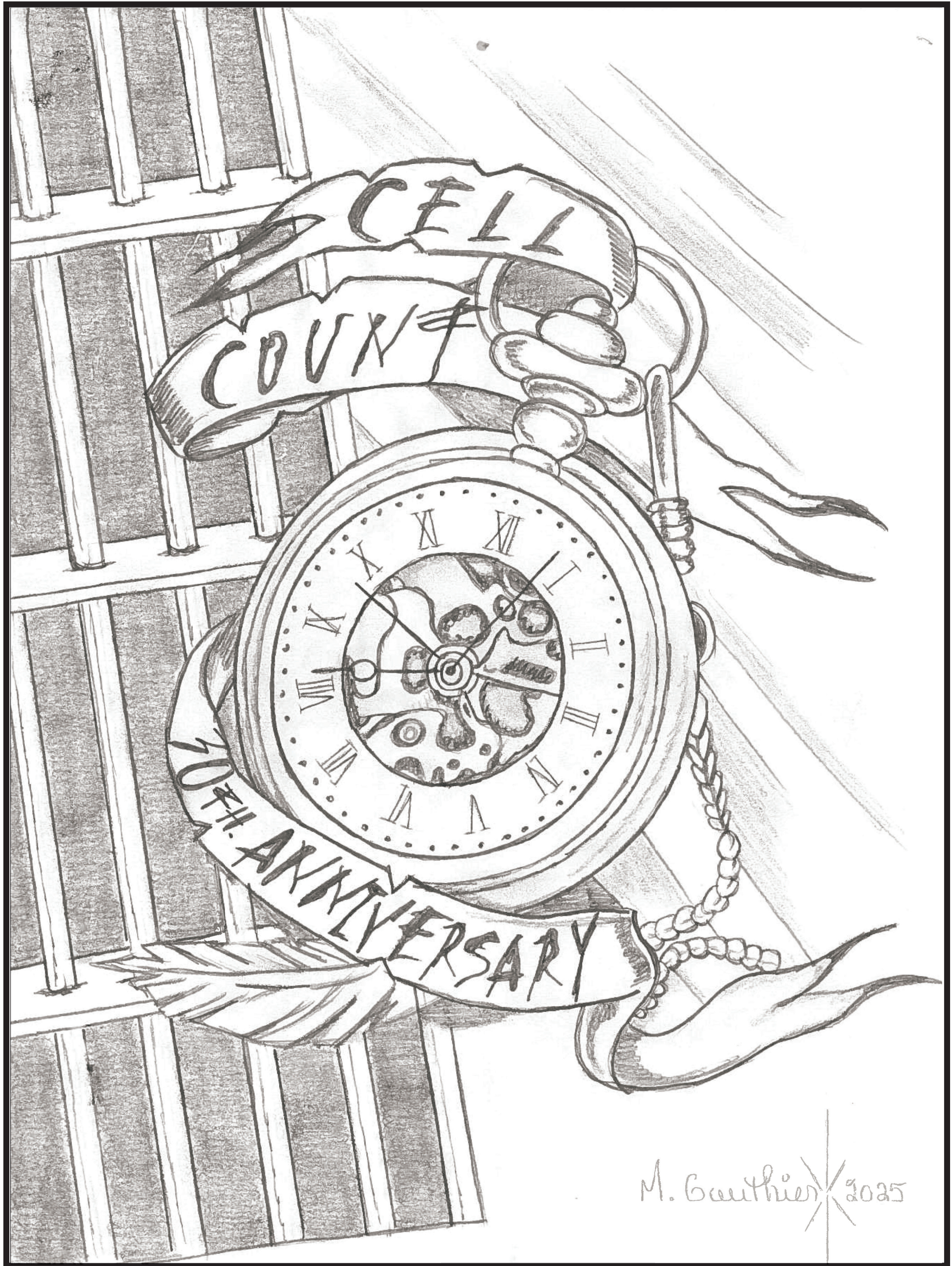


CELL COUNT

YOUR PRISON HEALTH RESOURCE SINCE 1995 FREE - FOR PRISONERS, EX-PRISONERS & THEIR FAMILIES DECADES OF DISSENT - AUGUST 2025 - #109



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Published and
Sent by PASAN

Letter from the Editor

2025: 30 YEARS OF CELL COUNT AND 50 YEARS OF PRISONERS JUSTICE DAY

Dear Cell Count Readers,

I want to ask you a question. What happens when policies do not fit with reality, and lead to people dying? Do you, the people, question those policies? Do you resist? Do you dissent? Do you try to bring attention to these policies so more voices can call for an end to them? Do you remember all those who died because of these policies? Do you create media so that people can share stories and information on how to survive these policies? These questions were answered by some who were unwilling to sit idly by and watch people needlessly die. People who created Cell Count 30 years ago. People who started Prisoners Justice Day 50 years ago. People who have observed and contributed over all these years to keep these tools of resistance going today.

As Cell Count editor for almost a decade, I have witnessed people courageously speak up, not just for themselves, but for others as well. There is something very special about people who fight for things to be better, fairer and more just. Knowing there's a chance it means things might get worse for you while you fight. It requires a kind of bravery that has the power to break through even the most stubborn of barriers. I have met and spoken with many contributors and readers over the years, on my visits to federal pens around Ontario, on the phone and via written correspondence. Do you know the one thing I have seen that everyone I've interacted with has in common? You all want a better system. Better policies. I have seen you fight and win. Bit by bit. Day by day. Together. In solidarity.

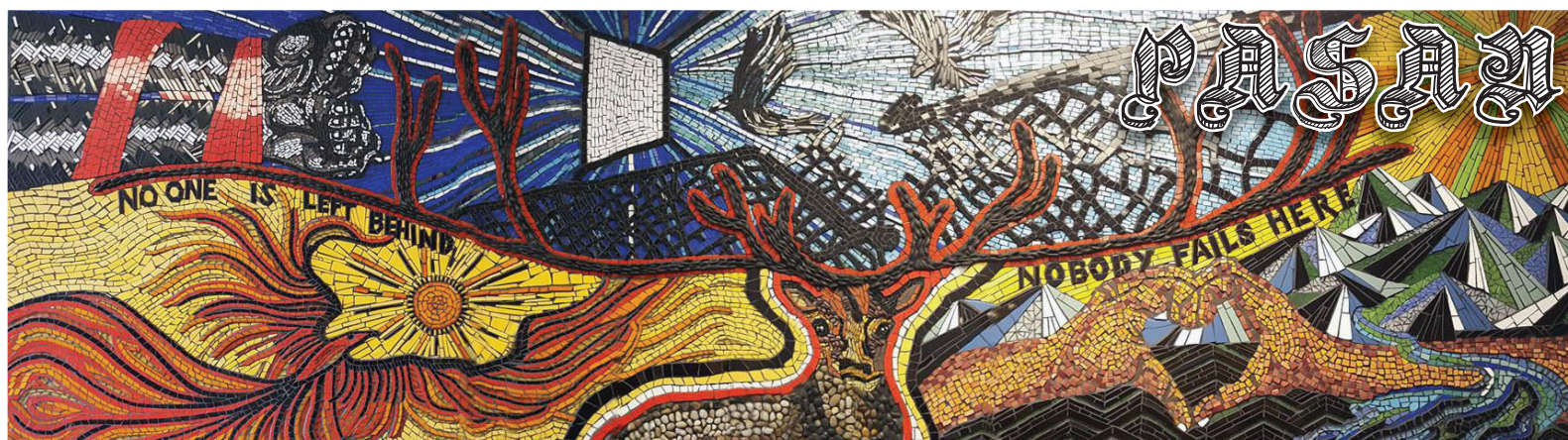
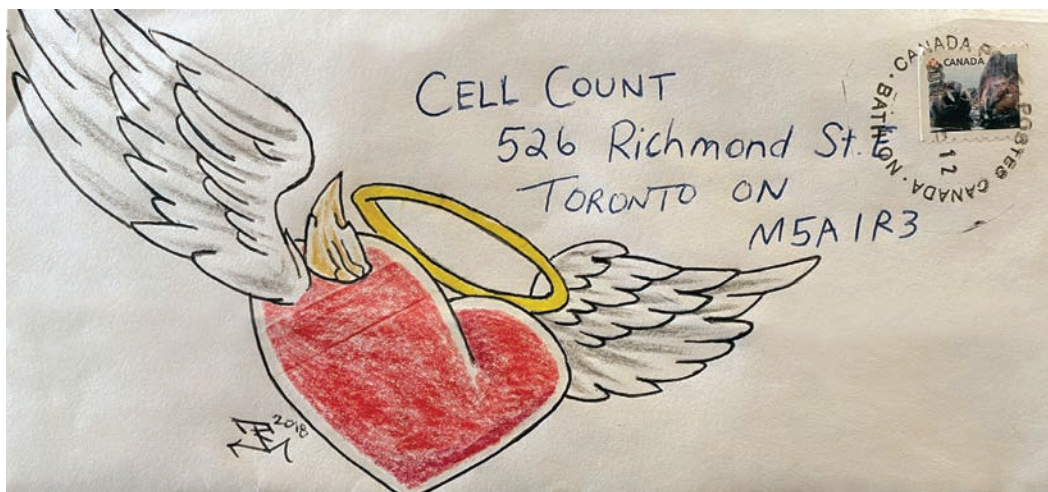
There may be differences that you have with one another, based on race, ethnicity, nationality, sex, class, orientation, gender, affiliations, age, etc, but I can tell you one thing. Having talked to people from so many walks of life, you also have some fundamental things in common. You want freedom, change, and justice. You see the unfairness in the expectation to rehabilitate without the resources required to do so. You ask valid questions, like why you aren't receiving adequate mental health and trauma support, or access to equal healthcare as those on the outside, why your complaints about corruption and human rights abuses seem to go nowhere, why you're not given access to things you have the right to (like spiritual traditions or religious and ethnic accommodations). Or access to harm reduction that reduces the spread of diseases and infections. Or supplies that reduce the chances of overdose.

You have the right to life and health in there. We will continue to support you as you speak up against policies that kill. Thank you all for making Cell Count what it is today.

In solidarity,

Sena Hussain, Cell Count Editor

PS - thank you Jeremy for the wraparound cover idea



ABOUT PASAN

PASAN is a community-based harm reduction/HIV/HCV organization that provides support, education and advocacy to prisoners and ex-prisoners. PASAN formed in 1991 as a grassroots response to the HIV crisis in the Canadian prison system. We strive to provide community development, education and support to prisoners and ex-prisoners in Ontario on HIV, Hepatitis C (HCV), overdose prevention and other harm reduction issues. Today, PASAN is the only community-based organization in Canada exclusively providing HIV and HCV prevention, education and support services to prisoners, ex-prisoners and their families.

SUPPORT SERVICES

- Individual support, informal counselling, case management, pre-release planning, and referrals for those in custody living with HIV and/or HCV
- We assist our clients in accessing

adequate medical care and support while incarcerated

- You can reach us via our toll free number at 1-866-224-9978. If you can't get through to us from our toll-free number, we also accept collect calls from prisoners across Canada at 416-920-9567, but we prefer people use our toll-free number
- Provide ongoing support, community development, resources and training for community groups across Ontario.

OUTREACH AND EDUCATION

- Conducts HIV/HCV and harm reduction workshops inside many of the provincial and federal adult institutions in Ontario
- Produces a newsletter, Cell Count, which contains articles, poetry and art produced by current and ex-prisoners
- Facilitates Prison 101, HIV/HCV prevention and harm reduction/overdose prevention trainings for agencies working with prison populations
- Assist agencies to start prison

in-reach and support and act as a referral "hub" for HIV/HCV positive prisoners who are transferred from one region to another, to ensure continuity of support

- Peer harm reduction outreach workers who go out into the surrounding community to hand out supplies, water, resources and overdose prevention kits. They also assist in the event of finding people who may be experiencing an overdose.

CONTACT INFO

Write or visit us:
526 Richmond St E
Toronto, ON M5A 1R3
Call us toll-free:
1-866-224-9978



THE PASAN TEAM

Leadership Team

Janet Rowe Executive Director **x225**
Anton McCloskey In-Reach and Cell Count Supervisor **x236 (currently away)**
Jennifer Porter Harm Reduction & Community Programs Supervisor **x235**
Prisoner In-Reach & Support Staff
Chance Cordon Ontario Provincial HepC Program **x230**
Cherisa Shivcharran Ontario Provincial In-Reach **x233**
TBD Toronto South & East Detention Centres In-Reach
Omar Ramcharran Federal In-Reach **xTBA**
RJ Chevalier Federal In-Reach **x222**
Sena Hussain Cell Count Editor **x234**
Clients in Community Support Team
Amina Mohamed **x231**, **Eveline Allen** **x238** and **Trevor Gray** **x232**
Community Harm Reduction Team
Eleanor Couture Program Coordinator **x223**
Claudia Vergara Community Care **x243**
POWER Project (Women in Community)
Susan Shumba **x239**

Cell Count Team

Cover Art: M. Gauthier

Art pages 6 - 9: Joey

Toutsaint

Illustrations: Cell Count
Flowers across top of pages 2 - 15: Chris Robinson

Cell Count skateboarder
page 10: Curtis Muswagon

Writers: Keith Madeley,
Kyle King, Bear, Someone
Who Cares, Zak Amara,
Tanya Bogdanovich

Poets: J. Field, Kayla Rose,
S.E., Philly Eh!

Lead Editor: Sena Hussain

Supervisors: Janet Rowe
and Anton McCloskey

Peer Liaisons: Mickey L,
Perez C, Dustin S, Lee C, &
Keith M.

Copy Editors: Eveline Allen
& Rachel Katmarian

Transcribers: Peyton Biddle
& Rachel Katmarian

In-office Peer Coordinator:
Trevor Gray

Thank you to all those of you
who helped mail out over a thou-
sand copies of this issue (happy
birthday George F.)!

3 health & harm reduction

NEEDLES SAVE LIVES, IF YOU CAN GET THEM

By PASAN's In-Reach Team

If you inject drugs in prison, you already know the risks. Hepatitis C. HIV. Abscesses. Overdose.

All of it made worse by having to share or reuse dirty needles. That's where Prison Needle Exchange Programs (PNEPs) come in.

What Is a PNEP?

A PNEP gives prisoners access to clean syringes, usually through health care. You can drop off a used one and get a sterile replacement, and the idea is that this should be safe and without punishment. It's supposed to help prevent the spread of infections from shared or makeshift rigs.

Where is PNEP currently?

The PNEP is in: Grand Valley Institution, Atlantic Institution, Fraser Valley Institution, Edmonton Institution for Women, Nova Institution, Joliette Institution, Joyceville Institution (minimum security), Mission Institution (medium security), Bowden Institution, Mountain Institution, and Dorchester Penitentiary (medium and minimum security).

The Proof Is In

Researchers ran the numbers. Here's what they found:

- PNEPs save lives by reducing the spread of hepatitis C and HIV inside prison walls.

- They also save money: for every dollar spent on the program, the system avoids several dollars in future health care costs.

- Fewer infections mean fewer hospitalizations, surgeries, and lifelong treatments. That's less pain for you, and less strain on the system.

The data's clear: PNEPs work. They protect people who are already dealing with a lot and they do it quietly and effectively.

But There's a Catch

Even where PNEPs are offered, people face real barriers to using them:

- Surveillance and Targeting: Some people report being watched more closely after signing up. Guards might see you as

a "problem inmate" or a security risk.

- Fear of Reprisal: You're told it's confidential, but in reality, some folks get harassed or transferred after enrolling.

- Stigma: You're already dealing with judgment. This adds another layer: both from staff and sometimes other prisoners.

- Union Opposition: The correctional officers' union is publicly against PNEPs. That creates pressure on staff and fosters a culture of resistance, even if the program is officially allowed.

So while the policy says it's about health and safety, the experience on the ground can be very different.

There is some good news though. There are people on the outside: community health workers, legal advocates, and harm reduction organizations (like PASAN) who are pushing to fix this. We're fighting for better access, better protection, and stronger policies so the program works the way it's supposed to.

Why It Still Matters

Despite all that (and maybe because of it) PNEPs are crucial. They give you a shot at protecting your health when almost everything else is stacked against you.

- A clean needle can be the difference between living and dying.

- Hep C and HIV don't wait for policy to change.

- You shouldn't have to risk your life just to survive using inside.

Know Your Rights

If PNEP is available in your institution:

- You have the right to apply.
- You have the right to medical privacy.

- You have the right to not get sick because you were denied clean tools.

The Research Behind This

This article is based on a 2024 report published in the Canadian Medical Association Journal, titled Cost-benefit analysis of Canada's Prison Needle Exchange Program for the prevention of hepatitis C and injection-related infections. The researchers crunched the numbers, and here's the thing: PNEPs save lives

and money.

Final Word

PNEPs aren't perfect. But they save lives, period. For those of you who use drugs inside, you deserve safety and dignity, not punishment and preventable health conditions on top of everything else you're dealing with. Until the system catches up, protecting yourself is important. You are worth it.

And for the correctional officers reading this: yes, we know you read Cell Count too, PNEPs protect you as well. Fewer infections inside means less risk of accidental exposure on the job. That makes sense, right? The more people at the prison you work at with Hep C or HIV, the more chances of you getting exposed as well. We all remember covid, that was a lot! With PNEP you know what to expect. Without these programs, you know how it works: people will make their own rigs. There's a higher chance of you getting accidentally pricked with a needle that's been potentially shared among several people. This can happen while doing things that are a part of your job, like cell searches. You have to ask yourself, is it really keeping you safe to stand in the way of these programs? Health and safety go both ways.

FROM DOWN TO UP: THE SHIFT TO METH INSIDE AND WHAT YOU NEED TO KNOW

By PASAN's In-Reach Team

Across the system, people are talking. More and more folks inside are stepping away from opioids, not because the cravings are gone, but because overdoses have hit the prison population very hard - both federal & provincial institutions. In response, some are turning to crystal meth.

It's seen as the "safer" option, but let's be clear: meth carries its own risks. Just because it's not a downer doesn't mean it's risk-free. If you're using meth, or thinking about it, here's what you need to know.

Why People Are Switching

Fentanyl changed the game. Overdoses have hit hard in federal prisons. It's not always about using more, sometimes it's

just about one bad batch. People have died.

Inside, you can't call 911 yourself. But Health Care and Security staff are able to call in medical help when needed. If someone's overdosing, your best move is to alert a CO right away. It could save their life.

This is part of why some people are switching to meth. It keeps you alert, awake, and it doesn't come with the same overdose profile as fentanyl or heroin. But that doesn't mean it's safe.

What Meth Does

Meth is a stimulant. It fires up your brain and body. At first, it can make you feel powerful, focused, energetic. But it can also lead to:

- Intense anxiety or paranoia
- Sleeplessness for days
- Aggression or confusion
- Crashes that leave you physically and mentally drained

In prison, where stress and tension are already high, meth can turn small problems into serious situations.

What Makes It Risky Inside

Using meth in a locked environment brings unique risks:

- No downtime: Meth can keep you up for days. That leads to psychosis, paranoia, and conflict.

- No privacy: You can't come down in peace. Your reaction is on display, and that can mean charges, lockdown, or worse.

- Limited medical access: If something goes wrong, you're relying on Health Care and Security to act fast. You don't have a direct line out.

Using Safer

If you're going to use, there are ways to reduce the risk. These tips come from harm reduction workers and people who've been through it:

- Start low, go slow. If it's new to you or from a new source, test a small amount.

- Avoid mixing with other drugs, especially downers like opioids

or benzos. That's how overdoses happen

- Use clean gear. Reusing or sharing rigs is still how Hep C and HIV spread. If PNEP is available, use it.

- Rest and eat when you can. Your body needs recovery time, even if your mind doesn't.

- Watch each other's backs. If someone's not okay: overheating, panicking, crashing hard, get help. Staff can call 911.

Looking After Each Other

Inside, community is everything. You have to look out for each other. That means checking in on your range mates, watching for signs of overdose or distress, and not leaving someone alone if they're crashing or spiraling.

You don't need to handle it all yourself. If someone's in danger, get a CO's attention. It's their job to get medical help, and they can call 911 if needed.

Final Word

The fear about opioid-related overdoses is totally understandable, and shifting to crystal is a choice some have made to try staying alive. But swapping one for another doesn't erase the risks. The safest use is no use, but if you're going to use, know your limits, stay sharp, and don't use alone.



ISSUE #109: DECADES OF DISSENT

4 news on the block

WHY ARE SO MANY FEDERAL INMATES DYING SHORTLY BEFORE THEIR RELEASE DATE?

By Lauren Battagello, CBC News, July 21, 2025

WARNING: This story contains details of abuse.

Kendal Lee Campeau spent most of his life in and out of prison. The last time he went in, he never came out.

He was serving a seven-year sentence for assault, escaping lawful custody and possession of illicit substances, among other charges. In 2021, less than two years from his statutory release date, the 31-year-old died of a methadone overdose.

Campeau died at Pacific Institution's Regional Treatment Centre (RTC) in B.C., a specialized prison for inmates with mental health issues. Prior to this, he had been transferred from Saskatchewan Penitentiary's RTC to Kent Institution in Agassiz, B.C.

"Kendal was a very wild child, he got into a lot of trouble with the law," Campeau's sister, Ashley Fontaine, recently told CBC News, while sitting on her plant-filled deck in Garson, Man.

"All he ever said about his experience in jail is that you never want to go there."

Campeau had a little more than a year and a half left on his determinate sentence before he would be eligible for release. It's part of a larger trend of inmates dying with little time left to serve.

A "determinate sentence" means an offender has a fixed date of release, at which point, barring extenuating circumstances, they will be released on parole for the final third of their time.

An indeterminate — or indefinite — sentence is awarded when the court finds the offender to be a "dangerous offender." This means the inmate will still be eligible for full parole after seven years, but if it isn't granted, their time in prison will continue indefinitely.

A package released to CBC in April by the Correctional Service of Canada through a freedom of information request showed the leading cause of death for inmates serving determinate sentences between January 2019 and February 2025 was suicide. Overdoses came a close second.

The data said 45 per cent of inmates who died by suicide on their timed sentence had already served more than three-quarters of it; 39 per cent had served more than half.

Anxiety over release

Of the total number of non-natural deaths — which includes not only suicides and overdoses but homicides and accidents — 72 per cent were inmates serving determinate sentences.

Suicide made up 47 per cent of non-natural deaths for those serving indeterminate sentences.

In other words, inmates with a fixed release date were dying more frequently than those who

were inside indefinitely — and close to when they were due to get out.

Four days after CBC received the package of data from the Correctional Service of Canada, CSC sent CBC an email saying it had been sent in error and asked, "If you could please kindly delete the version you received on April 4, it would be most appreciated." Attached to that email was a second version of the package.

While the original contained no redactions, the new one was almost entirely redacted. CBC has decided to share the original findings anyway.

Toronto defence lawyer Alison Craig says release dates can act as a catalyst for already extenuating circumstances.

"Your release date comes, the door opens, they say, 'Goodbye, good luck,' and you're out there to fend for yourself with no help, no support, no nothing," she told CBC News.

The original CSC data showed that 60 per cent of inmates who committed suicide during their timed sentences had been released and subsequently re-incarcerated in less than three months.

"Many of the people that are sort of on a course of just cycling in and out of custody are people who don't have homes, they're unhoused. They don't have families. They struggle with addiction or mental health issues," Craig said.

"They want to be productive members of society. Nobody wants to spend their life going in and out of jail. But they also need help ... and they don't ever have it."

'You're just breaking down'

Former inmate Richard Miller says the mental anguish of being incarcerated is often where the pot boils over.

"Emotionally, it's very ... disturbing. Your rights and your dignity is kind of stripped from you. A lot of times, people's mental health, you know, plays a big part in it," he said. "You're just breaking down that you're not worth anything."

Miller was incarcerated on and off at multiple federal facilities in Ontario for aggravated assault and subsequent parole violations between 2012 and 2017. He thinks he was moved around because he was speaking out about treatment from officers.

He said a lot of time people bottle up the things they're experiencing because they feel there won't be repercussions for those who have wronged them on the inside. This creates a mindset of demoralization.

"A lot of times guys are in there for a long time. They just give up. 'What am I going out to? I don't have any family.' [They] might have been here 26 years. You know, their family and their loved ones are all gone," Miller said.

In some instances, the anguish comes from feeling a lack of safety, which was the case with Kendal Lee Campeau.

According to his sister, Campeau had long struggled

with mental health and managing his well-being, which was only exacerbated by his experience in prison.

Fontaine remembers when Campeau first told her he was being abused in prison. She was on her way to Banff, Alta., for work in September 2019.

"I took a call on my headphones while I was driving, and I was trying not to cry because of the things he was sharing with me over the phone," she said.

When she later had a moment to process it, she was overwhelmed.

"I just curled up into the fetal position. Those kinds of things that you just don't hear. I knew his mental health was deteriorating."

According to Campeau, two correctional officers came to his cell asking him to mop his room. He initially refused, at which point he said the officers urinated in the bucket and proceeded to kick it over. From there, a physical altercation ensued, which Campeau had initiated in retaliation.

Campeau told his sister the officers then rushed him, restrained him and raped him using the mop handle. He tried to take his own life shortly thereafter.

In a statement to CBC, Correctional Service Canada said "CSC manages a complex and diverse inmate population which has a direct impact on the safety and security of institutions.... Our staff are trained to handle tough situations safely and professionally, with the goal of avoiding harm to anyone."

'I do not trust a person in a uniform'

Documents obtained by CBC News show Campeau had at one point gone so far as to file his own freedom of information request trying to obtain proof to corroborate an assault he claimed to have experienced.

He also filed multiple grievances, writing things like "I am scared and living in fear for my own personal safety, I have self harmed as a result," and "I wet the bed and pace more than usual. I do not trust a person in a uniform" and "I have attempted to discuss my concerns with the [security intelligence officer] department and several correctional managers."

When Campeau died on Nov. 14, 2021, of an overdose, it was his second one of the day.

In their statement, CSC said, "Inmates are screened for suicide risk when they arrive and throughout their time in custody. Staff who work closely with inmates are trained to respond quickly to self-harming behaviour or to signs of suicide ideation."

After a death in custody, an investigation is mandatory. The investigation report on Campeau's death cites 25 compliance issues. Among them is the fact that upon his arrival at Kent Institution, a proper risk assessment for suicide and security was not completed, despite the fact that Campeau had a history of suicidal ideation and "self-injurious

behaviour."

Evidence in his cell upon his death was also "not preserved and therefore not tested." The report said the two correctional officers conducting the search "discovered a burned piece of tinfoil with what appeared to be remnants of illicit substances on it. Unfortunately, the suspected contraband was inadvertently disposed of in the toilet."

Fontaine isn't sure her brother's overdose was an accident.

"I go back and forth with it.... I believe something happened to him, but I don't know if it happened at the hands of the guards or inmates or both."

She says her brother told her at one point that the officers gave him a razor blade and told him to kill himself. Records indicate he was found in the shower with large cuts on his arms and leg around this time.

"Kendal spent a lot of time locked up. He mentioned to me during phone calls that he just wanted all of it to end."

Lack of support

Craig said that one problem is that there aren't enough effective programs to help inmates transition to parole release.

"They focus on ... your risk factors and how to avoid stressors and that sort of thing to avoid coming back," she said. "But they don't help you plan the practicality of release: where you're going to live, who you're going to live with, how you're going to earn a living, those sorts of things."

Today, Fontaine wishes she could have just one more phone call with her brother.

"Sometimes I just wish he could call me," she said. "The only thing I have left is his voicemail.... When I'm struggling sometimes I'll listen to that voicemail, and it's not always positive, but there's some humour in there that makes me laugh."

"It makes me sad that I don't get to continue making memories with him, that my boys don't get to have that relationship with their uncle."

68 INMATES DIED IN CANADIAN PRISONS DURING 2024

This is the second highest number of deaths since at least 2020.

By Kim Siever, The Alberta Worker, January 30, 2025

Last year, I was combed through media releases from the Government of Canada to collect data on inmate deaths announced by Correctional Services Canada in 2023.

I was curious to see how many deaths occurred in Canadian prisons during 2024, so I browsed through them all again, and here's what I found.

In total, 68 inmates died in custody in 2024.

Of those, 22 died of what CSC called "apparent natural causes", one of which was specifically from an illness. There was also 1 inmate who died after being assaulted.

The majority of the deaths, however, didn't have a cause listed. A total of 45 inmates fell under this category.

At the bottom of virtually every

media release was the following statement:

As in all cases involving the death of an inmate, Correctional Service Canada (CSC) will review the circumstances. CSC policy requires that the police and the coroner be notified.

Ontario had the highest number of inmate deaths, at a total of 27, followed by Québec at 14, British Columbia at 12, and Alberta at 6. New Brunswick had the lowest number of inmate deaths of all provinces that had inmates die in custody, with just 1 death.

The deaths occurred at 24 institutions, 7 of which saw only 1 death. Millhaven Institution in Bath, Ontario, saw the highest number of deaths: 9.

Archambault Institution in Sainte-Anne-des-Plaines, Quebec, had the second highest number of deaths, at 8, with the following institutions all having the third highest number of deaths, 6:

Collins Bay Institution (Kings-ton, ON)

Bath Institution (Bath, ON)

May and June saw the highest number of deaths in a single month, with each of them seeing 9 deaths. The lowest deaths seen in a single month was 3, which occurred in November.

Nearly all of the inmates who died were in custody because of pretty serious crimes, including murder, assault, arson, robbery, sexual assault, and kidnapping. Only 3 were in prison on drug charges.

Oddly, however, starting in October, Corrections Services Canada stopped including the actually charges people were incarcerated for, so there are a dozen inmates we don't have charges listed for.

The inmate who had been imprisoned the longest before dying was Wilson Stairs, who had been convicted of multiple charges, including robbery, possession of unauthorized firearm, forcible confinement, assault causing bodily harm, and impersonating a cop. He had been sentenced to life in prison in July 1968 and was imprisoned at the Bath Institution when he died of unspecified causes.

The shortest serving inmate was Tyrone Hunter, who died of unspecified causes only 29 days after beginning his sentence of 4 years, 5 months, and 28 days. He was in the Drumheller Institution in Alberta for robbery and other firearm offences, beginning his sentence on 16 February of last year. He left behind his two sons, his parents, and several siblings.

There were 63 deaths of inmates reported by CSC in 2021, 3 of which were specifically classified as COVID-19 deaths. In 2022, there were 54 reported deaths, followed by 69 in 2023.

INMATES WORKING IN PRISONS WANT TO BE TREATED LIKE PUBLIC SERVANTS

The inmates who work inside federal prison cafeterias, kitchens and laundry rooms want the right to unionize like other public servants.



5 news on the block

By Andrew Duffy, Ottawa Citizen, Jan 21, 2025

The inmates who work inside federal prisons want the right to unionize like other public servants.

The Canadian Prisoners' Labour ConFederation (CPLC) and its president, Jeff Ewert, say the federal correctional service has unfairly denied inmates the right to unionize and bargain collectively.

Ewert wants inmates who work inside prison cafeterias, kitchens and laundry rooms treated like other public servants employed by the federal government.

Denying them the right to unionize, he contends, offends their constitutional right to freedom of association.

Ewert has asked the federal labour relations board to find that the exclusion of inmates from labour law — specifically the Federal Public Sector Labour Relations Act — violates the Charter.

The act governs labour relations between the federal government and its employees.

The Federal Public Sector Labour Relations and Employment Board recently ruled it would hear the constitutional challenge brought by the prisoners.

Board adjudicator Christopher Rootham found that inmates were not federal "employees" as defined by the Federal Public Sector Labour Relations Act, but he rejected the government's contention that the finding barred the board from hearing the inmates' constitutional challenge.

"In summary," Rootham concluded, "inmates are not 'employees' as that term is defined in the Act. However, the board has the jurisdiction to rule on whether that definition is unconstitutionally under-inclusive for the purposes of this complaint."

The decision means the board will hear arguments as to whether the exclusion of inmates from federal labour law violates their constitutional rights under the Charter.

Canada's federal penitentiaries hold about 12,600 inmates. Many of them are employed in prison as cooks, cleaners and clerks, while others work in prison industry programs that produce furniture, clothes and other products.

Federal prison industries are operated by CORCAN, a special agency within the Correctional Service of Canada.

In June 2021, the Senate's Standing Committee on Human Rights published a report on the human rights of federally-sentenced inmates. It said inmates earned a maximum of \$6.90 per day, but had 30 per cent of their incomes deducted to pay for room and board.

The Senate committee recommended the correctional service boost the salaries of inmate workers and reduce the cost of their room, board and telephone service.

The recent labour relations board ruling represents an important procedural victory for

advocates of prisoners' labour rights. The constitutional case will now move to a full hearing, and, if successful, it could fundamentally change labour relations in Canadian penitentiaries.

Previous court decisions have said that to be considered a federal government employee, an individual must be formally appointed to the public service. Since inmates are not appointed under terms of the Federal Public Sector Labour Relations Act, courts have said they fall outside the law's reach.

The inmates' constitutional challenge seeks to upend that interpretation. They argue that inmates' exclusion from federal labour law is similar to the treatment once experienced by Ontario's agricultural workers, who were not allowed to unionize.

In 2001, the Supreme Court of Canada ruled the province could not exclude agricultural workers from its labour laws.

Brock University labour studies professor Jordan House said that while a union for prisoners may seem far-fetched, it is not unknown. In 1977, he said, prisoners working in a meat packing plant at the Guelph Correctional Centre successfully unionized and earned the rights, health and safety protections afforded other workers.

The union remained in place for two decades until the privately-run abattoir was moved from prison grounds.

House said about two-thirds of federal inmates work inside prison as part of their correctional plans. He believes they deserve the right to unionize.

"I come from the perspective that every worker who wants a union should have that opportunity," he said. "If you look at the kind of work federal prisoners are doing, it's entirely reasonable that they would want to pursue unionization."

OMBUDSMAN SOUNDS ALARM ABOUT 'GROWING STATE OF CRISIS' IN ONTARIO JAILS

Number of cases about correctional facilities rose 55% from previous fiscal year, annual report says

Muriel Draaisma, CBC News, Jun 25, 2025

Ontario's ombudsman is raising alarm about a "growing state of crisis" in provincial jails, saying in his annual report released on Wednesday that urgent reform is needed.

Paul Dubé said his office responded to 6,870 cases about correctional facilities in the fiscal year 2024-2025, an increase of 55 per cent from the previous fiscal year. Cases involve both complaints and inquiries.

"While much of our work addresses concerns around service delivery, many of the issues that we encounter go far beyond mere inefficiencies. They raise profound questions about fundamental human rights," Dubé told reporters at Queen's Park.

"Nowhere is this more evident than in Ontario's correctional system, which is frankly in a growing state of crisis."

Dubé said many of the complaints stemmed from "severe, entrenched" problems. These include:

Overcrowding, including three inmates in cells made for two.

-Frequent lockdowns.

-Inadequate health care.

-Indigenous inmates with no access to a native inmate liaison officer.

Inmates with mental health issues being placed in segregation, something that is "not supposed to happen."

Dubé said his staff visited 12 correctional facilities across Ontario in the past year, including Maplehurst Correctional Complex in Milton, Ont., and is in regular contact with senior managers of the facilities and Ontario's Ministry of the Solicitor General to draw attention to problems.

He also said he has launched an investigation into the province's response to a two-day incident at Maplehurst in December 2023, in which "many inmates were so poorly treated that they have had the charges against them reduced or even dismissed by judges." In that incident, inmates were ordered to strip to their underwear and to sit facing a wall with their wrists zip-tied.

'People housed in broom closets and former pantries'

The investigation will look at how the Ministry of the Solicitor General handled the incident and what it is doing to prevent such an incident from happening again.

"Overall, the conditions that we are seeing and hearing about in the correctional system not only fail to meet the basic expectations of fairness and dignity, but in some cases actively undermine the very principles of justice and human rights that we are committed to protecting," Dubé said.

"This is a challenge that requires urgent attention and a long term commitment to meaningful reform."

Dubé said there is both overcrowding and staff shortages in correctional facilities, and he has noticed that conditions have deteriorated in the past few years.

"We're finding people housed in broom closets and former pantries and stuff. The system has deteriorated and it's in crisis," he said.

Dubé said the problem should matter to all Ontario residents and that poor treatment and conditions are leading to reduced sentences or stayed charges. He noted that many of those held in Ontario jails have not been convicted of any crime but are awaiting trial.

"They are brothers, fathers and sons, but they're also our neighbours. It's in our interest for those people not to come out more broken than when they went in and to be rehabilitated as much as possible," he said. "It should matter to all of us what goes on there."

ISSUE #109: DECADES OF DISSENT



Brent Ross, spokesperson for Ontario's Ministry of the Solicitor General, said in a statement on Wednesday that the government will take a close look at the report.

"We expect all correctional staff to uphold their standards of conduct as outlined in the Ontario correctional service code," Ross said.

"We will review the ombudsman's report as we build on the record investments we've made to hire more staff and increase mental health and addiction care for those that are in need within the corrections system."

'Treating people worse than animals,' lawyer says

Kevin Egan, a lawyer in London, Ont., who has represented inmates across the province at inquests, said multiple inquests have made recommendations to the government on changes and that the problems are not new.

"Unfortunately, it seems to me that the problem lies with the government in not really having an interest in fixing the problems, of which they have been well aware of for more than a decade," Egan said. "It's a complete failure."

Egan said the violence in jails occurs on almost a daily basis. He said conditions are deplorable.

"Every waking moment, you're afraid that somebody's going to assault you, whether it's a fellow prisoner or a correctional officer," he said.

Egan said jails are intended to punish people and to keep the community safe, but also to rehabilitate inmates. Inmates should not be deprived of their human dignity, he said.

"Let's call it what it is. It's treat-

ing people worse than animals because they may have run afoul of the law," Egan said.

Ontario NDP MPP Kristyn Wong-Tam, who represents Toronto Centre, said the report is not surprising and the government is familiar with the issues raised in it.

"This government has had ample warning," Wong-Tam said. "They have been advised. They have been warned. And they are hearing the same things we are hearing. The only major difference is that they won't fix it and they won't even speak to the matter."

Wong-Tam said the courts and correctional systems need to be better funded to improve conditions.

"They can build more jails, but if you can't get a case through trial, you'll be building jails upon jails and those are still people who are legally presumed innocent," Wong-Tam said.

According to Dubé, his office also saw a huge increase in complaints about young people in detention and custody. Cases about youth justice centres, which his staff visited to meet young detainees and hear their concerns, more than doubled in 2024-2025, to a record 423 from 202 the previous year.

Overall, the ombudsman received 30,675 cases, including complaints and inquiries, in the fiscal year 2024-2025, which was a 30-year high.

According to his report, the most complained-about organization was Tribunals Ontario with 1,237 cases, including 971 about the Landlord and Tenant Board.

PRISON FAMILY

A NEW PODCAST FROM MOTHERS OFFERING MUTUAL SUPPORT OTTAWA & THE PROS AND CONS PRISON ARTS PROGRAM

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50 YEARS FIGHTING FOR PRISONERS JUSTICE



Whether you're a pen timer or a provincial guy doing a 30-day bit and you're surrounded by pen timers; one way or another you've heard of Prisoners Justice Day and most likely you've heard of Cell Count. Prisoners Justice Day is a day where we remember those who fought for our rights. We remember by not eating on this day.

The unity and solidarity come from those who stood together to want a better system and a better way of doing time. Today, unity and solidarity are a thing that is rarely seen, but still exists in the very few that are left. Today, inmates mostly talk the talk, but never walk the walk.

Inmates will label other inmates as rats with no paperwork or will fight 10 on 1, think they are solid, and tell everyone he got punched out. Like of course he's getting punched out, it's 10 on 1. I'm not sorry to say this one bit, but everyone is too busy fighting each other and not realizing the guards are taking things from us and they don't realize that everything those prisoners fought for on Prisoners Justice Day is gone.

Everything they stood for could have been for nothing. I believe the younger generation needs to learn what real solidarity means. Cause when the Crown starts talking 20 to 30 years to life, they're usually the first ones to roll. Change can't happen if we let them divide us.

Being a criminal in the past times we were respected rather than feared, now we are feared rather than respected, and not because most criminals are crazy, it's because most will roll on you to protect themselves.

I hope that this next Prisoners Justice Day, inmates can be reminded of the solidarity that once existed among the many, instead of only among the few, and will give inmates something to strive for.

10 writings on the wall



30 YEARS OF CELL COUNT

By Keith Madeley

Let's climb into our time machine and go back to 1995. When I walked on to a range in the bucket for the first time and went to the bookshelf, there was an 8 1/2" by 11" paper booklet called Cell Count. It was the art on the front page which caught my attention. I opened it and started reading about PASAN and all it had to offer; it said to "write, visit, or call us." So, I continued to flip through pages and read more.

News on the Block and some of the things it was saying... Could this be true? If so, these are real problems and the public needs to know what's really going on in the jails. Then there were the Writings on the Wall, Poetry From Inside, Resources, and even an Art section. But, who could forget about the Pen Pal section inside the back page, wow this is great.

So, I called the number and that's when I first talked with Seth. We talked for some time, then I was put on the mailing list for Cell Count, and I was hooked. From that moment on, I couldn't wait to get my next issue of Cell Count. It's always kept me informed with what was going on and when I was feeling down, there was always something in there to put a smile on my face.

Over the years, I have written many articles about mental health, life behind bars, what it's like doing time, and CSC and the hell they put all inmates through. But for Cell Count they were running for all these years and only getting better, it takes a lot of amazing staff working hard and putting in long hours behind the scenes to keep Cell Count going. And I think we should all give a big thanks to all the staff at PASAN and all the volunteers too, for doing such a great job.

Response from Sena Hussain, Cell Count editor:

Keith, thank you so much for telling your story about how you first came across Cell Count, and how you have seen it change over the years. We appreciate all of the contributions you have made, not only in writing form, but in telling others inside about us! We at PASAN value everything you have brought to our organization, and we are grateful that you picked up the very first issue of Cell Count 30 years ago and have stuck with us to this very day. It makes me so happy that Cell Count has been a source of comfort, education, validation and joy for you. We want to give you as much of that as we can while you're in there. Thanks again Keith and keep those articles coming (please)!

CELL COUNT AND MY TURNING POINT

By Kyle King

In 2015, I was 24 years old, and I was going through some of the most challenging periods of my life. I was still in the closet, constantly attacked mentally, physically and emotionally, because of my sexuality. Obstacles at every turn: dealing with court, institutional administration, COs, inmates and family.

I was introduced to Cell Count through my interactions with PASAN in 2015. I was looking at 8 - 10 years and my time in provincial was nothing short of chaotic; filled with violence, anger, sadness, insecurities, self-doubt, fears, anxiety and stress. I received my first Cell Count in HWDC while I was in medical seg.

I was jumped by 7 people and got my right ulnar bone in my forearm broken. Feeling defeated, writing had always been my thing as a means of release and self-expression was how I vented. I've always been better at writing than speaking but never felt I had a loud enough voice, and Cell Count gave me the outlet I needed at the time that I really needed it.

And one of the most important turning points of my life was when I met Sena. I read the poems and instantly connected with what they could mean to me and do for me. I kept submitting poems and I was told they were going to be included in the next Cell Count. I was genuinely looking forward to seeing my words in print for the first time. Before I had seen the first Cell Count with my poems in it, I think I submitted like 15, to try to get something in every issue, to the point of overwhelming Sena, who was of course too polite to say, "enough is enough."

I was given the release I needed, and I saw it as a blessing in disguise. I was finding balance in my life and with that my depression and anxiety started to decrease. I kept at it until my release in 2018, and I was able to volunteer with PASAN and Cell Count, and was given my first job.

Response by Sena Hussain, Cell Count editor:

Kyle, thank you so much for telling us what Cell Count has meant to you over the years. I transcribed this for you over the phone, but our time got cut short, so we couldn't finish it. So, readers: if it seems unfinished, it's because Kyle and I didn't get a chance to reconnect so I could finish transcribing it for him! Kyle, I am glad you were able to share what you did though, because I think it is really powerful still. For you to go through such a tough and violent time, facing discrimination, and still be able to write your poems even through the pain? It takes a lot. By the way, I want you to know that I never felt overwhelmed by the amount of poems you were sending me. You had a lot to say, and that makes sense. I appreciate that you use your voice to tell the world what it's really like in there for you. Thank you for being such an important part of our story here at Cell Count, Kyle.

IF I DIED TODAY

By Bear

Let my family know that I was happy to leave. Would I be an afterthought? Would I make it in the Sunday paper? I wonder who I'd see crying standing over me or who would just send their regards. Would anybody say that at least he's in a better place and if I died today? Would my buddies go out drinking? Would I need to be ashamed? Would I easily be forgotten like I am right now? I wonder who I'd see crying standing over me and if I died today? Please remind my girl about the good times. We had the wake ups in the morning and the good night walks. What I wouldn't give to share just one more smile with you. I wish I got to visit with you one last time and if I died today? I wouldn't be able to go on long drives and walks with my girl, and I wouldn't be able to see her smile anymore, the sparkle in her eyes when she smiles, and her big kind heart and if I died today? Who would just send

their regards? Would anybody say that the world will never be the same? Would I see my room from heaven? Would my friends talk about me? I wonder who I see crying standing over me or who would just send their regards. Would anybody say what a good guy? What a shame? Let people know I was happy. Just make sure they know I'll miss them, and this will be my last trip around the sun and is ending sadly and if I died today? Never take the one you love for granted and everything you've lost, at least you had it. Spend your last day as if I'm gonna miss you and when I leave here, I will be gone in 6 months of being out and if I died today? I wouldn't have to worry about anyone that thought they were my friends and don't care if anyone comes out to my funeral and if I died today? I will not be missed by anyone that knew me and my casket would be closed because I wouldn't look good when they find me. Thanks to all the people that knew me and the ones looking for me, cause I will pick a place to die at and no one knows where that will be, so there will be no worry, cause I will be happy again without my so-called friends that say they're my friends and if I died today? I wouldn't worry about anyone that thought they were my friends and if I died today? Who's going to unplug my tea kettle?

Editor's Note: The 9-8-8: Suicide Crisis Helpline offers 24/7/365, trauma-informed and culturally appropriate suicide prevention crisis support in English and French by phone and text for everyone living in Canada.

When someone reaches out to 9-8-8, they will be connected to the responder who is closest to them, based on their area code. In the event that a local responder is not available, the call or text will be routed to another 9-8-8 partner or the national hub that will provide support, ensuring that calls and texts to 9-8-8 are answered.

Crisis responders will answer 9-8-8 calls and texts, drawing on their extensive training. Training includes how to assess suicide risk, how to be an active listener and how to work with the person they are supporting on coping techniques and creating a safety plan.

Depending on where they live, callers will also be able to select an option to receive specialized support for Indigenous communities. Hope for Wellness will provide specialized support for Indigenous callers.

30 DAYS TO RECEIVE 5 BOXES

By Someone Who Cares

When you arrive at Grand Valley Institution for Women, you get processed by guards with a cute K9 police dog you're not allowed to touch. You're not the only one going through the Metal Detector or getting Sniffed Out! Your belongings are too! Everything

from Provincial Jail. However, you'll have to wait a week or 2 cause everything is locked up until it gets cleared through the system. You'll be given a Hand Book with all your rules to follow and everything you need to know about your stay here at GVI. Make sure you ask questions. What's written in the handbook is NOT always true! Everything we read says different standards compared to what we were told so you better ask questions before anyone starts sending in your boxes as you only get 30 days to receive them. Your handout reads 18x18x18 inch boxes but the actual rules are 15x15x15 except the T.V Box.

Better get on the phone to make your arrangements cause 30 days goes by quick. OH WAIT. We only get "ONE" 15-minute phone call if you knock on the guards window to ask for it while they listen to your call be made. Oh No. I wasn't allowed my little red phonebook in my possession when I got transferred so I don't even have a number I can call to let anyone know I'm here yet.

Sweet! Now it's been a week and the phone rings to go get my personals from transfer. I just got my real clothes back I was wearing at sentencing plus all my canteen from Nappanee. Nope I'm Wrong Again. Turns out if you opened the seal on anything you're not allowed to access it here and all gets stored away until release.

No Shampoo No Conditioner No Creams. OUCHIE! No Mascara Either BUT I GOT MY PHONE BOOK BACK NOW!!

Everything we read says different standards to follow for box sizes including our "NEW UP TO DATE HANDBOOK" that reads 18x18x18 and all our paperwork but the rules to follow are 15x15x15 inch boxes. Don't make sense!

Under "CODE" 566-12 there's no exceptional circumstances except the "ONE TIME" extension of 30 days given by the Warden if you send a personal request to her, which the Warden has 15 days grace period for a response. Sweet, now I can call everyone and ask for what I need to survive in jail while I'm here. We got



TOUGH TIMES INC.

HELPING YOU TO SUPPORT YOUR INCARCERATED LOVED ONES ACROSS CANADA

ABOUT US

TT team members are real people that have experienced the real struggles of the Canadian Correctional System

Our goal is to introduce the friends and family members of incarcerated individuals, to as much need-to-know information as we can.

WHY CHOOSE US?

Not only will we gather items, we will build and ship a **Pen Pack** to your loved ones that are doing hard time anywhere in Canada.

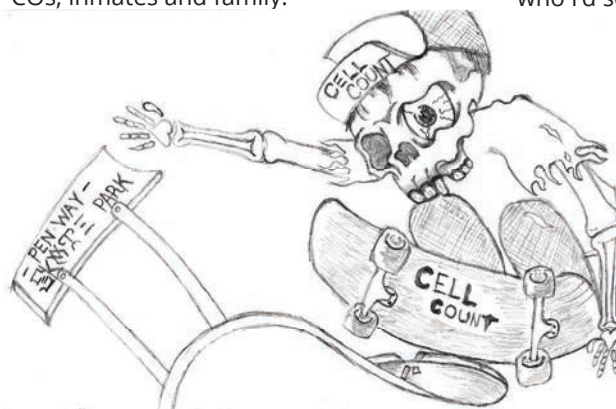
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- Support letter assistance

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www.toughtimesinc.ca

Tough Times Don't Last, Tough People Do!



11 writings on the wall

a phone in the Trailer so now I can call my friends, family, and everyone helping me to get my boxes ready with what I'm requesting for clothes, shoes, T.V, plus fun stuff to keep me busy on a 4-year sentence. Pick up the phone and dial a number!

NOPE NOT HAPPENING!! Turns out you have to write a request for any number to be cleared before you can even use the phone provided to ask anyone for help on making your personal boxes, which you only have 30 days to receive. Unless you got the best memory, you're pretty much fucked when you get here for making contact with anyone who cares. I know personally that everyone is just a name in my phone, and you swipe it to make a call these days, there's no more knowing someone's phone number off by heart, as we've all turned stupid to technology and we don't even know our own numbers!!!

On a Positive Note, Make sure you take advantage of all the programming available when you're incarcerated, cause in the real world, it would cost you big bucks for what's offered in education during your sentence! Get your High School Diploma and graduate from Acheron College or even University too! Take part in self-healing with the Chaplaincy Programs learning boundaries, trauma, and loss with Conflict Resolutions and reconnect with our Highest Power. Learn what healthy relationships are while setting boundaries so you never end up inside of any jail again.

HOMECOMING DINER

By Zak Amara

He limped to the front counter, pistol dangling from one hand, as blood oozed from his stomach onto his white khaki shirt and down his muddy blue jeans. His boots were torn, his lips were parched, and his face was as dusty as an old, unread bible.

It was midnight, and I should have been afraid.

As he reached the counter, his eyes wandered briefly across the empty diner

before making their way back to me.

Then, as though he had arrived at a quiet conclusion, he slowly placed the pistol on the counter and eased his hand back, empty.

I could hear sirens in the distance, diving in and out of earshot.

"Good evening, sir. What can I get you tonight?" I asked, pretending to ignore that a perilous fate had quietly taken a seat between us.

He didn't answer right away. Just stood there, swaying slightly, before his voice finally came, deep and brittle, sounding like an ancient oak, creaking for the last time: "Could I please... use the telephone?"

The sirens grew louder behind him, approaching now with clear intent, as red and blue orbs spun in the near distance.

"Here it is, sir," I said as I lifted the telephone from beneath the counter and placed it on the surface near the edge.

He stared at it for a while.

Then, he began to slowly turn the dial, pausing several times as he struggled to summon an elusive number buried beneath his troubled memories. When he finally managed to string the right sequence together, the telephone rang for a brief moment, followed by a faint sound of a recorded message by an elderly woman.

As he listened to her voice, his face softened, but when her message came to an end, he did not leave one of his own; instead, he gently placed the handle back in its cradle and began to make his way back to the front door, leaving the pistol on the counter behind him.

The sirens were now at the front steps, accompanied by red devils chasing blue angels in endless circles, everywhere and nowhere, all at once.

When he reached the door, he stood still for a moment, looked at his feet, and then crossed himself before walking into his awaited fate.

If words were exchanged, I didn't hear them, only shots fired in rapid succession, a hundred or more, each one flaring with violent sparks, casting everything in brief, terrible daylight.

THE COMEBACK STARTS HERE: MY STORY OF RESILIENCE, REDEMPTION, AND REINVENTION

By Emily O'Brien, Founder of Comeback Snacks

When I walked out of prison in 2018, I carried with me more than just a record—I carried the weight of regret, uncertainty, and fear. But I also carried something else: a fire that had been slowly building during my incarceration. A desire to prove that the worst chapter of my life didn't have to be the final one. A belief that even from the lowest place, you can rebuild. Not just a life—but a business, a mission, and a movement.

My time inside wasn't easy. Like many of you reading this, I had to come to terms with who I was, how I got there, and what I was going to do next. For a while, I didn't have the answers. But the moment I decided to stop letting shame control me, things began to shift. I started to see prison as not just confinement, but as a place of preparation. I read every book I could find on business, psychology, personal development. I talked to people. I listened. I imagined. And I started writing

things down—scraps of ideas, slogans, product names, business plans. It seemed impossible at the time, but that's where Comeback Snacks was born: in a place where most people would never think to look.

The idea was simple, but meaningful. I had always loved popcorn, and it had comforted me during hard times. I began to think: what if popcorn could become more than just a snack? What if it could tell a story? What if it could stand for second chances?

When I was released, I didn't have investors, a storefront, or a team. I had my idea, and I had my story—and I leaned into both. I started making small batches in a rented kitchen. I sold popcorn at local markets and events. I showed up wherever people would have me. And slowly, people started listening. They didn't just buy the popcorn; they bought into the message. That no one should be defined forever by their worst mistake. That people deserve the chance to rebuild. That redemption isn't just possible—it's powerful.

It wasn't glamorous. There were setbacks, failed batches, nights I didn't sleep, moments where I wanted to give up. But every time I hit a wall, I remembered how many I'd already climbed over. Prison taught me how to survive with nothing but grit, creativity, and drive—and those three qualities have been my greatest business assets.

I believe deeply that people who've been incarcerated have an edge that many business owners don't. We know how to adapt. We know how to find solutions when our resources are limited. We know how to bounce back from failure, because we've done it before—over and over. And maybe most importantly, we've had to sit with ourselves in silence. That kind of reflection creates strong leadership. We understand people. We understand pain. And if we choose to, we can turn that pain into purpose.

That's what I've seen not just in my own journey, but in the journeys of others, too. There are so many of us out here proving that second chances work.

People like Coss Marte, who turned his time in prison into fuel for something incredible. After his release, he founded a fitness business called CONBODY, based on the workout routine he developed in his cell. Today, he employs formerly incarcerated trainers, and his programs have helped thousands transform their lives. His discipline, focus, and story all became part of his brand—and that's what sets it apart.

Then there's Cheri Garcia, who started Cornbread Hustle, a staffing agency and business incubator for people with criminal records and those in recovery. She knew the barriers we face firsthand, and she created a company that turns those barriers into bridges. Her journey shows how entrepreneurship

can be more than self-employment—it can be a platform for real change.

And I think of Queen Coffee Bean, who after serving time, opened her own café—a place that's as much about community healing as it is about caffeine. She didn't just build a business; she built a gathering space where people could reconnect with themselves and each other.

These stories—and so many more—prove what I've come to believe with all my heart: formerly incarcerated people make incredible business leaders. We are underestimated, but that's our advantage. When no one expects you to succeed, your success becomes even more powerful.

That's part of the reason I launched the Comeback Catalyst Program, a post-release business support initiative for individuals who want to pursue entrepreneurship after incarceration. We provide mentorship, hands-on workshops, guidance on financial literacy, marketing, and branding—and even help participants access seed funding and business networks. But most importantly, we offer something that's often missing after release: belief.

We believe in your potential. We believe your ideas are worth investing in. And we believe that your past does not disqualify you—it actually equips you.

You can learn more and apply at www.comebackcatalyst.ca. If you've got an idea—or even just the spark of one—this program can help you grow it into something real. We know the road isn't easy, but we also know it's possible.

Looking back now, I can honestly say that prison gave me the time and space to become who I was always meant to be. I wish I didn't have to go through it to learn what I did, but I also know I wouldn't be who I am without it. There's a certain clarity that comes from losing everything. And there's a fierce kind of joy that comes from building it back, brick by brick.

So to those of you reading this inside: hold on to that spark inside you, even if it feels dim. That idea you keep circling back to? Write it down. That passion you've been ignoring? Explore it.

That business you think you could one day start? Start building it in your head—and then on paper. It doesn't matter where you are right now. What matters is where you're going next.

I won't lie to you: reintegration is hard. Building a business is harder. But if you've made it this far, you already know how to do hard things.



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Supporters, friends, and family members can contact us at WISRCanada@gmail.com or visit our website at saatoronto.org/prison-outreach

Inmates can write to us at:

WISRCanada
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12 writings on the wall



CORCAN TEXTILES---THE BRIDGE TO YOUR FUTURE OR MODERN DAY SLAVERY?

By Tanya Bogdanovich

How would you define slavery? Would you say that it is labour that is preformed while one lives upon land against their will? Would you say that it is receiving pay that does not allow you to earn enough to live sufficiently or only to live well below poverty levels? Would you consider it when others are able to obtain a profit from the work performed by their employees due to the cheap cost of the labour of the peoples they employ? If you said "Yes" to the previous questions, then you can be referencing a form of modern-day slavery. Or a place called Corcan Textiles which is located within Canadian Federal Institutions. Although I can only speak to Grand Valley Institution, I do know that Corcan Textiles does exist at other institutions across the country. Here at GVI it is what I refer to as "the sweat shop". It is a sewing factory that does not honour the 15 minute "free movement" times which are supposed to mimic 15-minute work breaks in the community. When you go to work, there are no breaks. Period. You can leave when you produce a movement pass regardless of the institutional rule, that also appears in the handbook, about the break time. "Well maybe management does not know this is happening" you may say. I can assure you that they do. Know how? I told them. Directly. In person. And nothing changed.

Here at Corcan the women sew a variety of things ranging from blankets, bed sheets, pillow covers, mattress covers, and towels. These are all institutional products. However, Corcan also purchases contracts with National Defense, Oceans and Fisheries, and other such places. For these contracts items such as: jacket liners, sleeping bag liners, knap sacks, and other required bedding are also sewn. These contracts are purchased and there are huge profit margins since the labour of prison inmates is so cheap. I am fairly certain that this constitutes slavery which this country claims to have abolished slavery in the 1800's. So this no breaks, low pay, labour so that others can profit, just continues on because people have no choice. A job is better than no job. Supporting yourself in some fashion instead of asking your family to help you out is better than the alternative of not contributing to your survival at all. If only others knew of your work conditions. If only the people sitting in their air-conditioned offices, with their nice furniture (trust me it is NOT from Corcan), with their big screen T.V's, and their well over a quarter of a million dollar pay

checks cared about the people on the ground sewing with no breaks. But they don't. They don't care at all. Makes one wonder if they would care if the people sewing were kids.

Probably not because the clothes they are wearing are probably sewn by children in third world countries making about the equivalent to us (lets be real maybe a little more with inflation) so they sleep well at night after taking

them off and sleeping on sheets with high number counts probably also sewn by small hands.

I very rarely become a defeatist, and I am not about to start now. There must be a way to make these changes, and I am committed to seeing this to the end because I do not believe that this form of modern day slavery should continue and I feel that this promotion is just another form of oppression that should not exist. If

CSC feels like purchasing contracts then they can pay regular wages to have them filled.

Relying on wages from marginalized peoples is abhorrent and should not be able to continue. For women to only have access to sewing in Corcan Textiles is a whole other issue in comparison to the other options that men have available but let us just focus on one thing at a time!

Message from the Commissioner to Inmates



T. Bogdanovich

Hello, Hey Anne, could we talk about language? Inmates is rude and condescending. We are NOT subhuman. Let us try residents.

Holy shit! Anne Kelly knows me and my needs! AND she finally wrote about the womens sector! Could it be trade opportunities (like the men have), or so many new skill building classes for REAL employment opportunities (like she writes so often about in the mens sector)? I am so excited!

I wanted to share with you an interesting initiative from Fraser Valley Institution (FVI). A few months ago, the Inmate Welfare Committee (IWC) at FVI asked Health Services about holding education and information sessions on health topics specific to women. They asked to learn about health subjects that were important to them and their life experiences.

OK. OK. It is health related. Maybe it will touch on health care access. Or some cool topics that can lead to alternative employment care like acupressure or acupuncture. I mean good ol' Anne next to never mentions my sector so it MUST be good. Right?

There have been presentations on sexually transmitted infections (STI), women's health, nutrition and diet, and substance use and recovery.

Im out. So when we all go back to prostitution to afford a shitty apartment in the hood because "cleaning loggie" "house rep" or "cleaned gym" are not viable on a resume upon leaving prison at least we will be able to identify STIs early, plan a good diet if we contract HIV/AIDS, and right before rock bottom since we've been using drugs since the start of the sale of our vaginas we know about recovery.

WOMEN SHOULD HAVE ALL THE SAME OPPORTUNITIES!!!

13 poetry from inside

J FIELD

Fentanyl

Sending many victims into the abyss forever.

No closure, no goodbyes.

It doesn't discriminate; it wants the young and old.

Communities and loved ones crushed for those left behind.

Fentanyl has no care but to kill all in its tracks.

Leaving tears of rivers behind.

So many victims, endless pain felt, souls gone forever.

Fentanyl - no game it wants us all.

Remember those lost to Fentanyl will never be forgotten.

We must be strong and fight this deadly game.

Loved one's care; tired of the hurt and pain and tears of lost loved ones.

No closure, no goodbyes, endless tears of loved ones gone forever into the abyss.

Fentanyl must be stopped.

We must win our communities back.

Crush Fentanyl in its tracks.

Save loved ones from the abyss forever.

KAYLA ROSE

I Bought the Books and got the T-Shirt

Look at me! I've changed!

I bought the books and got the t-shirt!

Give me another chance!

I see right through, it's all for show

Deliberate actions, meant for impact -

Little breadcrumbs to pull me back in

Follow your script, don't deviate -

You were lying to yourself;

How could you be honest with me?

It's all too familiar.

The mind games, the confusion

The mask you wear

I'm done with the chaos

I'm taking back control

It's time to finally end this dance

Back and forth for far too long

I am no longer listening to your song.

Always With You

Little footsteps

Pitter - Patter

Running quickly...

What's the matter?

Mommy, where are you?

Mama, where could you be?

Close your eyes, my dear

Open your heart, my love

Mommy's right here

Mama's always with you...

Even when we are apart.

One Step at a Time

How do I survive

my darkest days

How do I thrive,

Lord, show me the way

How do I make it through

the tough times -

How do I break through

And let my light shine?

How do I continue on

When the world knocks me down?

How do I get back up -

And straighten my crown?

Moment by moment

Piece by piece

Crawl with me;

One inch at a time

Moment by moment

Prayer by prayer

Learn to walk with me;

One step at a time

Moment by moment

Hand in hand

Walk with me;

Together, for eternity

And you will see.

Will I Ever be the Same?

I think of all the ways

I messed up and how I failed

All the mistakes I've made

It hurts so much

The heartache and the pain -

Will I ever be the same?

I think of all the ways

I pressed on and how I've grown

All the choices I've made

It hurts so much

The decisions and the gain -

Is it worth staying the same?

I think of all the ways

I kept going, even when its rough

All the growth I've made

It hurts so much

The plans and the actions -

I cannot stay the same

I think of all the ways

I have changed and made it through -

All the heartache and the pain

All the decisions and the gain

All the plans and the actions -

It hurts so much...

But, alas, I am no longer the same.

One Day I Will Be Free

Forever lost; never found

Back and forth, round and round

Feel the hurt, don't make a sound

A thief in the night

You stole my light

Tore apart everything that was right

A knife through my heart

My world shattered apart

How do I ever restart?

Stay quiet for far too long

Unable to voice my song

I don't know how to be strong...

One moment, one day at a time

I will learn to shine

I will take back what is mine

I will find the words to say

I will speak about that day

There is no other way

One day I will be free

No longer scared to be

You will no longer have a hold over me.

S.E

Being Your Friend

Being your friend means the world

And as time goes by, you will see

That your words make life less absurd

A friend like you

Is a dream come true

I promise to never stop being there

And letting you proves I care

Enchanting You

From the past I know the dangers

Of falling in love

While letting the walls around me become roses

When I first saw you the glimmer of new life crossed my path

There was something about you I instantly liked

Five minutes after you left I felt an emptiness

Enjoying the fluttering feelings of the attraction between us

Wishing I could go on enjoying the fact of the enchanting you

For the First Time

When I think of the future I think towards you

Coming to know you is a feeling I want to grow

You're a special man and I'm happy to say

That you've awakened feelings I wish would stay

I hope to grow closer to you and there's nothing I won't do

You hold a special place in my heart

And there are times I don't know

where to start

All I could do is always promise to stay true

And spend my life with you forever

PHILLY EH!

A PJD 30th Call-Out

My friends have passed

Stuck inside waiting to be set free

Some from fights

Others by drugs

Some, fighting for our Rights

Either way, here they stay

That bang at your door when all are locked

The cold wind on a summers' night passing through your open window

A rogue picture being the only one to fall, at night

They're still here, letting us know:

"Fight for Our Rights!"

"Don't forget - Stand together!"

"Don't Roll-Over!"

"Remember Me!"

"Honour Me!"

"Now, or Never!"

-

Will we listen?

Or will we forget them - and roll-over?

The time for change is at our doorstep, knocking to come in!

Get your priorities str8 and communicate!

I know why I stand together for Prisoners' Justice Day; Do you?

-

R.I.P: D. Harley, K. Campeau, J. Froese Jr.

A Second Chance

Pain is always present

A shard of glass or a piece of shredded steal

Jaggedly ripping at your very soul, your being

The knowledge that you took a life

Not caring, hating not life but oneself

Mind melting

Being tearing

Soul devouring

Death awaits my arrival

Allah offers refuge

Peace of soul and being saving

Slowly accepting, and living, this life

Insha Allah, I will live again - tomorrow.

GOT POEMS?

WE'D LOVE TO READ THEM. CELL COUNT IS ALWAYS LOOKING FOR POETRY FROM INSIDE. RAW, HONEST, CREATIVE, WHATEVER FEELS REAL TO YOU. SEND US YOUR WORK!

14 bulletin board

ISSUE #109: DECADES OF DISSENT



PASAN IN-REACH SCHEDULE

TEDC & TSDC
1-on-1 & groups
currently on hold.
Call for updates

Maplehurst 2x/month
Wednesdays
HWDC every other
Wednesday. Call
Cherisa at ext 233 to
book a 1-on-1/group

Hep C
Workshops
CNCC 4th Tues
& Weds of
the month
TSDC 3rd Tues
of the month.
Run by **Chance**
ext 230

Ontario
Federal Pens
Look out for
our posters.
Workshops run
by **RJ & Omar**
ext 222



LAND ACKNOWLEDGMENT

PASAN's office, where we publish Cell Count, is on the historical territory of the Huron-Wendat, Petun, Seneca and, most recently, the Mississaugas of the New Credit Indigenous peoples. This territory is covered by the Dish With One Spoon Wampum Belt Covenant, an agreement between the Haudenosaunee and the Ojibwe and allied nations to peaceably share and care for the lands and resources around the Great Lakes.

HIV+ CLIENT SERVICES

In order to be a client & access these services you need to have confirmed HIV+ status and be a prisoner or ex-prisoner (all times Eastern Standard time)

- Phone Hours: Mon - Fri from 9-5, except Tuesday mornings
- Workshops and Programming - Scheduled usually on Mondays or Thursdays, give us a call or check out our website for a complete list of events we have scheduled.
- ID Clinic - cancelled for now
- Release Funds - \$50 (twice a year max)
- TTC Tokens - 2 each for clients who attend workshops
- Harm Reduction Materials - Mon - Fri from 9-5, except Tuesday AM (Safer-Crack-Use-Kits, Safer-Needle-Use-Kits, Piercing Needles, Condoms, etc.) - for everyone.

Sometimes we and the phones are very busy so please keep trying!

ABOUT CELL COUNT

PASAN publishes 'Cell Count', a minimum of 4 issues per year. We are based in Toronto on the traditional territory of the Mississaugas of New Credit First Nation, the Haudenosaunee, the Huron-Wendat and home to many diverse Indigenous peoples. It is sent out for FREE to Clients & Prisoners in Canada. If you are on the outside or part of an organization, please consider a donation @ \$20 per year. We are proud to release our newest issue to you. We are also grateful for all the wonderful feedback we have been receiving from our readers, and encourage you to keep putting your two cents in. Our goal is to have most of our content written and produced by prisoners and ex-prisoners, so we highly encourage you to get in touch with us if you're interested in

being part of the Cell Count team.

Publisher: PASAN
526 Richmond St E, Toronto, ON M5A 1R3

Circulation: 700+ - Recirculation: ???

All original artwork, poems and writings are the sole/soul property of the artist and author.

Fair Dealing in the Canadian Copyright Act:

Sections 29, 29.1, 29.2: "Fair dealing for the purpose of research, private study, education, parody, satire, criticism, review, and news reporting does not infringe copyright."

A NOTE ABOUT PEN PALS:

Here is a list of correspondence services for people inside (alternatives to pen pals, which is, sadly, no longer a part of Cell Count):

Canadian Inmates Connect: Currently, there is a \$35/year subscription. Your ad will be placed on a website, and people with internet access browse through to decide who to connect with. A point of caution: you are asked to say what you have been convicted for, and your full name will be published online. Melissa is the person to contact for more information. Write or call her at: Canadian Inmates Connect Inc. 3085 Kingston Rd, Suite 267, Toronto, Ontario, M1M 1P1 - (647) 344-3404

Black and Pink: Specifically for queer and trans prisoners. They are based in the United States, it does not cost anything to be part of the list, and you don't have to tell them your conviction. Here is how to reach them: Black and Pink National Office, 2406 Fowler Ave, Suite 326, Omaha, NE, 68111
617.519.4387

Prison Fellowship Canada: This is a faith-based, Christian organization that connects prisoners with volunteers of either the same gender, or where there is a 15-20 year age difference. The point is for you to have an outlet to express yourself to someone who will listen. If you are of the Christian faith, this may be a great option for you. You can reach them for more info at: Prison Fellowship Canada - National Office, 5945 Airport Road, Suite 144, Mississauga, ON L4V 1R9
905.673.5867

Prisoner Correspondence Project: "...a solidarity project for gay, lesbian, transsexual, transgender, gendervariant, two-spirit, intersex, bisexual and queer prisoners in Canada and the United

States, linking them with people who are part of these same communities outside of prison." - From their website. Write to them here: QPIRG Concordia c/o Concordia University

1455 de Maisonneuve Ouest, Montreal, QC H3G 1M8

If you have had success using a pen pal service (other than ours) and would like to share it with other Cell Count subscribers, please write to us or call. We can list it in a future issue.

MOVING?

We were getting about 75 Cell Counts sent back to us each mail-out labelled, 'Not Here'. Please help us reduce our mailing expenses by letting us know of any address change, ASAP! Thank you for taking care with this.

CALLING ALL ARTISTS, WRITERS (FICTION, NON-FICTION), ILLUSTRATORS, CARTOONISTS, POETS, JOURNALISTS (ASPIRING OR OTHERWISE), AND OTHER CREATIVE TYPES:

We want your submissions! We get lots of letters from our readers telling us how much they love seeing all your work and they're hungry for more. Send us your stuff and get published in Cell Count. When you send us stuff, please make sure you write a line in that gives us permission to publish your work. Also, let us know if you would like your work returned to you or sent on to someone else! Please also type your work or write clearly if you can!

Writers: We get a lot of great work sent in that we are unable to use because of very limited space. Apologies. Please consider the column width & keep articles/poems tight & to the point. Honestly, the first items to go in are the ones that fit nicely and leave space for others - quality and quantity! Also, let us know in writing if it's ok to edit your work for grammar, spelling and so we can fit it in.

Please note: If you do send something to us, please give us a call if you can so we can look out for it in the mail. Also, call us again at least a week after you send it to make sure we got it. If not, if you're sending in a piece of writing, we can transcribe it over the phone for you, so keep a copy of everything you send us!

Women are the fastest-growing prisoner population in Canada, but often their experiences are marginalized in conversations about the prison system. We want to hear your take on prison, life, family, or anything else you're interested in writing about. We can guarantee confidentiality, and can publish your pieces under a pseudonym if you want! Please submit your articles, poetry, art, or letters to the Cell Count editor at 526 Richmond St E, Toronto, ON M5A 1R3.

CELL COUNT AT BATH INSTITUTION

We have been informed that all Cell Count subscriptions at Bath Institutions are given to the PEC worker to distribute. So please give them a visit and ask for your envelope by name!

CONTACT NUMBERS

If you are in any Federal/Provincial Institution or Detention Centre call us only with this #: Toll-free 1-866-224-9978

NEXT CELL COUNT DEADLINE

Please get your next submissions in for the next issue by September 30th! If your submissions didn't make it into this issue, it will be prioritized for the next. Same with future submissions! So don't hesitate to send it in when it's ready!

CELL COUNT EVALUATIONS

Please take a few minutes to complete the evaluation form we've included with this issue and mail it back to us. We use these evaluations to make sure that Cell Count is useful to you and so our funders know we're on the right track. Call us if you would like to do your evaluation over the phone instead! **1-866-224-9978**

CELL COUNT PEER LIAISONS

Cell Count is looking for peer liaisons who are currently incarcerated to be a representative for Cell Count inside. You would be responsible for gathering subscribers, letting us know when subscribers have moved, encouraging people to submit their work, helping with evaluations, and answering general questions. Call Sena if you're interested! 1-866-224-9978x234

ATTENTION PRISON FAMILIES!!!!

MAIL YOUR LETTERS

STRAIGHT FROM YOUR CELLPHONE.

POST2PRISON No More:

- Pens, paper, envelopes or stamps
- Going to the store to get photos printed
- Going to the post office or mailbox

WE DO IT ALL!!

You can send:

- Letters
- Photos
- Visiting/CPIC Forms
- Puzzles
- Workout Routines
- And more.....
- In just minutes

ALL VISITING AND APPLICATION FORMS ARE FREE!!!

www.post2prison.com

15 resources

EAST COAST

ALLY CENTRE

Take collect calls
150 Bentinck St, Sydney, NS, B1P
1G6 902-567-1766

AIDS COALITION of NOVA SCOTIA

Accept collect calls
1675 Bedford Row, Halifax, NS, B3J
1T11-800-566-2437, 902-425-4882

AIDS COMMITTEE of NEWFOUND- LAND & LABRADOR

Take collect calls
47 Janeway Place, St. John's, NL, A1A
1R7 1-800-563-1575

AIDS NEW BRUNSWICK

65 Brunswick St, Fredericton, NB, E3B
1G51-800-561-4009, 506-459-7518

AIDS PEI

Take collect calls
2-375 University Ave, Charlottetown,
PE, C1A 4N4 902-566-2437

AIDS SAINT JOHN

Don't accept collect calls
115 Hazen St, NB, E2L 3L3 506-652-
2437

BOOKS BEYOND BARS

P.O. Box 33129
Halifax, NS
B3L 4T6

HEALING OUR NATIONS:

1-800 565 4255
3-15 Alderney Dr, Dartmouth, NS,
B2Y 2N21-800-565-4255, 902-492-4255

MAINLINE NEEDLE EXCHANGE

Calls from within Nova Scotia are
free
Don't accept collect calls
5511 Cornwallis St, Halifax, NS, B3K
1B3 902-423-9991

SHARP ADVICE NEEDLE EXCHANGE

Accept collect calls
150 Bentnick St, Sydney, NS, B1P
6H1 902-539-5556 (Collect)

SIDA/AIDS MONCTON

Accept collect calls as long as they're
HIV related
80 Weldon St, Moncton, NB, E1C
5V8 506-859-9616

QUEBEC

CACTUS

Accept collect calls
1300 rue Sanguinet, Montreal, H2X
3E7 514-847-0067

CENTRE for AIDS SERVICES MON- TREAL (Women)

Accept collect calls
1750 Rue Saint-Andre, 3rd Flr, Mon-
treal, H2L 3T81-877-847-3636, 514-495-
0990

COALITION des ORGANISMESCOM- MUNAUTAIRES QUEBECOIS de LUTTECONTRE le SIDA (COCQSIDA)

Accept collect calls
1 est, rue Sherbrooke, Montréal, H2X
3V8 514-844-2477

COMITÉ des PERSONNES ATTEINTES du VIH du QUEBEC (CPAVIH)

1-800-927-2844
2075 rue Plessis bureau 310, Montre-
al, H2L 2Y4 1-800-927-2844

ONTARIO

2-SPIRITED PEOPLE of the 1ST NATIONS

Accept collect calls
145 Front Street East Suite 105
Toronto, Ontario M5A 1E3 416-944-
9300

AFRICANS in PARTNERSHIP AGAINST AIDS

No collect calls, call PASAN
526 Richmond St E, Toronto, M5A
1R3 416-924-5256

AIDS COMMITTEE of CAMBRIDGE, KITCHENER, WATERLOO & AREA

Accept collect calls
Have a toll-free number
2B-625 King St E, Kitchener, N2G
4V4 519-570-3687 (Collect), 1-877-
770-3687

AIDS COMMITTEE OF GUELPH

Accept collect calls, prefer that peo-
ple use their
89 Dawson Rd, Unit 113, Guelph,
N1H 3X2 1-800-282-4505; 519-763-
2255 (Collect)

AIDS COMMITTEE of NORTH BAY and AREA

Accept collect calls
201-269 Main St W, North Bay, P1B
2T8 705-497-3560 (Collect)

AIDS COMMITTEE of OTTAWA

700-251 Bank St, Ottawa, K2P
1X3 613-238-5014 (Collect) or Toll
Free (ON & QC only) 1-800-461-2182

AIDS COMMITTEE of THUNDER BAY

574 Memorial Ave, Thunder Bay,
P7B 3Z2 1-800-488-5840, 807-345-
1516 (Collect)

POSITIVE LIVING NIAGARA

Accept collect calls from registered
clients
(Recommend that you get a case
manager to get registered with
them)

120 Queenston St, St. Catharines, ON
L2R 2Z3 905-984-8684 or toll free
1-800-773-9843

ANISHNAWBE HEALTH AIDS PRO- GRAM

No collect calls
255 Queen St E, Toronto, M5A
1S4 416-360-0486

ASIAN COMMUNITY AIDS SERVICE

When prisoners call, they offer them
small bursaries to cover their calling
fees

107-33 Isabella St, Toronto, M4Y
2P7 416-963-4300 (Collect)

BLACK COALITION for AIDS PRE- VENTION

Accept collect calls
20 Victoria St, 4th Flr, Toronto, M5C
2N8 416-977-9955 (Collect)

CANADIAN HIV/AIDS LEGAL NET- WORK

Accept collect calls
1240 Bay St #600, Toronto, M5R 2A7 416-
595-1666 (Collect)

FIFE HOUSE

Accepts collect calls
490 Sherbourne St, 2nd Flr, Toronto,
M4X 1K9
416-205-9888

HIV & AIDS LEGAL CLINIC OF ON. (HALCO)

Accept collect calls
55 University Avenue, Suite 1400
Toronto, ON, M5J 2H7 1-888-705-
8889

HIV/AIDS REGIONAL SERVICES (HARS)

Accept collect calls
844-A Princess St, Kingston, K7L
1G5 613-545-3698 (Collect)

ONTARIO ABORIGINAL HIV/AIDS STRATEGY

Accept collect calls
844-A Princess St, Kingston, K7L
1G5 613-549-7540 (Collect)

PEEL HIV/AIDS NETWORK

Accept collect calls
160 Traders Blvd, Unit 1, Mississauga,
L4Z 3K7
1-866-896-8700, 905-361-0523 (Col-
lect)

PETERBOROUGH AIDS RESOURCE NETWORK (PARN)

Accept collect calls
60 Hunter St E 2nd Floor, Peter-
borough, ON K9H 1G5, 1-800-361-
2895, 705-932-9110 (Collect)

STREET HEALTH CENTRE

Accept collect calls
Hepatitis C Treatment Program 235
Wellington St, Kingston, K7K 0B5 613-
549-1440 (Collect)

THE AIDS NETWORK (TAN)

Don't accept collect calls
101-140 King St E, Hamilton, L8N
1B2 905-528-0854 toll free 1-866-
563-0563

THE WORKS

Accept collect calls
277 Victoria St, Toronto, 416-392-
0520 (Collect)

TORONTO PWA FOUNDATION

Accept collect calls from clients
200 Gerrard St E, 2nd Flr, Toronto,
M5A 2E6 416-506-1400

Toronto Community Hep C Pro- gram

Accept collect calls
955 Queen Street East, Toronto, M4M
3P3

416-461-1925 (Collect only on Tues-
day & Friday, 11am-5pm)
Once out, please call 416-417-6135

John Howard Society of Toronto

1-866-265-4434
Black Legal Action
720 Spadina Ave. #221, Toronto, ON
M5S 2T9 (416) 597-5831

PRAIRIES

HIV COMMUNITY LINK

Accept collect calls
110-1603 10th Ave SW, Calgary, AB,
T3C 0J7 403-508-2500

AIDS SASKATOON

1143 Ave F N, Saskatoon, SK, S7L 1X1306-
242-5005 1-800-667-6876

CENTRAL ALBERTA AIDS NET- WORK SOCIETY

No collect calls
4611 50th Ave, Red Deer, AB, T4N
3Z9 403-346-8858

HIV EDMONTON

9702 111 Ave NW, Edmonton, AB,
T5G 0B1 1-877-388-5742

KIMAMOW ATOSKANOW FOUNDA- TION

Accept collect calls
RR 1, Site 1, Box 133, Onoway, AB,
T0E 1V01-866-971-7233, 780-913-9036

NINE CIRCLES COMMUNITY HEALTH CENTRE

705 Broadway, Winnipeg, MB, R3G
0X2 1-888-305-8647

PLWA NETWORK OF SASKATCHE- WAN

No collect calls
Box 7123, Saskatoon, SK, S7K
4I1 306-373-7766

OUT SASKATOON

213 Avenue C S, Saskatoon, SK S7M
1N3
306-665-1224

PRINCE ALBERT METIS WOMEN'S ASSOC.

No collect calls
54 10th St E, Prince Albert, SK, S6V
0Y5 306-763-5356

RED RIBBON PLACE

(ALL NATIONS HOPE AIDS NET-
WORK)

2735 5th Ave, Regina, SK, S4T
0L2 1-877-210-7622

STREET CONNECTIONS

No collect calls
705 Broadway Ave, Winnipeg, MB,

ISSUE #109: DECADES OF DISSENT

R3G 0X2 204-940-2504 WOMEN: 50
Argyle, Winnipeg, MB, R3B 0H6 204-
943-6379

WEST COAST

AIDS VANCOUVER ISLAND

Accepts collect calls. 713 Johnson
St, 3rd Flr, Victoria, V8W 1M8 250-
384-2366 or 1-800-665-2437

LINC

33270 14th Ave, Mission, BC, V2V 4Z7
1-877-424-4242 (BC only)

CAAN

6520 Salish Dr, Vancouver, BC V6N
2C7 (604) 266-7616

NATIONAL

CANADIAN ASSOCIATION OF ELIZA- BETH FRY SOCIETIES (Women)

701-151 Slater St.

Ottawa, ON

K1P 5H3

(613) 238-2422

BRAIN INJURY ASSOC OF CANADA

440 Laurier Ave. West, Suite 200
Ottawa, ON K1R 7X6 Toll-free: 1-866-
977-2492

CATIE

1-800-263-1638
555 Richmond St W #505, Toronto,
ON M5V 3B1

NEW LIFE PRISON MINISTRIES

P.O. Box 123

Arva, ON

NOM 1C0

Aftercare support: 1-888-842-6898
prairie provinces who collaborate
and organize together on issues of
prison and police abolition.

EAST COAST PRISON JUSTICE SO- CIETY

6061 University Ave, PO Box 15000
Halifax, NS, B3H 4R2

www.eastcoastprisonjustice.ca

West Coast Prison

Justice Society/

Prisoners' Legal Services

302-7818 6th Street

Burnaby, BC

604-636-0470

OTHER SUBSCRIPTIONS

OUT OF BOUNDS MAGAZINE

6000 William Head Rd, Victoria, BC
V9C 0B5

JOURNAL OF PRISONERS ON PRIS- ONS

c/o Justin Piché, PhD, Dept of Crimi-
nology University of Ottawa, Ottawa,



ON, K1N 6N5

PRISON FREE PRESS

POBox 39 Stn P Toronto ON M5S
2S6

PRISON BOOK PROGRAMS

BOOKS TO PRISONERS

OPIRG-Carleton

326 UniCenter, Carleton University
Ottawa, ON. K1S 5B6
(613) 520-2757

BOOKS 2 PRISONERS

PO Box 78005, 1755 East Broadway
Vancouver, BC, V5N 5W1
604-682-3269 x3019

BOOKS BEYOND BARS

PO Box 33129
Halifax NS, B3L 4T6
902-446-1788

OPEN DOOR BOOKS (ODB)

c/o QPIRG Concordia
Concordia University
1455 de Maisonneuve O
Montreal, Quebec, H3G 1M8
514-848-7585

GELA PRISON LIBRARIES PROJECT

Available in Edmonton Institution for
Women, the Edmonton Institution,
and the Edmonton Remand Centre.

BOOK CLUBS FOR INMATES

c/o Centre for Social Innovation
720 Bathurst Street
Toronto, ON M5S 2R4

PRISONER RIGHTS

TORONTO PRISONERS' RIGHTS

PROJECT (Runs the Prisoner Emer-
gency Support Fund)
PO Box 291 Toronto P Toronto, ON
M5S 2S8

PRISONERS UNITED ORGANIZA- TION

PO Box 30009, Greenbank North PO,
Ottawa, ON, K2H 1A3

BLACK INMATES & FRIENDS ASSEM- BLY

2518 Eglinton Avenue W, Toronto,
ON, M6M 1T1 ph (416) 652-3131

DISABILITY NETWORK OF ONTAR- IO'S PRISON PROJECT

Hamilton Centre for Civic Inclusion
423 King St East, Hamilton, ON L8N
1C5 *see page 3 for contact numbers*

CRIMINALIZATION AND PUNISH- MENT EDUCATION PROJECT (CPEP)

University of Ottawa, Dept of Crim
120 University Private, room 14002
Ottawa, ON K1N 6N5

Write ON!

Supporting prisoners through correspondence



INCARCERATED IN CANADA? NEED INFORMATION?

WRITE ON! is an all-volunteer group whose
goal is to help and support prisoners in Canada,
through correspondence.

WE CAN:

Research general information
you need, such as:

- general legal information
- info on prison rules and
policies
- info on resources,
programs and services
- and possibly other kinds of
information you need.

WE CANNOT:

- Give any kind of
professional advice, legal or
otherwise
- be a pen-pal service
(though we could refer you to
one)
- Send anything that could be
viewed as sexually explicit
- Send store bought items such
as notebooks, crafts, etc.

CONTACT US:

Write ON!
Suite # 234
110 Cumberland Street
Toronto, On M5R 3V5



Who are we?
We are a group of
community volunteers who
help to support prisoners
in having platonic, safe,
and meaningful pen pal
connections.

write to us!
A FREE, PLATONIC
PEN PAL PROGRAM FOR
FEDERAL PRISONERS

We are dedicated to
social justice, anti-racism,
and freedom. We believe
in the right to dignity
and humanity for all.

Pacific & Prairie Region
Penn2Paper
104-1015 Columbia St.
Box 873
New Westminster, BC
V3M 6V3

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