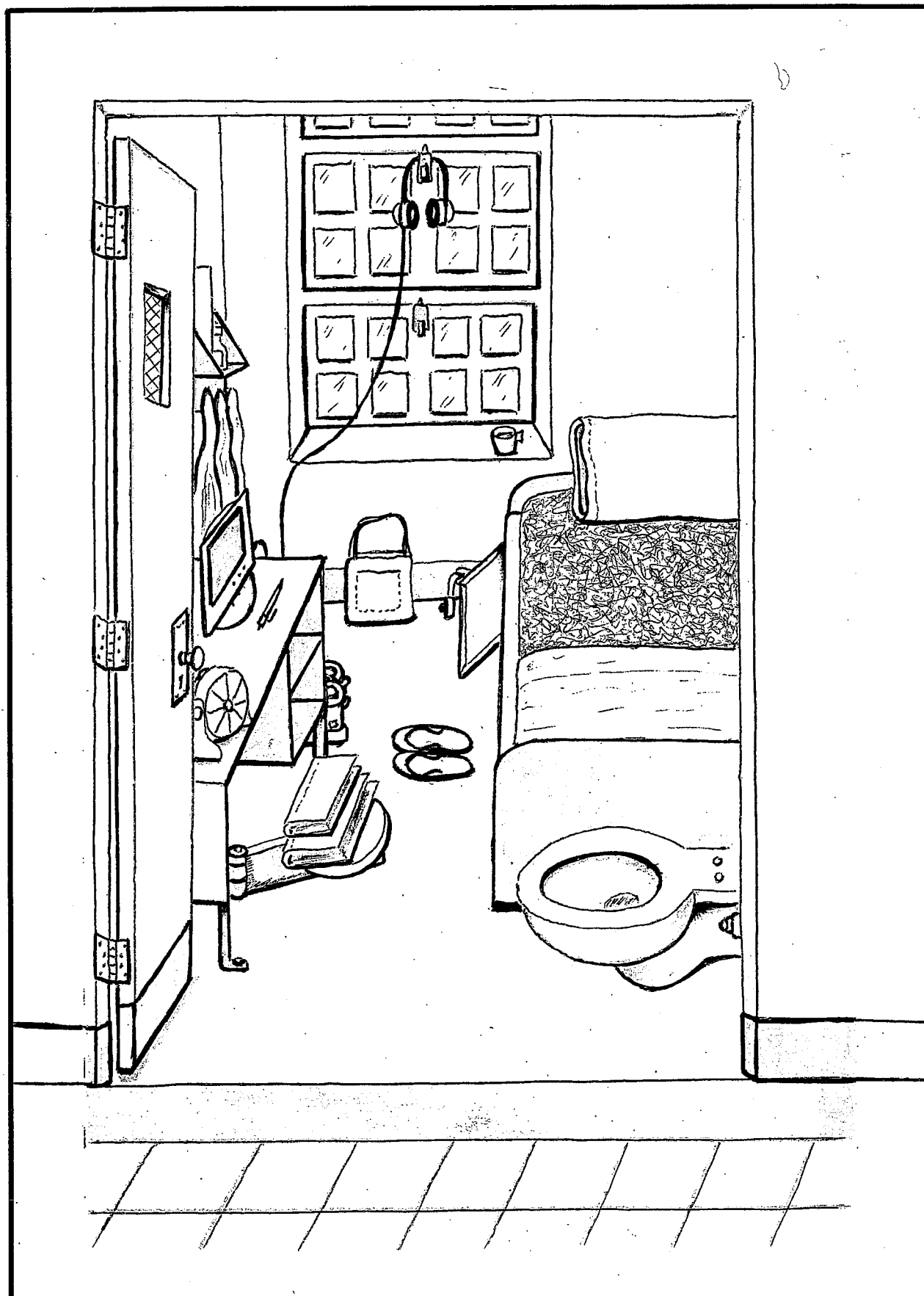


MCI-Norfolk, 2 Clark Street, P.O. Box 43, Norfolk, MA 02056-0043



Lifer's Group Inc.



What is the Lifer's Group ?

The Lifer's Group Inc., formerly the Norfolk Lifer's Group is based at the Massachusetts Correctional Institute at Norfolk. Formed in the late 1960s, and incorporated in 1974, has continuously operated.

Lifer's Group Inc. is comprised of men serving life or long-term sentences. An elected Board of Directors coordinates the Groups activities which are dedicated to educating our members and outside citizens in the area of criminal justice reform.

The Lifer's Group embraces programs and policies that recognize that victims, survivors, and incarcerated people must move toward healing in order to become whole.

We also seek a justice system that focuses on rehabilitation over retribution and helps reintergrate prisoners into free society by addressing the underlying factors which promote crime. We do not believe that anyone should forever be shackled to their worst moments. We take responsibility for our actions and acknowledge that our decisions have resulted in both the loss of life and the infliction of pain on survivors, family, friends, and the community.

We are dedicated to atoning for our crimes.

NOTE: If your group, or organization would like to be listed in future editions of L.G.I. Resource Guide, please contact:

Lifer's Group Inc.  
c/o MCI-Norfolk  
P.O. Box 43  
Norfolk, MA 02056-0043

The Lifer's Group regrets any errors, and welcomes suggestions, corrections, and additions, as well if you should discover that a group, agency, or organization listed in this Resource Guide is returning mail, Please Notify Us As Soon As Possible.

\*--\*

Thank you to Brian G. of 2-2 for his contribution of artwork(cover and page 1). Thank you to Lucy Parsons Book Project(pages 22 & 31); PARC Resource Guide(page 8); Freebird Publishers(pages 14, 26, 27, and 29); and, to the Real Cost of Prisons Project(pages 6 & 10) for references to their awesome Resource materials.

\*--\*

COVER: The drawing on the cover depicts the average cell at Norfolk which are sized approximately 6' X 10' x 13'(or 10'). These single sized cells do not meet 105 CMR 451.320, Minimum Health and Sanitation Standards and Inadequate Procedures for Correctional Facilities, which requires 60 square feet of floor space per occupant. Though the cell depicted is written up by the the Department of Public Health at every inspection as "inadequate floor space in all cells", about 30-40% of these cells have been doubled up over the years.

April 3, 2024

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LIFER'S GROUP Inc.  
2024 Edition, Parole & Commutation Manual



The 2024 Edition of the Lifer's Group Inc. Parole and Commutation Manual is complete and available, thanks to the assistance of Kate and Heather of Prisoners' Legal Services(PLS). To obtain a copy write to PLS, 50 Federal St., 4th Floor, Boston, MA 02110

The Lifer's Group Parole & Commutation Manual is an all inclusive guide to filing a parole or a commutation and includes instruction, needed forms, relevant statutes and law, the Governor's Guidelines, and more.

Prisoners' Legal Services(PLS)

50 federal Street, 4th Floor, Boston, MA 02110

Prisoners' Legal Services provides legal representation and administrative advocacy in civil(non-criminal) matters related to prisoners' treatment in Massachusetts prisons and jails, and upon release on parole. Only serves indigent or poor, current or former Mass. Prisoners in issues including inadequate medical or mental health care, assaults or violence by staff, unsafe or inhumane conditions in Mass. jails or prisons, arbitrary use of isolation, and/or unfair denial or recocation or parole. Serves people in Massachusetts only.

STUDENT ORGANIZATIONS

## Student Organizations Providing Representation for Hearings

Harvard Prison Legal Assistance Project(PLAP)  
 Harvard Law School  
 6 Everett Street, Suite 5107, Cambridge, MA 02138  
 Prisoner Collect Calls: 617.495.3127  
 Non-Collect Calls: 617.495.3969

The Harvard PLAP Prisoner Collect Number is automatically on your list of approved numbers when using your PIN number. In order to request representation, you should call or write with the expected date of your parole hearing(which month it will be in), or the planned date of filing your petition for commutation. Any documents or description you can provide will help add detail to the request. PLAP has a comprehensive Parole Representation Package which they sometimes provide to prisoners serving life sentences.

— — — — —  
 Northeastern University Prisoner Assistance Project  
 Northeastern School of Law Clinics  
 716 Columbus Avenue, Suite 212  
 Boston, MA 02120  
 Prisoner Collect Calls: 617.373.3660

The Northeastern Prisoner Collect Number is automatically on ...your PIN number. However, in order to request representation, you should send a letter including the date of your parole hearing(what month it will be in). Northeastern is only open to assist prisoners from September through February, so it may be necessary to postpone your hearing to get student representation. Northeastern only provides representation to prisoners serving life sentences at their parole release hearings when their hearing is scheduled in July and August during the summer semester, or October, November, & December during the fall semester.

— — — — —  
 Boston College Lifer Parole & Medical Release Clinic  
 Boston College Law School  
 885 Center Street, Newton, MA 02459  
 Prisoner Collect Calls: 617.244.0208

The Boston College Prisoner Collect Number is automatically on ... your PIN Number, In the Compassionate Release and Parole Clinic, law students in collaboration with a graduate social work student, help prisoners serving life-sentences to prepare to appear for hearings before the Parole Board. The clinic also helps prepare persons seeking release on medical grounds to prepare petitions to the DOC. When resources are available, the clinic will also consider representing persons serving life sentences without parole who seek commutation.



ORGANIZATIONS OFFERING PRO-BONO REPRESENTATION  
FOR CLEMENCY & COMMUTATION CASES

The Massachusetts Association of Criminal Defense Lawyers  
MACDL Clemency Committee  
c/o DeJuneas Law LLC  
11A Commercial Wharf West, Boston, MA 02110

The Massachusetts Association of Criminal Defense Lawyers(MACDL) has put together a small committee that will be screening commutation cases and working to refer them to firms for pro-bono legal representation. The main factors that MACDL considers are 1) disciplinary history and 2) program participation. If you plan to apply for representation, please see page 76 of the Lifer's Group Parole and Commutation Manual(2024 Edition), request a copy from the Lifer's Group, or request a copy from the above address. Be prepared to explain any marks on your disciplinary record and highlight any program participation or achievements. If you had trouble accessing programs, you should be prepared to explain why and tell MACDL about other things you could have done better to help yourself or others while in prison.

— — — — —  
The Women's Bar Foundation  
105 Chauncy St., 8th Floor, Boston, MA 02111

The Women's Bar Foundation(WBF) has a project that pairs cisgender and transgender women with a pro bono legal counsel to file petitions for commutation. They welcome individuals at MCI-Framingham and trans women or gender non-conforming individuals incarcerated at any DOC prison to contact them directly.

— — — — —  
Parole Only

Northeastern University  
School of Law Clinics  
104 Dockser Hall, 360 Huntington Avenue  
Boston, MA 02115  
617.495.3660

NUMBERS APPROVED IN ADDITION TO PIN LIST

These numbers are already on your P.I.N.

TO REACH: (Speed-Dial)

- Boston Area Rape Crisis Center(BARCC)...844-744-7732...7732#
- C.P.C.S....617-482-6212.....9009#
- Criminal Justice Institute, Harvard...617-496-8143.....-----
- Disabled Persons Commission(Hotline)...800-426-9009....9001#
- BRIGGS Settlement Monitor...202-681-2559.....-----
- Elder Abuse Hotline(Age 60+)...800-922-7275.....-----
- Greater Boston Legal Services...617-603-1510.....-----
- Harvard Prison Legal Services...617-495-3127.....-----
- Keefe Tablet Help Desk...855-745-3413.....9876#
- Prisoners' Legal Services(PLS)...617-482-2773.....9004#
- MA Disability Law Center...617-315-4613.....9008#
- Executive Office on Elder Affairs...800-922-2275.....-----
- News For The Blind...888-922-2275.....9005#
- Northeastern Legal Assistance...617-373-3660.....-----
- Professional Standards Unit Tip Line...508-422-3425....-----
- PREA Hotline...508-422-3486.....3486#
- TTY Relay for the Deaf...800-720-3479.....711#

DOC

Massachusetts Department of Correction,(Executive Office of Public Safety and Security) Headquarters, 50 Maple Street, Suite 3, Milford, MA 01757-3698 [www.gov/doc](http://www.gov/doc) (508)422-3300

Executive Office of Public Safety and Security, One Ashburton Place, Room 2133, Boston, MA 02108 (617)727-7775 [www.gov/eopss](http://www.gov/eopss)

- Boston Pre-Release Center, 430 Canterbury St., Roslandale, MA 02131
- Bridgewater State Hospital, 20 Administration Rd., Bridgewater, MA 02324
- MCI-Framingham, 99 Loring Dr., P.O. Box 9007, Framingham, MA 01704-9007
- MASAC @ Plymouth, Miles Standish Forest, 1 Bumps Pond Rd., Plymouth, MA 02360
- Mailing Address: P.O. Box 207, South Carver, MA 02366
- Massachusetts Treatment Ctr., 30 Administration Rd., Bridgewater, MA 02324
- MCI-Norfolk, 2 Clark St., P.O. Box 43, Norfolk, MA 02056-0043
- North Central Correctional Institution, 500 Colony Rd., Box 466, Gardner, MA 01440
- Northeastern Correctional Center, 976 Barretts Mill Rd., Box 1069, West Concord, MA 01742
- Old Colony Correctional Center, 1 Administration Rd., Bridgewater, MA 02324
- Pondville Correctional Ctr., 1 Industries Dr., Box 146, Norfolk, MA 02056
- Shattuck Hospital Correctional Unit, 180 Morton St., Jamaica Plain, MA 02130
- MCI-Shirley, Harvard Rd., P.O. Box 1218, Shirley, MA 01464
- S.B.C.C., Harvard Rd, Box 8000, Shirley, MA 01464

ADDRESSES

CONT.

South Middlesex Correctional Center, 135 Western Ave., Box 788, Framingham 01701

HOSPITALS

Boston Medical Center, 1 Boston Medical Place, Boston, MA 02118  
Medical Records; write for fee rate.

The Brigham and Women's Hospital, 75 Francis St., Boston, MA 02115  
Medical Records; write for fee rate.

Steward St. Elizabeth's Medical Ctr. 736 Cambridge St., Boston, MA 02135  
Medical Records; write for fee rate.

Lemuel Shattuck Hospital, 170 Morton St., Jamaica Plain, MA 02130  
Medical Records; "Fee for Medical Records; Contact Medical Records Dept."

Milford Regional Medical Ctr. 14 Prospect St., Milford, MA 01757  
Medical Records: "Fee for Medical Records; Contact Medical Records Dept."

WELLPATH

Wellpath Statewide Regional Director: Dr. Elana Sullivan  
Wellpath Regional Office  
16 Chestnut Street  
Foxborough, MA 02035 - - -

E-Mail

Setting up an e-mail account with Corrlinks

You need to register at corrlinks.com to become an approved contact to exchange e-mails with an inmate[s].

When you go to this site you will see/click on the "New Users" icon, below that you will need to click on the "Register" icon, then the icons "I am over 18" and "I am not a robot" and click NEXT . . . A message will be displayed stating that "A verification e-mail has been sent." You will then click the "link" in the e-mail to continue setting up your account. Read the E-mail and click the [shown] link. (This process will ask you for the inmate's Name and identification number, or "con number." Read instructions carefully. There is an option that allows you to sign up for "real-time" notifications when an inmate e-mails you, if you do not sign up for this option, you will need to log-on to Corrlinks web site to check if you have an e-mail. Once you set up your account, the inmate will be notified (by e-mail) that he/she has a new contact, and will be able to e-mail you right away.



# The Real Cost of Prisons Project



The Real Cost of Prisons Project brings together justice, activists, artists, researchers and women and men directly experiencing the impact of mass criminalization.

The RCPP is a national organization, begun in 2000. The RCPP created workshops and a website. In 2005, we created and published three comic books: Prison Town: Paying the Price, Prisoners of the War on Drugs and Prisoners of a Hard Life: Women and their Children. 135,000 free comic books were sent to schools, organizations and prisons throughout the country. The comic books are no longer in print but can be downloaded and printed from the RCPP website. The comic books are anthologized into the book, The Real Cost of Prisons Comix, published by PM Press.

In addition to the comic books, the website includes research, an extensive bibliography and comix written and drawn by incarcerated artists. Writing from Inside features political, analytical, and informational writing by incarcerated writers from around the U.S. The website includes extensive writing and reports from the Norfolk (MA) Lifer's Group [Inc.], the Norfolk Inmate Council, the Lifers' Group: Justice Today and many individual writers. National news, information and events can be found on the RCPP Facebook public pages which has over 30,000 likes.

The RCPP organizing focuses on ending extreme sentencing such as life without the possibility of parole, and daily harsh and damaging conditions of confinement faced by every prisoner in the United States.

The RCPP is committed to bringing the ideas and analysis of incarcerated and formerly incarcerated men and women to the forefront so we can more authentically challenge and change the destructive beliefs and costly systems that drive the carceral state.

Contact: [www.realcostofprisons.org](http://www.realcostofprisons.org) and [Lois@realcostofprisons.org](mailto:Lois@realcostofprisons.org)  
Incarcerated writers and cartoonists are welcome to submit their work to RCPP, 5 Warfield Place, Northampton, MA We do not post writing about individual cases, fiction or poetry

Thanks Lois !

All Lifer's Group Inc. Reports are Online:  
[RealCostofPrisons.org/writing/](http://RealCostofPrisons.org/writing/)

Recent reports include:

- > Reports on the Department of Correction's Expenditures and Staffing Levels
- > Parole Decisions for Lifers
- > Analysis of Parole Decisions for Lifers
- > Report on Central Inmate Benefit Funds
- > Report on Institutional fact Cards
- > Fast Facts on Criminal Reform Issues

**NATIONAL ORGANIZATIONS AND RESOURCES**

AFSC Prison Watch Project, 89 Market Street, 6th Floor, Newark, NY 07102  
Publishes: Survivors Manual; Surviving in Solitary, by Bonnie Kerness.  
Free to Prisoners and \$3.00 for all others. The book is a collection of voices from solitary, as people currently or formerly held in isolation vividly describe their conditions and their daily lives. The collection also includes artwork and poetry. Also available is a free 6-page resource Guide entitled LGBTQ+ Prisoner Resource Guide(2017).

All of Us or None, 4400 Market St., Oakland, CA 94608 Grassroots organizing project of legal services for prisoners with children. Fights to restore our civil and human rights of formerly and currently incarcerated people and their families.

Amnesty International, 311 W.43rd St., 7th Floor, New York, N.Y. 10036  
Compiles information regarding prison conditions such as the prolonged use of solitary confinement and other abuses in prison for advocacy purposes.

Coalition for Prisoners' Rights Newsletter, P.O. Box1911, Santa Fe., N.M. 87504 Publishes a monthly newsletter about prisoners nationwide and is free to prisoners who send SASE. Additional Prisoner resource lists available. Back issues from 2009 are on-line:[realcostofprisons.org](http://realcostofprisons.org)

Center for Constitutional Rights, 666 Broadway, 7th Floor, New York, NY 10012 Publishes free of cost, Jailhouse Lawyers Handbook with the National Lawyers Guild(Last updated in 2021. Mail request to the above address and wait at least 2 months.

Critical Resistance, P.O. Box 22780, Oakland, CA 94609 CR seeks to build an international movement to end the Prison Industrial Movement challenging the belief that caging everyone makes us safe. Publishes The Abolitionist, once a year in both Spanish and English, which is free to Prisoners. Previous editions of The Abolitionist are available on line @ <https://criticalresistance.org/abolitionist/>

Families Against Mandatory Minimums(FAMM) 1100 H Street NW, Suite 100, Washington, DC 20005 Non profit organization fighting for fair and proportionate sentencing laws that allow judicial discretion; improved prison conditions; and an increase in compassionate release. May not respond to letters.

Helping Educate to Advance the Rights of the Deaf(HEARD), P.O. Box 1160 Washington, DC 20013 202-436-9278(VIDEOPHONE). Provides advocacy services for the deaf, hard of hearing and deaf-blind inmates across the nation. May not respond to all letters.

How To Justice, 11 South 12th St., Richmond, VA 23219, How to Justice's goal is to provide easy-to-read answers to your questions about your rights in prison, including conditions, medical care, visitation, and rights to communication. Write with general questions. Does not provide legal advice.

**Nationwide Organization And Resources**

Just Detention International, 3325 Wilshire, Bl., Suite 340  
Ms. Cynthia Totten, Esq., Bar199266, Los Angeles, CA 90010  
JDI is a health and human rights organization that seeks to  
end sexual abuse and exploitation in all forms of detention.  
It publishes a Resource Guide listing services providers in  
all 50 states that can help incarcerated survivors, as well  
as a Survivor Packet which includes Hope For Healing with  
contact information.

Lewisburg Prison Project, P.O. Box 128, Lewisburg, PA 17837  
Provides informational materials and legal bulletins about  
prisoners' rights to people incarcerated throughout the United  
States. Request Resource List.

Solitary Watch, P.O. Box11374, Washington, DC 20008 S.W. works to expose  
and oppose the use of solitary confinement in U.S. Prisons and Jails.  
Their News Letter has been temporarily suspended.

The Sentencing Project, 1705 DeSales St.,NW, 8th Floor, Wash.,  
DC 20036 The Sentencing Project is a national policy research  
and advocacy organization that produces reports on prison  
related topics, including prison populations nationally, state  
by state data, life sentences, voting rights, and more. May  
not respond to letters.

Vegetarian Research Group, P.O. Box 1463, Baltimore, MD 21203  
V.R.G. is a non-profit organization dedicated to educating  
the public on vegetarianism and the interrelated issues of  
health, nutrition, environment, ethics, as well as healthy  
eating. Publishes Vegan Journal Magazine, as well as Veganism  
in a Nutshell, Vegetarianism in a NutShell, Heart Healthy  
Eating, My Vegan Plate, and El Vegetarianism en pocas palabras  
brochures. Serves people nationwide.

National Prisoner Resource Directory(PARC), P.O. Box70447,  
Oakland, CA 94612 Offers a free 28-page Resource Directory

Prison is designed to break  
everyone's Spirit and to  
destroy one's resolve. To  
do this, authorities attempt  
to exploit every weakness,  
negate all signs of  
individuality - all with  
the idea of stamping out  
that spark that makes  
each of us human and  
each of us who we are.

- Nelson Mandela

National Organizations and Resources

The Marshall Project, 156 West 56th Street, 3rd Floor, New York, NY 10019 The Marshall Project is a nonpartisan, nonprofit news organization that seeks to create and sustain a sense of national urgency about the U.S. criminal justice system. We achieve this through award-winning journalism, partnerships with other news outlets and public forums. In all of our work we strive to educate and enlarge the audience of people who care about the state of criminal justice. Lawrence Bartley, Publisher of News-Inside. Write for more information.

NYU/Law Center of the Administration of Criminal Law, 139 MacDougal St., Room 307, New York, NY 10012 The Center on Administration of Criminal Law analyzes important issues of criminal law, with a special focus on prosecutorial power and discretion. It pursues this mission in three main arenas: academia, the courts, and public policy debates. Publisher of the Article/Report, Willie Horton's Shadow: Clemency in Massachusetts.

The Other Death Penalty Project, P.O. Box 1486, Lancaster, PA 93584, WEB: todp@live.com "If we work together we can end this pointlessly cruel sentence. Write for more information. Does NOT offer legal Advice..

American Correctional Association, 206 N. Washington, St., Suite 200, Alexandria, VA 22314

American Civil Liberties Union(ACLU), National Headquarters, 125 Broad Street, 18th Floor, New York, NY 10004

Human Rights Watch, 1630 Connecticut Ave., Suite 500, Washington, DC 20009

P.E.W. Charitable Trust, Public Safety Performance Project, 901 E. Street N.W., Washington, DC 20004

U.S. Department of Justice, Civil Rights Division, 950 Pennsylvania Ave. N.W., Washington, DC 20530

U.S. Department of Justice, Bureau of Justice Statistics(BJS), Box 600, Rockville, MD 2-847

Just Alternatives, Jon Wilson-Director, 41 Wooden Boar Lane, Broolin, ME 04616 Restorative Justice

Social Security Administration, Office of Central Records Operations, P.O. Box 129, Baltimore, MD 21235

If ignorance is bliss, you'd think people would be happier when you pointed out what morons they are!

- Alfred E. Neuman

INNOCENCE PROJECTS

New England Innocence Project, 1035 Cambridge St., Suite 28A, Cambridge, MA 02141 Accepts cases where the prisoner has a claim of factual innocence. DNA and Non DNA cases considered.

Center on Wrongful Convictions, Northwestern School of Law, 375 E. Chicago Avenue, Chicago, IL 60611-3069

The Exoneration Project, 311 North Aberdeen St., 3rd Floor, Suite E, Chicago, IL 60607

Boston College Innocence Program, 885 Centre St., Newton, MA 02458

Centurion Ministries, 1000 Herrontown Rd., Princeton, NJ 08540

C.P.C.S., Innocence Project, 44 Bromfield St., Boston, MA 02108-4909

LOCAL RESOURCES

American Civil Liberties Union Foundation of Massachusetts, (ACLUFM), 211 Congress St., 3rd Floor, Boston, MA 02110

Catholic Charities Refugee and Immigration Services, 275 W. Broadway, South Boston, Ma 02127

Children's Law Ctr. of Massachusetts, 298 Union St., 2nd Floor, P.O. Box 710, Lynn, MA 01903

Lawyers for Civil Rights, 61 Batterymarch St., Boston, MA 02110

Mass. Bar Assn. Dial-A-Lawyer Program, 20 West St., Boston, 02111-1204

MASSPIRG, The Massachusetts Public Interest Research Group, 294 Washington St., Suite 500, Boston, MA 02108

Women's Bar Foundation, 105 Chauncy St., 8th Floor, Boston, MA 02111

American Friends Service Committee, Criminal Justice Program, 2161 Mass. Avenue, Cambridge, MA 02140 Attention: Bobby Delleo, Program Assistant

Prison Policy Initiative, P.O. Box 127, Northampton, MA 01061 Attn: Peter Wagner

Real Cost of Prisons Project, Lois Ahrens Director, 5 Warfield Place, Northampton, MA 01060 [www.realcostofprisons.org](http://www.realcostofprisons.org)

NAACP, 330 Martin Luther King Blvd., Roxbury, MA 02119

LOCAL RESOURCES

The Democracy Center, Attention: Deeper than Water, 30 Bow Street, Cambridge, MA 02138 Groups responsible for fighting to fix our water issues, and are fighting to regain our voting rights. Write to ask how you can help, thank them for their efforts, and tell them about the food.

\* \* \* \* \*

Lifer's Group Inc.

The Lifer's Group embraces the concepts of education, reentry, and penal/parole reform. Areas of primary emphasis include: Educating members on issues concerning lifer's and long-termers, including outside guest speakers to address the membership, instituting programs for maintaining and strengthening family ties, assisting lifers and long-termers on medical issues and assisting members in preparing parole packages and preparing for parole hearings. While the Lifer's Group is comprised principally of inmates at MCI Norfolk serving life or long-term sentences, all inmates are welcome.

MEETS: 1st & 3rd Tuesdays, 6:00pm - 8:15pm, Auditorium Executive Board MEETS: 2nd & 3rd Saturday Afternoon.

If you are interested in being a guest speaker, or meeting with the Lifer's Group Executive Board, you need to contact the Director of Treatment at MCI-Norfolk(508)660-5900

\* \* \* \* \*

Prisoners' Legal Services of Massachusetts(P.L.S.)  
50 Federal Street, 4th Floor, Boston, MA 02110  
(617)482-2773.

Prisoners' Legal Services provides legal representation and administrative advocacy in civil(non-criminal) matters related to prisoners' treatment in Massachusetts prisons and jails, and upon release on parole. Only serves indigent or poor, current or former Mass. prisoners in issues including inadequate medical or mental health care, assaults or violence by staff, unsafe or inhumane conditions in Mass jails or prisons, arbitrary use of isolation, and/or unfair denial or revocation of parole. Serves people in Mass. only.

\* \* \* \* \*

Irish Pastoral Center, 540 Rear Gallivan Blvd.,Dorchester, MA 02124 Helps immigrants and families in the greater Boston area with immigration issues and support

Mass. Dissent, Massachusetts Chapter-NLG, 14 Beacon Street, Boston, MA 02108 Newsletter dedicated to Prison Issues, and National Lawyers Guild

Teen Empowerment, 108 Warren St.,Roxbury, MA 02119 Restorative Justice

LEGAL AID AND REFERRAL SERVICES

Boston Bar Assn. Lawyer Referral Services, 16 Beacon St., Boston, MA 02108

CPCS, Committee Public Counsel Services, 44 Bromfield St. 2nd Floor, Boston, MA 02108

Massachusetts Bar Association Lawyer Referral Service, 20 West Street, Boston, MA 02111-1204

Harvard Defenders, Harvard Law School, 1607 Mass. Ave., Suite 208, Cambridge Ma. 02138

Greater Boston Legal services, 197 Friend Street, Boston, MA 02114

National Lawyers Guild Lawyer Referral Services, 41 West St., Suite 700 Boston, MA 02111

New England Law/Boston Clinical Law Office, 46 Church Street, Boston, Ma 02116

Suffolk Lawyers for Justice, Inc., 529 Main St., Suite P242, Charlestown, MA 02129

Suffolk University Clinical Programs, Suffolk Law School, 120 Tremont St., Boston, MA 02108--4977

Volunteer Lawyers Project of the Boston Bar Assn., 7 Winthrop Sq., 2nd Floor, Boston, MA 02110

When people talk about pro bono, they generally speak in shorthand. "Publico" has dropped out of the discourse. We can afford to lose the latin, but not the concept.

... unknown

Georgetown University Law Library, 111 G St., NW., Washington, DC Will assist and send case law. Type letters, or print clearly...

Harvard Prison Legal Assistance Project (PLAP), harvard Law School, 6 Everett St., Suite 5107, Cambridge, MA 02138 Will assist and send case law. Type or print clearly ...

Noble natures cannot long endure this world. Outstanding only in stupidity...

- Balzac

Legal Resources

Georgetown Law Journal Annual Review of Criminal Procedure, 600 New Jersey Avenue NW, Georgetown Law Office of Journal Administration-ARCP, Washington, DC 20001-2075 A must have for the jail-house lawyer! A comprehensive survey of all criminal procedure in the federal courts. The ARCP is a single edition that provides readers with objective, concise, and accurate overview of criminal procedure and recent case-law decisions in the U.S. Supreme Court and each of the 12 Federal Circuits. The \$25.00 discounted rate is only honored for orders sent directly to correctional facilities. Also offers complementary copies of older editions to those who are incarcerated that can provide proof of indigence. Do Not Send Check or Money Order with out Order Form. Write for Order Form.

Harvard Prison Legal Assistance Project(PLAP), 6 Everett Street., Harvard Law School, Suite 5107, Cambridge, MA 02138. Will assist with legal research assistance for those who are currently incarcerated. Will provide 30 pages(4 to a page) to each inmate per quarter, of case-law, etc. Provides legal research for incarcerated folks all over the country. It may not be staffed during transitional periods in the academic schedule.

National Office of the National Lawyers Guild(NLG)- Prison Law Project. NLG does not provide lawyers or legal assistance; they offer free membership for jail-house lawyers, which includes the ability to vote on national resolutions and to receive the quarterly publication. Guild Notes. Also publishes the Jailhouse Lawyers Handbook with Center for Constitutional Rights.

Prison Legal News, P.O. Box 1151, Lake Worth, FL 33460, PLN is a project of the Human Rights Defense Center and offers a 72-page monthly journal covering prison related news, summaries of recent case-law decisions affecting prisoners, and analysis across the country. A one-year subscription is \$30 for prisoners, \$35 for individuals, and \$90 for lawyers and institutions. Single copies or current back issues are \$5.

GLBTQ Legal Advocates & Defenders(GLAD), 18 Tremont St., Suite 950, Boston, MA 02108 Advocacy to fight discrimination based on gender identity and expression, HIV status and sexual orientation. As part of this work, GLAD takes very select legal representation on behalf of LGBTQ prisoners.

Charles Dickens called the American prisoner "a man buried alive; to be dug out in the slowest round of years; and in the mean time dead to everything but torturing anxieties and horrible despair."



BOOK VENDORS AND PUBLISHERS

Edward R. Hamilton Books, P.O. Box 15, Falls Village, CT 06031-0015, Vendor of overstock and bargain books. Sends out FREE catalogs.

East Bay Prisoner Support, P.O. Box 22449 Formed in 2007 as a prison abolitionist, anti-authoritarian collective. Write to receive a catalog of anarchist, decolonial, queer liberation, anti-capital, black, brown, and indigenous-oriented literature(zines) sent free to prisoners in any state. También enviamos literatura gratuita en español.

Freebird Publishers, 221 Pearl St., Suite 541, Dighton, MA 02764, Send a SASE for more information about services offered.

Haymarket Books, P.O. Box 180165, Chicago, IL 60618 Haymarket is a nonprofit, radical book distributor and publisher based in Chicago. Write to request free books on themes around Black liberation, radical history, women's liberation, and poetry.

Pathfinder Press, P.O. 162767, Atlanta, GA 30321-2767 Carries books of revolutionary and working class leaders, in many different languages. Prisoners receive a 50% discount off the cover price, with a flat rate of \$2.75 for shipping and handling per order- write for a free catalog.

PM Press, P.O. Box 23912, Oakland, CA 94623 PM Press carries counter-culture, anti-prison, and similar titles. No longer carries a catalog, catalog is on line:  
<http://www.pmpress.org>

The Paperback Shop, 4817 FM 646 B, Dickinson, TX 77539 Send SASE for more information about books and services.

REHABILITATION RESOURCES

Citizens United for Rehabilitation of Errants(CURE), P.O. Box 2310, Washington, DC 20013-2310 CURE organizes prisoners, their families and other concerned citizens to achieve reforms in the criminal-justice system, and has a presence in 24 states. Write for a complete listing of addresses of state chapters.

Compassion Prison Project, 8726 S. Sepulveda Blvd., Suite D #4201, Los Angeles, CA 90045 Compassion Prison Project(CPP) creates trauma-informed prisons and communities. We do this through trauma-awareness education and programming. CCP's Trauma-to-Transformation day-long workshop kicks off a powerful 16-week compassion-based curriculum entitled Trauma Talks. Adverse Childhood Experiences(ACEs) are addressed and tools are given to support the healing process. Both outside volunteer and in-prison peer-to-peer facilitation reinforce our work. Write for information if you want to receive an ACE information packet, support getting a program into your facility or if you'd simply like to get on a waiting list for a non-romantic correspondent who can provide support and encouragement. We believe in you.

SYDA Foundation Prison Project, P.O. Box 99140, Emeryville, CA 94662 Dedicated to disseminating the Siddha Yoga meditation teachings and practices to incarcerated individuals. Sends its free monthly In Search

REHABILITATION PROGRAMS

cont.

of Self meditation course with a companion newsletter to interested seekers. Write to get signed up.

Teen Empowerment, 108 Warren Street, Roxbury, MA 02119, Restorative Justice:

Just Alternatives, 41 Wooden Boar Lane, Brooklin, ME 04616, Restorative Justice

New Vision Organization, P.O. Box 2334, Brockton, MA 02305, Restorative Justice

Dr. Ann McKee, MD, Boston University, CTE Center, 72 East Concord St., Suite L-5, Boston, MA 02118 C.T.E. Expert, Head Trauma; T.B.I.

Dr. Nadine Burke Harris, The Burke Foundation, 320 E. Buffalo St., Milwaukee, WI 53202. Former Surgeon General, expert in trauma

Dimas House, Box 30125, Worcester, MA 01603. A supportave community that provides transitional housing and services to former prisoners.

"Perception is not reality"

I am constantly told that You are:

Predators, Murderers, and Manipulators.

However, that simply is not true. Every day, I see you. You are:

Poets, Academics, and Activists. I am often told you are:

violent, reactive, scary.

And yet, you have been nothing, but, kind, self-aware, and strong.

So who really are the predators behind the wall?

What I see and What I know: You are Beautiful humans worthy of love and belonging.

You are intelligent thinkers and feeling beings.

You are students of higher education, and you are teachers of life.

You are empathetic, funny, fun, loveable, and loving.

You are leaders, teammates, and individuals.

You are courageous, wholehearted, and dignified-

You walk through these hallways with integrity and your heads held high. Your determination is commendable, respectable, and honorable.

No one can take your righteous minds and courageous hearts.

You are amazing- and please don't ever forget that.

- Anonymous Volunteer

HEALTH CARE RESOURCES

Health Library(Stanford Health Care), 211 Quarry Road, Suite 201, Hoover Pavilion, Palo Alto, CA 94303 Our Medical Librarians are here to help you find answers to your health-related questions and connect you to support resources. We provide scientifically based information to help you make informed decisions about your health and health care. This is a free service open to all. Examples of requests include a general overview of a new diagnosis, treatment options and medication and mindfulness resources. Please we cannot take a list of symptoms and offer a diagnosis, nor do we offer advice or recommendations.

Prison Health News, 4722 Baltimore Avenue, Philadelphia, PA 19143, Publishes a newsletter four times a year for people in prison about health issues such as COVID-19, hepatitis C, HIV, diabetes, asthma, depression, PTSD, exercise, nutrition and more. Write for a free subscription.

TPAN, 5537 N. Broadway, Chicago, IL 60640 The Test Positive Aware Network publishes a bimonthly magazine covering HIV/AIDS treatment, research, policy and lifestyle. Also offers articles on many HIV-related topics, including HIV and aging, and treatments. Offers free subscriptions to prisoners.

American Diabetes Association 1701 North Beauregard St., Alexandria, VA 22311, 1.800.DIABETES, [www.diabetes.org](http://www.diabetes.org)

You or Someone You Know Might be  
Eligible for Release on Medical Parole!

You may be eligible if you are serving any sentence(including natural life). To be eligible, you must be either terminally ill(expected to live less than 18 months) or permanently incapacitated(physically or cognitively). In the past year, PLS helped file multiple successful petitions. If you think you might be eligible, please reach out to PLS who will evaluate your situation and whether they can file a petition for you.

Some eligible people are too sick or incapacitated to reach out for help themselves. This is especially true of people who are eligible due to dementia or other cognitive incapacity. To help people in this situation, PLS counts on people on the inside to let them know about them. If you know of someone who may be eligible but may be unable to reach out on their own, please write to PLS with their name, and [if possible] ID Number and their location, so they can contact them about the possibility for medical parole. You can do this anonymously. You can also contact a member of the Lifer's Group who will assist you.

Write to PLS(50 Federal Street, 4th Floor, Boston, MA 02110  
617.482.2773 State Prison Calls 9004 [www.plsma.org](http://www.plsma.org)  
Ask to speak to a staff member about medical parole.

EDUCATIONAL RESOURCES

Blackstone Career Institute, P.O. Box 3717, Allentown, PA 18106-0717  
Offers a correspondence Paralegal Certificate program. Write for info.

College Guild, P.O. Box 696, Brunswick, ME 04011 Grassroots education nonprofit providing free correspondence courses to incarcerated people covering subjects in science, writing, history, art, and culture. Send name, ID number, and mailing address with a request to be put on the mailing list.

Level, 411 W, Monroe St., Austin, TX 78704, Level provides free printed educational, job training and personal development guides to people in prison anywhere in the U.S. Send a letter to request content.

Partakers, Arthur Bembury; Executive Director, 230 Central Street, Auburndale, MA 02306 Support nonprofit group that offers moral support to students, and donates to prison education programs. Responsible for providing the "Great Courses" to MCI-Norfolk.

REENTRY

The Mayor's Office of Returning Citizens  
22 Drydock Avenue, Suite 301, Boston, Ma. 02210

617-635-5333, Boston.gov/returningcitizens, E-Mail: ORC@boston.gov  
Service Hours: The Mayor's Office of Returning Citizens can be reached any time via e-mail.

Connects citizens returning to Boston from state, federal and county facilities with assistance with transitional housing (sober) living), Workforce development & employment, education, and healthcare, and can connect citizens to the following resources and services: • Birth Certificates; • ID Cards; • Employment; • Health Services; • Recovery Services; • Senior Resources; and, • Voter Registration.

Coming Home Directory, www.cominghomedirectory.org Published by the Crime and Justice Institute, 355 Boylston Street, Boston, MA 617-482-2520 @CR Justice Directory is also available on your Educational Tablet (ORIJIN, formerly APDS) by going to the "Explore" section and touch/click on "MADOC RESOURCES" under Resources, touch/click on the "Content" in the blue bar, touch/click on the "Reentry Services Division" icon and scroll down to Coming Home Directory.

An invaluable Reentry Resource Guide. Mostly Greater Boston area, but has many, many resources state wide.

The only word that rymes with "Orange" is "Sporange; a structure in fungi, algae, and mosses that produces spores.

"Play it again Sam."

Humphrey Bogart doesn't say this line in CASABLANCA. Nobody does.  
Here is the exchange:

ILSA (Ingrid Bergman): Play it once, Sam. For old times sake.

SAM (Dooley Wilson): I don't know what you mean, Miss Ilsa.

ILSA: Play it, Sam. Play "As Time Goes By."

RELIGIOUS AND SPIRITUAL

Alph Institute, 9540 Collins Ave., Surfside, FL 33154-7127 A nonprofit Jewish organization dedicated to assisting and caring for the wellbeing of members of specific populations that are isolated in the regular community, including prisoners and people institutionalized or at risk. Jewish prisoners may write to receive free books, regular monthly literature, holidays offerings, and family programs.

American Bible Academy, P.O. Box 1627, Joplin, MO 64802-1627 Free English and Spanish Bible correspondence courses for prisoners. All courses are 120 pages in length.

Anthroposophical Prison Outreach Project, 1923 Geddes Ave., Ann Arbor, MI 48104 Write for package of literature containing a booklet titled SELF-DEVELOPMENT IN THE PENITENTIARY, articles and meditation exercises.

Association for Research and Enlightenment, c/o Prison Outreach Program, 215 67th St., Virginia Beach, VA 23451. Books about life and the work of Edgar Cayce, prayer, meditation, ancient mysteries, dreams, death, and afterlife, reincarnation, and Karma, the Bible, universal laws, self-transformation, and prophecy. Prisoners limited to one book every two months.

BBI Media, P.O. Box 687, Forest Grove, OR 97116 Offers free subscriptions to prison chaplains and prison libraries at women's prisons. Requests must be submitted on official prison letterhead. Publishes Witches & Pagans and SageWomen.

Chuang Yen Monastery, 2020 Route 301, Attn: Rev. Richard Baska, Prison Program, Carmel, New York, 10512 Sends free Buddhist books to prisoners who request them, answers questions regarding Buddhist beliefs and practice that prisoners may have. Sponsors a free correspondence course for prisoners. Expect delays.

Compassion Works for All, P.O. Box 7708, Little Rock, AR 72217-7708 Provides monthly Dharma Friends Newsletter and numerous resource lists.

Human Kindness Foundation, P.O. Box 61619, Durham, NC 27715 Sends free books and Newsletters to prisoners

ISKCON Prison Ministries, P.O. Box 2676, Alachua, FL 32616 Sends information bhakti-yoga study and practice. Write for information as they need to know what they can send to you, and or Religious Services/Chaplin

Islamic Society of North America, 6555 S. County Rd., 750E, Plainfield, IN 46168 Sends Qurans and other introductory books on Islamic Study to prison libraries and inmates. Ability to send books depends on the prison's policies. Also publishes a bi-monthly magazine, Islamic Horizons for \$24/year.

Jewish Prisoner Services International, P.O. Box 85840, Seattle, WA 98145-1840 Write for a Prisoner Information Form. Expect Delays.

RELIGIOUS AND SPIRITUAL

Maoist International Ministry of Prisons, P.O. Box 40799, San Francisco, CA 94140 Sends books to prisoners, and offers prisoners a free subscription to their newspaper. Write to MIM(Prisons) for a free prisoner subscription and to get involved in revolutionary organizing and education projects.

Masjid Sunnah Grand Rapids Inmate Assistance Program, 2312 S, Division Ave., Grand Rapids, MI 94140 Write for free Qur'an, prayer rugs, and kuffis, as well as other books on Al-Islam.

Mother Earth Ministries, P.O. Box 35906, Tucson, AZ 85740-5906 Write for information.

Prison Mindfulness Institute(Prison Dharma Network), P.O. Box 206, South Deerfield, MA 01373, Write for more information.

Set Free Prison Ministries, P.O. Box 5440, Riverside, CA 92517, write for more information.

The Sacred Name Broadcaster, Assemblies of Yahweh, P.O. Box C, Bethel, PA 19507 Write for subscription information.

Beyond Today Magazine, United Church of God, P.O. Box 541027, Cincinnati, OH 45254-1027 Write for Magazine subscription information.

Herald of His Coming, P.O. Box 279, Seelyville, IN 47878 Write for Newspaper subscription Information.

If you don't know where you are going, any road will take you there.  
- unknown

Jehovah's Witnesses, 1000 Red Mills Road, Walkill, NY 12589-3299 Publishes The Watchtower Publication(in 180+ languages) free.

Christian Pen Pals, FREE, Send a S.A.S.E. for details to:Box 11296, Hickory, NC 28603

Freedom through Christ Prison Ministry-FL, Free, Send S.A.S.E. For info to:Box 120997, Ft. Lauderdale, FL33312.

Hindustan Pen Society, Free Pen Pal Listing, Mail TO: Kuniayan Code, MM BAZAR, 670306, Kerala, India Send them your name, sex, age, address, hobbies, language, occupation, etc., with a photo

Jewish Prisoner Services, International Pen Pal Services, Send: S.A.S.E. to: Box 85840, Seattle, WA 98145. Also offers support, referrals, guidance, educational and religious programs and free Jewish books.

RELIGIOUS AND SPIRITUAL

Unitarian Universalist Association, CLF Letter Writing Prison Ministry  
25 Beacon St., Boston, MA 02108. Send Request for a Pen Pal The CLF  
Letter Writing Ministry matches prisoner members with nonincarcerated  
Unitarian Universalists to exchange friendly letters on topics of mutual  
interests. All writers (prisoners and "free-world" agree to the same  
guidelines emphasizing that our program is not intended for romantic,  
legal aid, or financial interactions.

FREE PEN PAL SERVICES

Black & Pink, 6223 Maple St., #4600, Omaha, NE68104, Send S.A.S.E. for  
information. Black & Pink is an open family of LGBTQ prisoners and free  
world allies who support each other.

Pen Pal World, Online only, [www.penpalworld.com](http://www.penpalworld.com) Free, created in 1997  
has over 3 million members offers a free limited account.

Pen Pals Now, [penpalsnow.com](http://penpalsnow.com), has over 30,000 pen pal ads from 150 different  
countries, they do allow your email address on-line

Women for Sobriety, send S.A.S.E. for information, Box 618, Quakertown,  
PA 18951

FFUP (Forum for Understanding Prisons) 29631 Wild Rose Drive, Blue River,  
WI 53518 [www.prisonforum.org](http://www.prisonforum.org) write directly to FFUP Pen Pals to request  
a Pen Pal volunteer. Provide some information on your background and  
areas of interest for which you would like to correspond.

Pen Pal Party, Free Dating Site, Online only: [penpalparty.com](http://penpalparty.com) This  
site has specific rules for inmates. All are free, but you MUST disclose  
that you are incarcerated as your occupation and must have an e-mail  
address on this site.

Free Pen Pal Listing, Ms. Sharon Smith, Box 445, Fort Erie, Ontario,  
Canada L2A 5N2 You need to enclose with your letter 3 new Forever  
Stamps, and it will cost you an Air-Mail Stamp to mail to Canada.  
Ms. Smith will make you a pen pal ad in a foreign publication. Send your  
name, inmate number, facility name, mailing address, birth date, sex,  
and what you are looking for (friendship, romance) on paper "neatly."  
Do not forget to send Ms. Smith the 3 stamps (return-post) (more if you can  
afford it, new stamps). She also offers to take a list from you, and  
include the countries you would like to pen pal in on your list. Do Not  
forget the 3 'new' forever stamps.

Recipe Sampler, The, Lists of recipes, 40 pages, cost: postage 3 first  
class stamps (new) Box 397, Buffalo Lake, MN 55314 Reviews a recipe  
magazine, 40 pages of recipes, culinary arts news, national health  
articles, organic food sources, inspirational messages, free pen pal ads,

PEN PALS  
FREE

cont.

humor, income opportunities, low-cost advertising, Send 3 First Class Stamps for sample.

Lifelines, International Pen Pals, Send International S.A.S.E for information, 63 Forest Rd., Garston, Watford, WD25 7QP, UK  
International Pen Pals, Airmail Stamp Postage, waiting list 3-4 months.

Surrogate Sisters, For information send S.A.S.E. to: Box 95043 Las Vegas, NV 89193 Offer many services, have new Pen Pal Web Site.

LGBTQ+

VETERANS

ACLU GLBT RIGHTS/AIDS Project,  
125 Broad St., 18th Floor, New York, NY 10004

National Personnel Records Ctr.,  
"Official Military Personnel Files"  
(OMPF) Standard Form: SF-180 for DD-214

Anti-Violence Project, 240 West 35th St., Suite 200, New York, NY 10001

9700 Page Ave., St. Louis, MO 63132-5100

Black & Pink, 614 Cloumbia Rd. Dorchester, MA 02125-9918  
Free monthly newspaper for LGBTQ prisoners

Veteran Inc., 69 Grove St., Worcester, MA 01605

VA Hospital, Belmont St., Brockton MA 02301

Power Inside, Box 4796, Baltimore, MD 21211 Provides services to women including trans women and men.

Ultra Violet Newsletter, 3543 18th Street #26, San Francisco, CA 94110  
info@lagai.org



... you ought to do something: self-laceration in a vacuum eventually gets rather boring. But it's your own personal Cul-De-Sac, you invented it, you'll have to think your own way out.

-Margaret Atwood



## FREE BOOKS PROGRAMS

## LGBTQI+

Prison Book Project  
c/o Lucy Parsons Book Project  
1306 Hancock Street, Suite 100  
Quincy, MA 02169  
-Free Books and Print Resources in all 50 States  
- 3 Book Shipment per person, per year.  
- Offers a Free National Prisoner Resource list and a free legal primer(We The People)

Prison Library Project  
915-C W. Foothill Blvd PMB 128  
Clairmont, CA 91711  
-Emphasizes Educational and Self-Improvement Literature

Prisoners Literature Project  
c/o Bound Together Books  
1369 Haight St.  
San Francisco, CA 94117  
- Free Books to Prisoners Across the U.S.  
- Request types of Books; not titles  
- Doesn't carry Christian or Legal Books  
- Please limit requests to once a year and please be patient

Great Falls Books Through Bars  
P.O. Box 391  
Greenfield, MA 01302  
- Distributes books that distribute to the education, entertainment, and support of incarcerated people.  
- Will read requests and find the closest match.

## INTERNATIONAL

Irish Council for Prisoners Overseas (ICPO) Columba Centre, Maynooth Co., Kildare, Ireland, W23 P6D3 Supporting Irish Prisoners Overseas and their Families. If you are an Irish(born) prisoner and you are not sure if ICPO is aware of you, please contact us.  
E-Mail: ICPO@iecon.ie

GLBTQ Legal Advocates & Defenders(GLAD), 18 Tremont Street, Suite 950, Boston, MA 02108  
-Advocacy to fight discrimination based on gender identity and expression. GLAD takes a very select legal representation on behalf of LGBTQ prisoners.

LGBT Books to Prisoners, 1202 Williamson St.,#1, c/o Social Justice Center Incubator, Madison, WI 53703 Write for more information.

Prisoner Correspondence Project, QPIRG Concordia c/o Concordia University 1455 de Maisonneuve Quest, Montreal, QC H3G 1M8  
The P.C.P. is a solidarity project for LGBTQ prisoners in both U.S. and Canada linking them with people a part of these same communities outside prison through a direct correspondence program. Letters to PCP in Canada costs \$1.15 in U.S. postage. Has pen pals who speak/write French.

Black and Pink, 2406 Fowler Ave., Suite 316, Omaha, NE 68111,  
- Dedicated to abolishing the criminal punishment system and liberating LGBTQIA2S+ people. Pairs people with pen pals and sends newsletters; new pen pal website at:  
blackandpinkpenpals.org  
Write for more information and for local chapter information.

**LG**inc.

SINCE 1974

ADVOCACY and SUPPORT

LEGAL SERVICES

Aid to Incarcerated Mothers, 434 Mass. Ave., #503, Boston, MA 02118

Committee fo Public Council Services, 44 Bromfield St., Boston, MA 02210

City Mission Society, 14 Beacon St., Suite 203, Boston, MA 02108

Prisoners' Legal Services(PLS), 50 Federal St., 4th Floor, Boston, MA 02110

Community Resources for justice, 355 Boylston Street, Boston, MA 02116

IMMIGRATION/ASYLUM

Harvard Defenders, Harvard Law School Cambridge, MA 02138

Boston College Immigration/Asylum Project, 885 Centre Street, Newton, Ma. 02159

Northeastern Prisoners' Rights Clinic 416 Huntington Ave., Boston, MA 02115

Political Asylum/Immigration Rep. Project, 254 Friend St., 5th Floor, Boston, MA 02114

SPAN, Inc., 105 Chauncy St., 6th Floor, Boston, MA 02111

Greater Boston Legal Services, 197 Friend St., Boston, MA 02114

Medical Services

Lemuel Shattuck Hospital, 170 Morton St., Jamaica Plain, MA 02130

National Lawyers Guild Lawyer Referral Service, 41 West St., Suite 700, Boston, MA 02111  
- Immigration Lawyer Referral

Health Law Advocates, 1 Federal St., Boston, MA 02110

MENTAL HEALTH

Disability Law Center, 11 Beacon St., Suite 925, Boston, MA 02108

Mental Health Legal Advisory Committee(MHLAC), 100 Hancock St., Suite 1002, Quincy, MA 02171

IMMIGRATION/OTHER

DeNovo Center for Justice and Healing, 47 Thorndike St., Suite SBL1 1, Cambridge, MA 02141

CPCS Mental Health Litigation Unit, 44 Bromfield St., 2nd Floor, Boston, Ma. 02108

- Serves: Greater Boston, Middlesex & Suffolk Counties; Family, Domestic Violence, Housing, Immigration, Disability Benefits, Formerly Community Legal Services and Counseling Center

Cambridge & Somerville Legal Services 60 Gore St., Suite 203, Cambridge, MA 02141

Suffolk University Clinical Programs, Suffolk University Law School, 120 Tremont Street, Boston, MA 02108-4977

"Great minds talk about ideas, Average minds talk about other people's ideas, and Small minds talk about other people."

\*\* Immigration Clinic, Ragini N. Shah, Director

- Eleanor Roosevelt

WRITING / ARTS PROGRAMS

NEWSLETTERS/MAGAZINES

Prison Journalism Project  
2093 Philadelphia Pike #1054  
Claymont, DE 19703  
S.A.S.E for information

The American Prison Writing Archive  
198 College Hill Road  
Hamilton College  
Clinton, NY 13323

American Prison Writing Archive  
John Hopkins University  
3400 N.Charles Treet  
Baltimore, MO 21218

Prison Writers Program  
PEN American Center  
588 Broadway, Suite 300  
New York, New York 10012

Prisons Foundation  
2512 Virginia Avenue NW, #58043  
Washington, DC 20037  
- Info on publishing inmate books  
- Newsletter  
- Catalog of Inmate Books

Safe Streets Arts Foundation  
2512 Virginia Avenue NW, #58043  
Washington, DC 20037  
- Accepts and sells/distributes Inmate Art online  
- Stages Annual Shows at Kennedy Ctr, Washington, DC annually  
(S.A.S.E. ensures quick reply)

Invoking Dostoyevsky, Nelson Mandela famously said that "No one truly knows a nation until one has been inside its jails. A nation should not be judged by how it treats its highest citizens, but how it treats its lowest ones."

Not everything that can be counted counts, and not everything that counts can be counted.  
- Albert Einstein

The Angolite, Louisiana State Penitentiary, 17544 Tunica Trace c/o Cashiers Office, Angola, LA 70712.

- The Angolite is published and edited by prisoners at the Louisiana State Pen in Angola, LA
- Write for Order Form with costs for subscription.

Grant Publications, P.O. Box 28812, Greenfield, WI 53228-0812  
- Magazine Subscription Services servicing inmates, send SASE for information.

News & Letters, P.O. Box 3345, Oakland, CA 94608

- Is a Marxist-Humanist Newspaper that stands for the abolition of Capitalism, published bi-monthly, features articles by prisoners. Free to inmates.

Prisoner Express, P.O. Box #6556, CIA/Durland Alternative Library Ithaca, NY 14851

- Published every six months and free to prisoners.
- PE sends books and other educational material as available
- ongoing programs in creative writing, chess, meditation, art and journaling.

Slingshot Magazine, P.O. Box 3051, Berkley, CA 94703 'radical' newspaper published in the East Bay since 1988-Free

San Quentin News, Main Street San Quentin, CA 94964 20 page monthly Newsletter. To receive a copy send \$1.61 in postage. The process should be repeated each month.

Ireland's Own, Channing House, Rowe St. Ireland [www.irelandsonline.ie/subscribe](http://www.irelandsonline.ie/subscribe) Shares rich heritage and captivating stories trivia, news, articles and trivia.

## Women's Resources and Organizations

## VETERANS

California Coalition for Women Prisoners, 4400 Market St., Oakland, CA 94608 Primarily works with individuals in CA but mails their Newsletter to people around the country

Women's Prison Book Project, 3751 17 Ave S, Minneapolis, MN 55407 Provides women and transgender persons in prison a wide variety of reading material, also has a free Resource Guide for women and trans persons and a newsletter that published prisoner articles.

The Prison Birth Project, P.O. Box 1253, Northampton, MA 01061

National Women's Law Center, 11 Dupont Circle NW, Suite 800, Washington, DC 20036

Center on Wrongful Convictions, Women's Project, Northwestern University School of Law, 375 East Chicago Avenue, Chicago, IL 60611-3069

American Civil Liberties Union Freedom Project  
125 Broad Street, 18th Floor  
New York, NY 10004

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"Women who seek to be equal with men lack ambition." An empowering statement of active feminism. Though it has been attributed to Marilyn Monroe, she did not say it, nor did any other woman; it was LSD advocate and 1960s thinker, Dr. Timothy Leary, who said it.

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SINCE 1974

Department of Veterans' Services, Executive Office of Health and Human Services, 600 Washington St., 7th Floor  
Boston, MA 02110

Department of Labor, Veterans' Employment & Training Services, JFK Bldg., Room E315, Boston, MA 02203

National Personnel Records Center, Military Personnel Records, 9700 Page Av., St. Louis, MO 63132-5100

The American Legion, 1608 K St. NW, Washington, DC 20006 Assists vets in obtaining benefits, including health care and compensation from the Department of Veterans Affairs and provides information on employment and homeless veterans.  
Legion.org

Family Alliance for Veterans of America. Contact: Rhonda Jordal, 100 N. Clark, Forest City, IA 50436 fava@westcare.com

FedCURE, Box 15667, Plantation, FL 33318-5667 WEB:FedCURE.org

National Coalition for the Homeless Vet, 101 Connecticut Ave. NW, Suite 804, Washington, DC 20036, NCHV.org (800)VET-HELP

Stars & Stripes, 529 14th St. NW, Suite 350, Washington, DC 20045-1301 Exists to provide independent news and information to the military community.

US Veterans Magazine, \$18(1 year subscription, 4 issues) 18 Technology Drive, Suite 170, Irvine, CA 92618

VA Health Care, med.va.gov (800)222-8387

Vietnam Vets of America(Incarcerated liaison) 8605 Cameron St., Suite 400 Silver Springs, MD 20910 VVA.org

OTHER

The Pack Entertainment, P.O. Box 4057, Windsor Locks, CT, 06096  
Offers many services including photos, send S.A.S.E.

60 Minutes(News Show) CBS, 524 West 57th St., New York, NY 10019

Abolitionist Newsletter, Prison Advocate Publication, Box 22780,  
Oakland, CA 94609 \$15. for 1 year subscription(3 issues).

AB Services(Inmate Services) Box 1424, Mount Vernon, IL 62864,  
Details: S.A.S.E. Offers Messaging, Social Media Management, Pen Pal,  
Photos, gifts and more.

Adopt an Inmate(Phone Services) Box 1543, Veneta, OR 97487 Assists with  
contacts. Details send S.A.S.E.

A lasting expression, Box 222704, Hollywood, FL 33022 They offer e-mail,  
internet research, social medial photo printing, gifts and more.

Access Catalog 10880 Lin Page Place, St. Louis, MO 63132 KEEFE

Acme Publications, Box 131300, St. Paul, MN 55113, Photos Send S.A.S.E.

All American Products and Services Group, 29250 Highway Hh, Sedalia, MO  
65301 Offer a wide variety of Services Send S.A.S.E.

Asian Classics Institute,(Correspondence course) 7055 Juniper Dr.,  
Colorado Springs, CO 80908 Offers free and inexpensive courses.

Best 500+ Nonprofit Organizations for Prisoners. Prisoner rate \$17.99  
plus \$9 S/H w/ tracking. Free to Prison Libraries upon Staff request  
Freebird Publishers, 221 Pearl St., Suite 541, N. Dighton, MA 02764  
freebirdpublishers.com  
diane@freebirdpublishers.com

Between the Bars(No Longer Accepting New Bloggers) Box 425103, Cambridge,  
MA 02142 Send S.A.S.E. for details.

Boagie Report, The(Business Opportunity Newsletter) Send S.A.S.E. To:  
Box 1335, Stanton, CA 90680. Details and Sample, send \$1.00 and S.A.S.E.

Center for Children of Incarcerated Parents, Send: S.A.S.E. to: Box 41-286  
Eagle Rock, CA 90041

Seminary, Courses on Pagan, Send S.A.S.E. to Box 212804, Columbia, SC  
29221

Directory of Programs(Programs for prisoner loved ones) Send S.A.S.E. to:  
NRCCFI at Rutgers-Camden 405-7 Cooper St., Room 103, Camden, NJ 08102

OTHER

Discount Magazine, send S.A.S.E. to: Box 60114, Fort Myers, FL 33906

Distance Education Accrediting Commission(DEAC) 1101 17th St. NW, Suite 808, Washington, DC 20036 Send: S.A.S.E. for Government directory list of accredited correspondence courses.

Divine Metaphysics Institute, Send S.A.S.E. to: Box 801, Price Ut, 84501

Freebird Publishers, freebirdpublishers.com, 221 Pearl Street, Suite 541, North Dighton, MA 02764 Offers many, many services, books, publications Send S.A.S.E. for more details.

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Immigration Services, Services for illegal aliens. 105 East Grant Rd., Tuscon, AZ 85705

Ink from the Pen, Inmate Art Magazine, Send S.A.S.E. for details to: 1440 Beaumont Ave., Suite A2-226, Beaumont, CA 92223

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Justice Now, Seeks women's true stories, Free, send S.A.S.E. to 1322 Webster St., #210, Oakland, CA 94612. Justice Now is the first teaching law clinic in the country solely focused on the needs of women prisoners. jnow.org

Kabbalah Research Institute, Free Correspondence Course, Send S.A.S.E. to: 2009 85th St., Suite 51, Brooklyn, NY 11214

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Oatmeal Art/writing, Buys inmate art, and writing, send S.A.S.E. To: Box 191, Rochester, VT 05767

Office of Correctional Education, Free, write to: U.S. Department of Education, 400 Maryland Av. NW, Washington, DC 20202

Pen America Center, Writes the Journal Pen America, Sponsors many writing contests, and sends writing educational information. Send: S.A.S.E. To: 588 Broadway, New York, NY 10012

Penn Foster, Education-By-Mail, Free Catalog, 14300 N. Northwest Blvd., Suite 111, Scottsdale, AZ 85260. Offers 22, AA Degree Programs and 600 diploma programs. pennfoster.edu

Pennsylvania Prison Society, Publishes Greater Friends and Prison Journal, \$3.00 per year, 230 S. Broad Street, Suite 605, Philadelphia, PA 19102

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U.S. Department of Justice, Civil Rights, 10th Street, Pennsylvania, A.V.NW, Washington, DC 20503

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Veterans Advocate, Vets Law and Advocacy Issues, Published by Vet Legal Services, Box 65762, Washington, DC 20035 Send S.A.S.E. for information. NVLSP.org

Walkenhorst's, Send S.A.S.E. for catalog, 445 Ingenuity Ave., Sparks, NV 89441

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- |                      |                   |                     |
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| 2. Starbucks         | 12. Gap           | 22. Home Depot      |
| 3. Microsoft         | 13. CVS Health    | 23. Dunkin' Donuts  |
| 4. Coca-Cola         | 14. Unilever      | 24. Pepsi Co.       |
| 5. General Mills     | 15. Ben & Jerry's | 25. In-N-Out Burger |
| 6. Amazon            | 16. Prudential    |                     |
| 7. Walmart           | 17. Ikea          |                     |
| 8. Google            | 18. Uber          |                     |
| 9. American Airlines | 19. Tyson Foods   |                     |
| 10. Pizza Hut        | 20. FedEx         |                     |

\* Source: FREEBIRDPUBLISHERS.com 221 Pearl Street, Suite 541, North Dighton, MA 02764. Freebird offers publications, Resource Guide and Books- send S.A.S.E. for more info.



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"A Guide to the Massachusetts Public Records Law" A free guide available from the Secretary of State. Write to One Ashburton Place, Room 1719, Boston, MA 02108 Also available is "Lawmaking in Massachusetts".

Gallaudet University, 800 Florida Ave. NE, Washington, DC 20002  
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Learning Center for the Deaf, 848 Central St., Framingham, MA 01701  
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Georgetown University Law Library, 111 G St. NW., Washington, DC 20001  
Provides copies of primary U.S. law materials. Write for information

Harvard Prison Legal Assistance Program(PLAP), Harvard Law School, 6 Everett St., Suite 5107, Cambridge, MA 02138 Provides legal research for inmates across the country. Write for more information

Alcoholics Anonymous Correspondence Services, General Services Office, Send S.A.S.E. for more information

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Narcotics Anonymous, Box 9999, Van Nuys, CA 91409 [www.na.org](http://www.na.org)

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National Clearinghouse for the Defense of Battered Women, 540 Fairview Ave., N., Suite 208, St. Paul, MN 55014 Assists defense teams on cases involved domestic violence survivors charged with crimes related to their abuse.

News Inside, Free Quarterly. Write to News Inside, The Marshall Project, 156 West 56th St., Suite 701, New York, NY 10019

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Fitchburg Sentinel, 808 Main St., Fitchburg, MA 01420

Rolling Stone, 1290 6th Ave., 2nd Floor, New York, NY 10104

Boston Globe, 1 Exchange Place, Suite 201, Boston, MA 02109-2132

The Wall Street Journal, 1211 Avenue of the Americas, New York, NY 10036

RI PBS, WSBE, 50 Park Lane, Providence, RI 02907-3145

WGBH, P.B.S. One Guest Street, Boston, MA 02135

PBS News Hour, 3939 Campbell Ave., Arlington, VA 22200

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