

CELL COUNT

YOUR PRISON HEALTH RESOURCE SINCE 1995

FREE - FOR PRISONERS, EX-PRISONERS & THEIR FAMILIES

TRANSITIONS - DECEMBER 2025 - #110



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*Published and
Mailed by PASAN*



Letter from the Editors

SENA SAYS FAREWELL

Dear Cell Count Readers,

I have made the difficult decision to step down as editor to pursue a master's degree in social work. It has been an honour to serve in this role for the last 9 years. I know this paper means a lot to many of you, and I thank you for putting your trust in me all these years to bring it to you.

When I first started back in 2016, I decided to change the format, from a black and white booklet to a full colour newspaper. That was a big change. I decided to do that because I wanted to highlight your work in a way I felt like it deserved. A newspaper feels like reading through the pages of truth and discovery, and that's what Cell Count is. Contributors are describing and sharing what happens to you while you are incarcerated. Also, documenting all the changes you are fighting for in there, that would otherwise go unseen. You share these truths sometimes, even at great costs to yourselves, on your own insistence.

We on the outside are often bombarded with media that asks us to ignore your humanity. The words and art you share in these pages make it impossible to ignore your humanity. Your creative expression urges us not only to see you for what you may have done, but to see you as the whole person that you are.

Getting to build an editorial relationship with so many incredible contributors over the years has fundamentally changed me as a human being, for the better. Thank you for reaching deep down and showing us all who you are, what you want to see change and for demanding justice. Thank you for allowing us to see your pain, so that others in a similar position don't have to feel so alone in theirs.

My wish for everyone reading this is to one day be free. For you to know that you deserve better than this. For you to be able to heal one day. To rejoin with your loved ones. Thank you so much for the time you've taken to read and create for Cell Count. Please keep sharing your truth in these pages.

With so much respect, care and admiration,

Sena Hussain, Cell Count Editor (2016-2025)

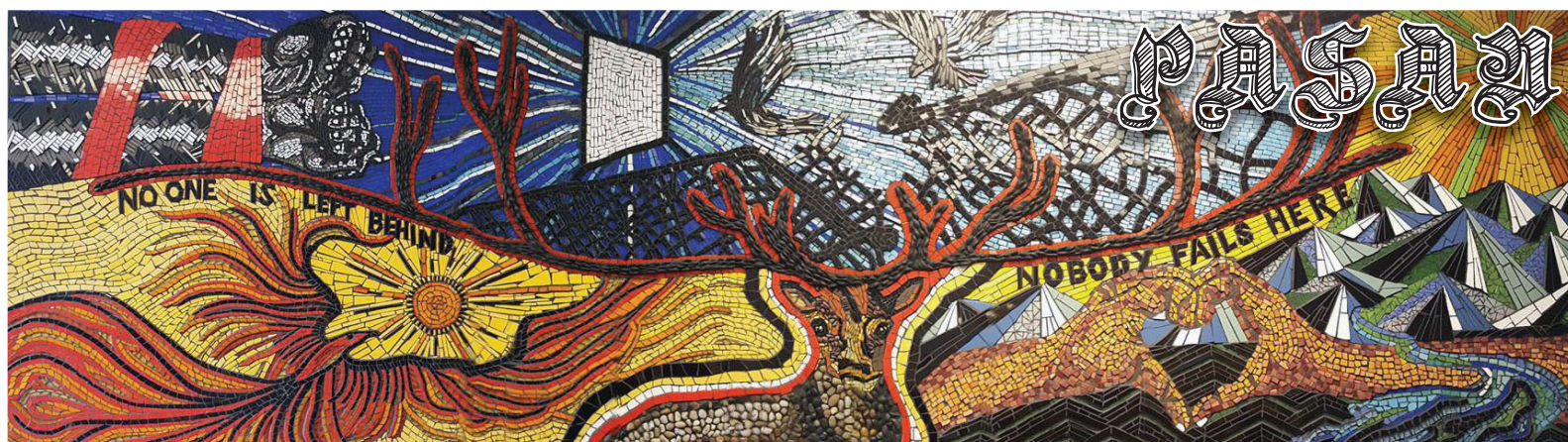
RJ WAVES HELLO

Dear Cell Count Readers,

I will keep this letter short, because we'll have many more issues to come now for me to share with you. This is a strange position I find myself in: feeling a deep sense of loss with Sena leaving, yet feeling so grateful for her mentorship and encouragement, all while really looking forward to what's to come. It's an honor to step into this role, and it's not something I accept lightly. My own history is one scattered with loved ones in and out of prison, years of letter writing, collect calls, and visits through plastic barriers or while being watched to make sure you don't laugh too loud or hug for too long. It was late 2007 when I learned about Cell Count - a friend in the bucket had heard about it but he couldn't get it in there. He asked me to get it instead, and I would read the articles to him during some of our calls.

Sena Hussain herself recently said during our Cell Count 30th Anniversary event, "If you're not talking to prisoners, you're not getting the whole story." Your voices, your stories, your art, and your truths are so important. Whether the writing and the art you share is meant to be loud and to reach others far and wide, or it's meant more for yourself and your own healing and comfort - it is powerful. It has meaning and it is important. And people *are* listening for the whole story. These pages will continue to make sure of that.

RJ Chevalier, Cell Count Editor (2025)



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 Manager **x236**
Jennifer Porter Harm Reduction & Community Programs Manager **x235**
Prisoner In-Reach & Support Staff
Chance Cordon Ontario Provincial HepC Program **x230**
Cherisa Shivcharran Ontario Provincial In-Reach **x233**
Damjan Francic Toronto South & East Detention Centres In-Reach **x231**
Omar Ramcharran Federal In-Reach **x239**
TBD Federal In-Reach **x222**
RJ Chevalier Cell Count Editor **x234**
Clients in Community Support Team
Eveline Allen **x238**, **Trevor Gray** **x232**, **Mik Vattiata** **x.228**
Community Harm Reduction Team
Andre Hermanstynne Program Coordinator **x223**
Claudia Vergara Community Care **x243**

Cell Count Team

Cover Art: Jeremy Hall

Art pages 6 - 7: Opal Kucherka, Jeremy Hall

Art pages 8-9: Thomas Van-Every

Writers: A Lifer, Anonymous, Darrell I, Dustin S, Mr. Do Better, Philly Eh!, Tanya B, Tyler G

Poets: Daniel M, Gordon L, Karissa, Kayla R, Mark Z, Philly Eh!, P.R.E.E.M, Sean E Pg14: The Jew (Illustrations by Farmer)

Lead Editor: RJ Chevalier

Supervisors: Janet Rowe, Anton McCloskey

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

Copy Editors: Damjan Francic, Rachel Katmarian

Transcribers: Rachel Katmarian

In-office Peer Coordinator: Trevor Gray

Thank you to all those of you who helped mail out over a thousand copies of this issue!

And special thanks to McMaster students: Arfa, Bella, Dee, Grace, Jess, Kiran, Saghar, Selena, Tay, for their help with this issue and the 30th Anniversary event.

3 health & harm reduction



ISSUE #110: TRANSITIONS

CHANGES TO CSC OAT POLICY

By PASAN Staff

Correctional Service Canada (CSC) has recently changed the Opioid Agonist Treatment (OAT) medications available to people in federal prisons. As of October 1, 2025, CSC has removed Suboxone from its Formulary (CSC's list of available medications) and has made Sublocade its first-line of treatment for opioid use disorder (OUD). Methadone will be the second-line of treatment, meaning that Methadone will be considered only in cases where the doctor decides that Sublocade can't be taken for medical reasons. According to CSC documents, acceptable medical reasons to not take Sublocade are allergy to the medication or pregnancy. Since suboxone is no longer considered an "open benefit", it will only be accessible through a non-formulary request process. If the Suboxone request is not approved, the incarcerated patient will have to pay out-of-pocket if they want to continue taking Suboxone. If that is not an option, and if a prisoner declines switching to Sublocade for any reason other than allergy or pregnancy, alternative treatment options will not be offered, and this will be recorded as the prisoner making the decision to stop OAT medications.

While this CSC policy and practice change is based in good intentions of improving health outcomes both inside and outside of prisons, it is raising concerns for OAT patients inside as well as medical professionals, researchers, and community advocates outside. Those raising concerns about this policy change are quick to agree that Sublocade is an OAT medication that provides a lot of benefits and works very well for many patients, but say that the limitations must also be considered along with those benefits.

The researchers and authors

of one of the studies that CSC used in its research for this policy change submitted a new paper to the Canadian Journal of Public Health in early December that calls on CSC to reconsider this policy decision. They are asking for CSC to follow current guidelines, to match correctional OUD care with established national standards, community practice, and to honor patient-centred care.

The concerns that are being raised by advocates include: prisoners' access to autonomy and choice in their healthcare and medication, ensuring that prisoners receive the same options and access to OAT medications that individuals do in community, and barriers to accessing Sublocade once released from prison (because it is not universally covered and many community clinics may not offer it).

So, while advocates are raising their concerns with CSC on the outside, where does that leave people inside who are left right now with little to no choice? Well, we know that any treatment is likely better than NO treatment. Here is what you need to know and what you can expect if switching to Sublocade.

SUBOXONE VS. SUBLOCADE 101

Suboxone contains both buprenorphine and naloxone, and is taken as a single-dose daily.

Sublocade contains only buprenorphine and is an injection given subcutaneously (under the skin), once a month by a healthcare professional.

If you are switching from Suboxone to Sublocade, you likely won't need to do a transition process.

If you are switching from Methadone to Sublocade, you likely will need a transition process. This might look like (or should look like) lowering your Methadone dose, then stopping for 1-3 days, and then starting with an oral dose of buprenorphine before starting injections.

It may also look like starting with very low doses of buprenorphine while still taking your Methadone

and slowly lowering the Methadone dose over several days. This method does not require a period of stopping which can increase withdrawal symptoms, although this way must be done under strict medical supervision.

WHAT TO EXPECT & LOOK FOR WHEN GETTING SUBLOCADE INJECTIONS

- Sublocade should be kept in a refrigerator and must be removed at least 15 minutes prior to reach room temperature before injection. If it has been left at room temperature for longer than 12 weeks, do not use it and throw it away.
- Dosage usually starts at 300mg for the first two months, followed by a maintenance dose of 100mg/month. If you've been stable on Suboxone already, then you should only need 300mg for the first month and then move to 100mg maintenance dose.
- Injections are given on the stomach, around your belly button, and the injection spot should rotate each time.
- Many people feel discomfort or pain during their injection, but applying ice for 10min before can help a lot.
- Liquid clarity of Sublocade ranges from colourless to yellow to amber.
- Injection area should be pinched to lift the tissue away from the underlying muscle (to avoid injecting into the muscle).
- Medication should be injected using a slow and steady push.
- Any small amount of blood/fluid should be gently wiped away with clean gauze before applying a bandage.

WHAT TO EXPECT AFTER A SUBLOCADE INJECTION

- Expect a lump at your injection site that will stay under your skin for about one month or more – try not to rub or massage it, it will get smaller over time.
- Your injection site might also get some swelling and

bruising.

- You may experience some withdrawal when first starting.
- People with very high opioid tolerance can have increased cravings.
- Possible side effects are the same as other forms of OAT: constipation, nausea, fatigue or low energy, headache, anxiety, sleep issues, or irritability, feeling too sedated or "flat", increased sweating.
- A doctor can decide for the maintenance dose to be increased to 300mg/month if the person experiences ongoing opioid cravings or ongoing unregulated opioid use while on a 100mg/month maintenance dose.
- A minimum length of 26 days is required between doses.
- If an injection is missed, it can be given up to 2 weeks late without changing the dose.

POTENTIAL BENEFITS

No daily lineup, steady medication levels, reduced withdrawal and cravings for some people, less side effects reported, harder to divert.

SUBLOCADE & OPIOIDS

People usually find that they get less of a high when they take other opioids while on Sublocade. Some people like this because it makes them less tempted to use opioids, and some people who are still using opioids while on Sublocade end up having to use more to try and get their ideal high, which can increase the risk of overdose – so it is important to follow harm reduction practices and precautions while using.

WHAT ELSE?

As we said, these changes to OUD treatment leave many prisoners with not a lot of choices. If you decline switching to Sublocade as primary treatment without medical reasons approved by the doctor, you risk losing access to OAT medication all together. You don't have a lot of freedom of choice right now for your OUD treatment, but you can still ask to be more informed and you can ask for your concerns and questions to be recorded, whether

you decide to take Sublocade or not. This might sound like:

- "Can you explain why a change in medication is being recommended?"
- "How will this affect my withdrawal, cravings, mental health, and stability?"
- "I have a history of severe chronic pain. I have been told that Sublocade might not effectively manage my pain. How will this be addressed?"
- "I tried Sublocade before and it did not work well for me. Are there options for me?"
- "Please put a note in my chart to confirm that I would prefer _____ as my OUD treatment. I am only consenting to Sublocade because I have no other options available to me at this time."
- "I would like to have a printout of CSC's OAT policy" and/or "I would like a written explanation of why this treatment change is being suggested for my case."

You can also make sure to keep track of any changes to your health, your symptoms or your cravings, and of your health visits by recording them on paper or sharing them with a support person during phone calls and asking them to keep a record for you. And of course, you can always access the famously fast and efficient, internal grievance process if you believe your treatment rights are not being respected and request a second medical opinion.

Stopping or changing OAT suddenly can be dangerous. Your life and wellness matters. You have the right to safe, effective, and continuous care.

Advocates from different organizations and communities are working quickly to put together information and support resources for prisoners who are receiving OAT so that you can make informed decisions, and take relevant action for your healthcare. Reach out to your support organizations if you have more questions, concerns, or feel like you want some extra support.

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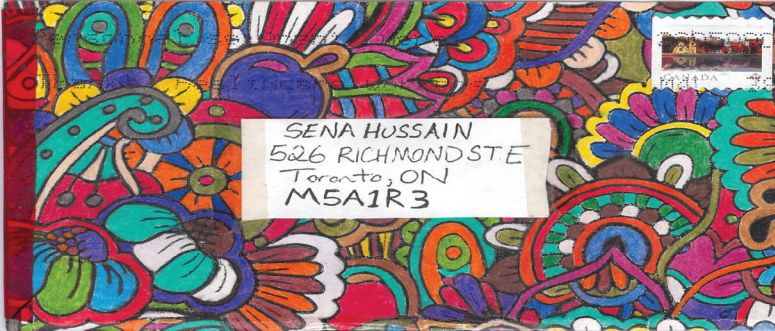


Prisoner Support Lines



Hamilton	905-631-4084
Niagara	905-227-5066
Milton/GTA	416-775-7983
London/West	519-690-0836
Kingston	613-881-0050
Ottawa/East	613-768-9951
Kenora/North	807-548-4312

4 special thanks / news on the block



FED PRISON WATCHDOG LEAVING HIS POST EARLY

By Peter Zimonjic • CBC News
November 12, 2025

A watchdog that investigates the fair and humane treatment of federal prisoners is leaving his post two years early after becoming exasperated with what he says is the government's unwillingness to address systemic human rights issues.

"I leave with a fair amount of frustrations," Dr. Ivan Zinger, the correctional investigator of Canada, said as he presented an annual report focused on mental health on Wednesday.

"If I would have been in a situation where the agency subject to my oversight would have been more responsive, maybe I would have stuck around for another two years," he said.

Zinger says both the Correctional Service of Canada (CSC), the federal agency responsible for prisons, and its political masters won't be able to improve mental health services for prisoners unless they change their approach.

"I wish that there would be more willingness from the minister of public safety to acknowledge that there is a problem," Zinger said Wednesday.

"I wish there was more openness on the part of the commissioner of corrections to openly accept that there are some problems and that there needs to be some steps taken concretely to address those problems."

Zinger said continuing to "dismiss and disregard" his office's recommendations will only result in the issues raised coming back to bite the federal government through the courts.

Failing to reform and deliver
In what will be his last annual report before stepping down in January, Zinger's office used the 162-page document to detail the results of the six investigations it undertook over the past year into the quality of mental health care available in federal prisons.

While the investigations revealed shortcomings in specific areas of mental health services delivery specifically for women and the aged, they also shone a light on some common issues across the federal prison system. Those issues include:

- Poor and outdated policies, or the lack of any policy, hindering treatment.
- Insufficient training for staff working with prisoners that have mental health issues.
- A lack of effective mental health screening for prisoners.
- Inconsistent or unavailable programs to help people once they leave prison.
- Prioritizing security measures like the use of force over therapeutic interventions.

The report also looked at five of the regional treatment centres (RTCS), or psychiatric hospitals for federal inmates that are operated by the federal government, and found they were not fit for purpose.

"Our latest findings underscore that RTCs can be best described as intermediate and geriatric

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care facilities, with limited emergency mental health capacity for acute cases," the report said.

could cover the costs of such a model for decades to come," Zinger said in the report. "I urge the government to reconsider its plans."

Public Safety Canada's response was to reject this recommendation as well, saying the modern bilingual purpose-built hospital will address mental health treatment concerns while setting a new standard for mental health services delivery in federal corrections.

Courts must deliver reforms, Zinger says

Zinger said Wednesday in Ottawa that the reasons the partnerships have been so elusive is because CSC is approaching hospitals with pitches containing "conditions that make the partnership impossible to happen."

Most of the remaining 19 recommendations are accepted in whole or in part by the CSC, but that acknowledgement did little to convince Zinger things will change.

In his opening statement to the report, he says many of his offices' recommendations for reform over the years have "too often been disregarded or dismissed" and "successive ministers" have also been reluctant to press CSC to act.

Despite his frustration over the inability to get the federal government to undertake meaningful prison reforms, Zinger said he is leaving his position with no regrets.

"I'm satisfied with what I've accomplished," he said. "Lawyers and litigators around the country are picking up our reports and using those reports in individual

LETTERS FOR SENNA

In Honour and Tribute to Sena Hussain, Cell Count

Editor: I reached out to Cell Count and spoke with Sena for the first time to inquire about the position available for a liaison, a position I was granted and have held ever since. During my time working with Sena, she has been nothing but extremely helpful, resourceful, kind, compassionate, consistent, committed, and passionate about assisting myself, my corporate brand and organization, my visions, and initiatives. Sena has been an enormous support and connecting networking bridge not just for me, but anybody who reaches out to her. I appreciate her time and effort she volunteers and the faith she has in the forgotten population of the oppressed, incarcerated community as a whole. You will be very missed, and also very supported in your next journey to accomplish your goals and missions moving forward in your life. Nothing but the best blessings and wishes from me and mine! God bless you and hope to stay in touch. -Dustin Schuh

Sena: It's sad to see you go. But I know you have to go where God takes you. You're going to be missed a lot at cell count and by the people that you worked with Outside of cell count.

Thank you for all your help, you helped me with so much from taking down my story from what ODC did me, to just being there to listen, to trying to help out by getting a hold of people that could help

You never looked down on me for being transgender, you're someone that seen me as any other person, which is how I wish others would. You're always helpful and willing to help anyone out, there's so much I wish I could still tell you. Who knows, maybe we will meet one day, I hope you take care of yourself at your new job. CO's at odc have started reading cell count and had read the story you did up for me. They said it's very powerful, some of the CO's at Vanier said the same thing. I'll never stop my fight for trans inmates and for myself, or my fight for a better jail system. You helped me take my voice and carry it higher, so others could hear it. you picked the right person to take over for you, I know RJ will do great and make you proud. I know they will keep you updated, I do wish I got to say goodbye to you. I hope you take care of yourself, signed Raven Pandora-Phoenix

Hello Sena: First and foremost, let me say I truly hope and pray that by the time this letter reaches you, it finds you and everyone you love in good health and in strong spirits. One love T.

I wanna thank you from the bottom of my heart for your response to my last drawing. Right now, I'm sitting in Millhaven max - a very dark world - it's the humanity in your letter that just lit my day up. They don't treat us like we're even human in this place. So you was my angel that brought some light in my world of darkness!!! For that, I'm very grateful, I'm always grateful for however great Spirit sends the light into my world of darkness. Thank you ma!!

So I drew you a heart with my Rose to say thank you and I said thank you in English and in Mohawk. That drawing is for you, and the next drawing is for cell count. For my people Indigenous, it's time to wake up and become the greatest potential of those seeds and let the healing begin. One love yo boy T.



Wishing You All the Best Sena:

Well, I have been a part of Cell Count for many a years and seen how much people have put their heart and soul into Cell Count. And you, Sena, your plan was only for a few years but 9 years later, you were still here helping us all and that says a lot about a person and how much they are willing to help out others. And I feel you have gone above and beyond; you stayed on longer than you planned and I am sure you stayed late many nights and were the first one in the morning too. I hope you realize how many people's lives you have touched and helped them change their lifestyles and bring them hope. Sena you will be missed very much, and we all thank you for all your hard work and the time and energy that you put into Pasan and cell count in your time here with us all. And we wish you all the best in your future endeavours. I know you will do great things. Thank you again Sena. -Keith M.

PRISON FAMILY

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JULY 29TH



5 news on the block



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cases, litigation but also class-action law-suits, and eventually are getting the service to comply when there is a blatant human rights violation."

Holding up his final report, Zinger said he suspects it will "unfortunately" result in legal actions that end up compelling the federal government to meet its legal mandate to federal inmates.

FED PRISONERS CAN APPEAR BEFORE JUDGE TO CHALLENGE SECURITY CLASSIFICATION

By Olivia Stefanovich · CBC News · November 21, 2025

The Supreme Court of Canada has ruled federal inmates can challenge the refusal to transfer them to lower security prisons on the grounds their liberty is deprived.

In a six-to-three ruling, the high court said federal prisoners may access a hearing, known as habeas corpus, to argue before a judge that the conditions they're imprisoned in are too restrictive.

The case was filed by two federal prisoners who were denied transfers from medium- to minimum-security prisons. The move was recommended by both of their case-management teams, but denied by senior correctional officials.

The inmates, named Frank Dorsey and Ghassan Salah, tried to overturn their security reclassification rejections in the Ontario Superior Court of Justice. The judge dismissed

both applications, saying habeas corpus could not be used in their situation. The Court of Appeal for Ontario agreed.

The Supreme Court of Canada overturned those lower court decisions on Friday with the majority finding that denying an inmate the ability to be transferred to a lower security facility is a deprivation of liberty and that the deprivation is unlawful.

"Broad and effective access to habeas corpus is paramount for those who suffer an unlawful and continued deprivation of their residual liberty and seek to challenge the legality of their confinement," the judgement said.

"The courts below erred in holding that an applicant must first prove an 'entitlement' to the less restrictive state in order to establish a deprivation of liberty."

The decision comes too late to change circumstances for Dorsey and Salah, who had been transferred to minimum-security prisons by the time the top bench heard their case last spring.

But the ruling is expected to have broad implications for other federal inmates, who want to challenge the denial of security reclassifications, and could help address systemic discrimination within the federal prison system.

"It's a big day," said Nora Demanti, a prison lawyer based in Montreal.

"This decision comes with a lot of excitement.... It ultimately facilitates access to justice for a very vulnerable segment of the population."

Previously available recourse could take years

Before the decision, the only recourse available to federal inmates whose security reclassifications were refused was a grievance followed by a judicial review in Federal Court — a process that could take years.

With the high court's decision, federal prisoners can now go to superior court within a matter of weeks and bring a habeas corpus application to have that decision scrutinized.

Even though the dissent disagreed, the majority of the top bench said its ruling won't open the floodgates for prisoner transfers because it said inmates must raise legitimate grounds to question the denial of their requests.

The Correctional Service of Canada (CSC) will also be compelled to explain its decisions more thoroughly.

"The scrutiny that comes from a hearing with a judge, we hope, will change the quality of that justification and force administrators to think more carefully and to explain more carefully the basis of their decisions," said Jessica Orkin, counsel for Dorsey and Salah, and partner at Goldblatt Partners LLP.

Legal advocates say the decision may shed light on why Black, Indigenous and other racialized prisoners are more likely to be placed in maximum security institutions on initial intake and less likely to cascade down to lower security prisons as quickly, according to the Office of the Correctional Investigator.

Dorsey is Black and Salah is Jordanian.

"I'm hoping that this provides the opportunity for us to feel emboldened to take on these matters, to assist these prisoners, to question these decisions," said Demar Kemar Hewitt, executive director and general counsel at the Black Legal Action Centre, which intervened in the case.

"One by one, we chip away at the disadvantage that racialized inmates are facing in the provincial and federal institutions."

The CSC said it regularly assesses the risks of all offenders to ensure they are placed at the appropriate security level.

"The safety and security of our institutions and the public are paramount when making decisions about inmate classification," the CSC said in a statement sent to CBC News.

"All transfers of inmates to lower levels of security occurs only after CSC has duly considered public safety."

The CSC added it is reviewing the decision and unable to comment further.

***EDITOR'S NOTE:** *Anticipating that this important news would travel fast, Frank Dorsey reached out to Cell Count. He wants you all to know that there's a lot more information and important steps that you need to know before applying for this, like specific criteria that needs to be met and more. Upcoming issues of Cell Count will share any new information we can to keep you updated on this and what organizations are best to reach out to for support with it. You can also check the resources on the last page for contact information to different legal supports!*

BEHIND BARS: SYSTEMIC FAILURES IN CANADA'S PRISONS ARE CAUSING ALARMING, BUT PREDICTABLE, HEALTH OUTCOMES

By Anne-Rachelle Boulanger and Holly Kohler · August 2025

Suicides and overdoses were the two leading causes of death for people in Canadian prisons between January 2019 and February 2025. 72 percent of these non-natural deaths were of people serving determinate sentences — in other words, their release date was fixed and foreseeable. These figures, recently released by the CBC with data from Correctional Services Canada (CSC), do not tell a new story. Rather, they are part of a longstanding history of Canada failing to provide adequate healthcare to people in prison. Systemic failures and gaps in Canada's prison system have long caused and continue to create alarming health outcomes.

In Canada, only six of fourteen prison jurisdictions require healthcare in prison to be delivered by the same ministry of health that provides healthcare to the broader population. In the remaining jurisdictions, healthcare is provided by the ministry responsible for corrections. This is but one of many systemic failures. Incarcerated people have a right to health and are entitled to healthcare that is at least equivalent to that which is available in the community. However, when prison healthcare is treated as its own 'island,' siloed off from the rest of Canada's healthcare system, this standard is rarely realized in practice.

What happens to the health of people in prison when ministries of corrections — not health — are delivering healthcare? In Manitoba, only 4% of correctional officers feel able to recognize fentanyl use, overdose, or withdrawal, and only 8% feel comfortable using naloxone — a life-saving medication that temporarily reverses the effects of an opioid overdose. In Saskatchewan, nurses responsible for healthcare in the province's prisons often do not receive any training when hired. In Ontario, a detained person at the Toronto South Detention Centre described his healthcare as inconsistent, lacking confidentiality, and noted that people were given "the wrong medication... every single day." In short, when healthcare for prison popula-

tions is devalued and neglected, people in prison face dangerous health outcomes.

This model of prison health in Canada, which treats healthcare as "just one among many programs offered," deprives incarcerated people of not only their right to health but also their human dignity. Further, inadequate access to effective healthcare causes emotional harm and stress, leaving people in prison without support in times when they most need it. The mental anguish of living without proper access to healthcare is often a driving force of suicides and overdoses.

We know why people are dying in Canada's prisons. Why, then, do these harmful policies and practices persist? Part of this can be attributed to another systemic failure: the veil of secrecy that surrounds prison health indicators. For example, while CSC possesses information and data describing the health outcomes of people in its prisons, much of the cruelty is intentionally hidden. Recent figures about prison suicides and overdoses were only released after a freedom of information request. Troublingly, CSC later requested that this information be deleted. In essence, CSC knew the gravity of the figures its data package contained but wished to conceal it — indicative of the broader lack of transparency across Canada's prisons. Without transparency, the Canadian prison system lacks accountability for providing essential healthcare services to incarcerated people, ultimately enabling harmful healthcare practices to persist.

Health improvements in prison are possible. For example, in 2021, Prisoners' Legal Services (PLS) in British Columbia reached a settlement with CSC to improve its opioid agonist treatment (OAT) program by eliminating waitlists and other unnecessary barriers to treatment. In Alberta and Newfoundland, OAT teams in prisons are made up of healthcare providers specializing in OAT. In New Brunswick, a plan has been approved to make naloxone directly accessible to incarcerated people. Nonetheless, without integrated care, adequate healthcare treatment, and consistent transparency and accountability in Canada's prison system, poor health outcomes will persist.

On the 50th anniversary of Prisoners' Justice Day, it is critical to reflect on the failures of Canada's prison system and to advocate for systemic change. People in prison are entitled to the same access to healthcare as those outside. Until this right is realized, our communities will continue to be plagued by tragic and preventable deaths among incarcerated people.

About the authors: Anne-Rachelle Boulanger is a lawyer and policy analyst at the HIV Legal Network. Holly Kohler is a Joint Honours student in Political Science and Gender Studies at McGill University and a Research and Communications Intern at the HIV Legal Network.

Canadian Inmates Cupid's Corner



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Canadian Inmates Cupid's Corner offers a safe and respectful way for incarcerated people in Canada to build genuine connections with those on the outside. We believe love, friendship, and hope can flourish—even across distance.

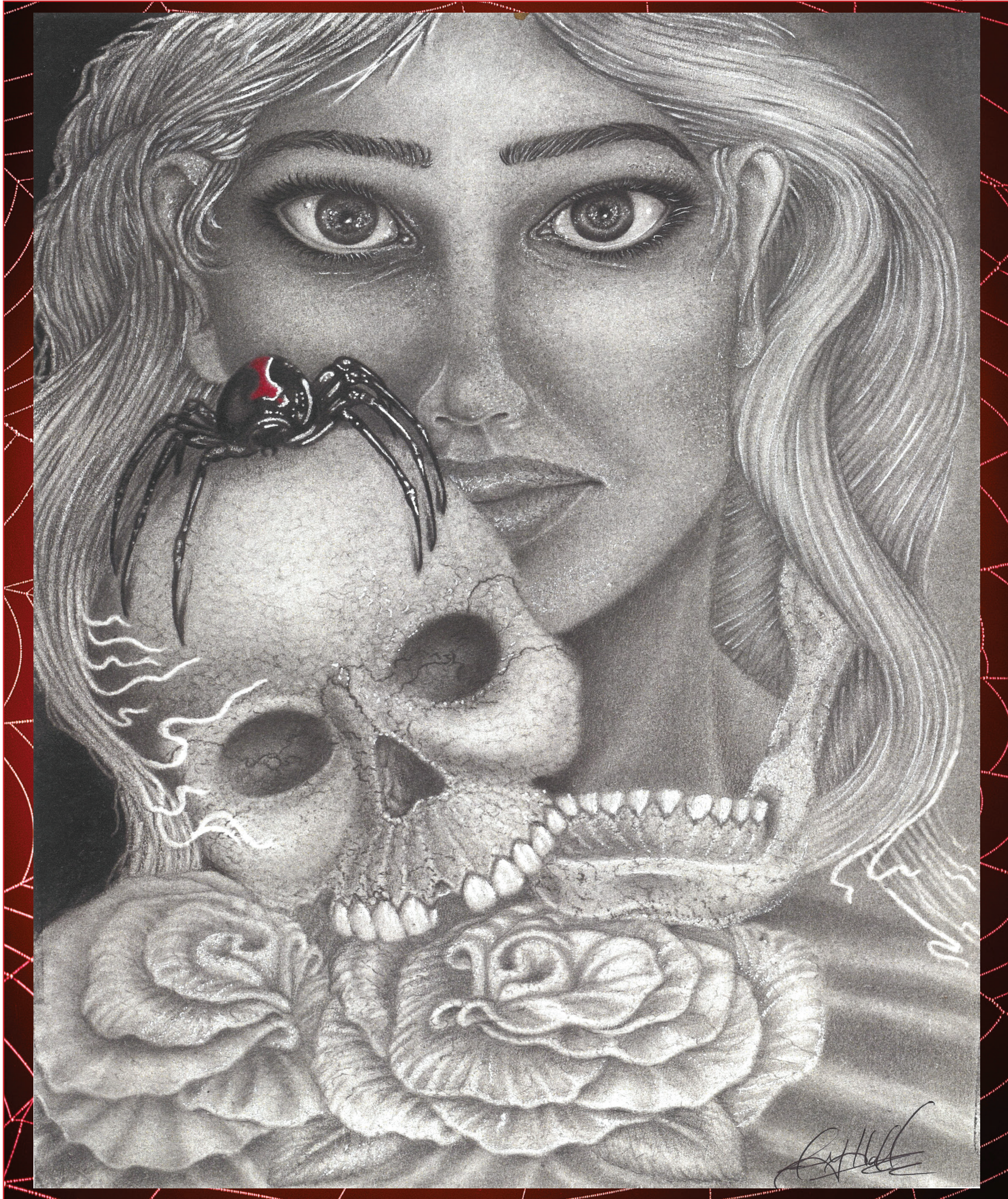
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Chilliwack RPO Southgate
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E-mail: ttc.prison.wife@gmail.com





THEY TRIED TO

THEY DIDN'T





10 writings on the wall



HEALTH CARE COSTING ARMS AND LEGS

Untitled By Tyler Gross

Hi guys, gals, and fellow inmates, I just wanted to share with you on how “good” the healthcare here at C.N.C.C. is. I’ve currently (this time) been incarcerated at Central North Correctional Centre since January 25th of this year. 6 months prior of getting knocked for my warrant I had noticed a small infection developed in my leg. Mind you at that time in my life, I was right smack in the middle of my run with fentanyl. So, on top of misjudging everything from being high all the time, I was also super paranoid with an A.M warrant. So, when I got knocked in January it not only saved my life and hopefully my leg. When I was admitted to A&E at C.N.C.C. the nurse gave me shit on how bad my leg was. Just to paint a picture for all of you, the sore in my leg was about the size of a Gatorade lid and as deep as my pinky nail, yeah it was bad. Automatically I went on antibiotics and off to the unit I went. I was supposed to be going every other day to get a dressing change, however, everything is half-assed backwards here in Penetang. Luckily, my leg got better to a certain extent – the skin filled in but the sore has yet to heal over. Over the past 8 months, I’ve done 6 runs with antibiotics. I even went to the Midland Hospital. Just so I’m clear on how good the healthcare system is here, I started one of the 6 antibiotics just to be yanked off them 3 days later, because they were the wrong type, even after I complained to the evening nurse that my leg was hurting even more. You know what the nurse said to me on the change of my antibiotics? She looked at me deadass and said “oh, we are sorry for the wrong meds, it’s trial and error!” What in the actual fuck is wrong with people, this is my goddamn leg we are talking about. Trial and error? Un-fucking-believable. Needless to say, I have spoken to my lawyer about this, it is now going into October, and my leg is still in a bandage. I’ve been on hydrablue, which was ripping my skin off and more recently I was tried with iodine. Nothing is working. I even was told by the Nurse practitioner over a month ago that I was getting an ultrasound done on my leg. Guess what? Hasn’t happened yet! I get sentenced on November 7th of this year and I’m getting 2 more years on top of my bad time. I wonder if I’ll be able to walk out of here with both feet or not. By the way, I moved units since I was told I was booked for an ultrasound, however, my old unit with the nurse forgot to put it in my file. This is absolute B.S and I hope to god that my voice gets out there and helps with future situations, because the healthcare and C.O.s here at C.N.C.C. give zero fucks if you only have 1 limb to walk out with. Take extra care of yourself, guys. I’ll be more cautious with everything moving forward. Thanks for letting my voice be heard.

PRISONERS JUSTICE DAY

By Tanya Bogdanovich

For 50 years, people on the inside of prisons, and over the last several years people outside of prisons, have been commemorating Prisoners Justice Day on August 10th.

Every person we remember, that we respect on this day, is a warrior of sorts. A veteran of war that has no designated beginning and no foretold end. And the death count of this war rises and rises and rises. It rises for many different reasons. From the death that started it all, Eddie Nolan, whose pleas from Segregation were ignored in preference of a poker game being played by the guards, where he had been inhumanely held for advo-

cating for fair wages and safe workplaces in prisons, to more common day deaths caused by medical negligence, violence of prison guards, and other institutional faults.

At Grand Valley Institution for Women, we remember Ashley Smith and Terry Baker. One young woman whose death was videotaped and deemed a homicide, yet somehow people directly involved are still employed at the institution. The other death, Grand Valley refuses to accept accountability, because after finding her unresponsive in a segregation cell the institution says it was “her family’s choice to remove her from life support,” therefore, they are not responsible. However, I feel that culpability equates to responsibility in all other crimes, so why is it not applicable in this one? Regardless of her family’s choices, when she left this property, her life had essentially ended. Terry’s brain functioning was unable to maintain meaningful life, her ability to breathe independently had ceased. Her last place of independent consciousness was in a segregation cell at Grand Valley. Yet, they are not responsible.

Since my arrival at Grand Valley, two officers have been charged with sexual assault and misuse of authority. I only know their names because I live here. Despite transparency being demanded of those who live in prisons, and despite the average community members having their name, and potentially their photo, displayed in the media upon being arrested for certain crimes, prior to even setting foot in a court room, these men are afforded the luxury of anonymity. In fact, the most recent case that was in court **THIS YEAR** was so hush hush, you cannot even find mention of the allegations, charges laid, or trial online. Irony in its truest form from an institution that demands transparency from the people’s warehouses. It is always nice to have the system role-modelling the behaviour it requires from others for them to gain their freedom in such a “transparent” fashion.

These are most likely some of the reasons CPS (Canadian Penitentiary Services) became CSC (Corrections Service Canada). The second one has a nicer ring to it. Sounds like a lot of accountability, transparency, and public service. The problem with public service is that it is a business. And prison is a business that is ever-growing and employs many. The reality is that CSC, this “service” is NOT broken --- it is working exactly as it was designed. And it is flourishing.

Prisoners Justice Day is a day for reflection. I think of all the women in the P4W riots. Tired of being degraded, demeaned, and treated as less than human. I think of all the times men and women have fought against injustices. They did not just do it for themselves. They considered all of us who live in prisons now. Having never met us, never heard our stories, just loved and care enough for us to want for us better than what they had.

Prisoners Justice Day to me is more than just a day, more than a memorial, it is becoming a movement.

Ideally, it is the start of a revolution.

***EDITOR’S NOTE:** *We’re sorry this story didn’t get to us in time for this past August’s PJD issue! But Tanya is right - PJD is more than just a day. So let’s not reserve these writings for one day only. Like the saying goes, “Rome wasn’t built in a day, but they were laying bricks every hour.” So keep those bricks coming!*

WHAT IS THE PRIMARY OBJECTIVE FOR INCARCERATION?

By Anonymous

According to my knowledge, it is to protect the public, reduce recidivism, deter crime, etc. I believe that society as a whole is becoming more cognizant of the fact that all mistakes which each individual makes is representative of the body of humanity. That an individual need not be fully penalized for his wrongs, simply because those whom haven’t, haven’t recognized it in themselves. As a result, society has enacted harm reduction sites, and prison systems have adopted language around reform.

I think we can all agree that reform takes the time to focus on each individual’s needs, their problematic areas, and how they can overcome them. So, with that being said, if we come across an individual whose afflictions involve substance abuse, would it not make sense to implement that into his recovery/rehabilitation plan? If this is true, which of the two would better address this individual’s needs: an ICPM or a residential treatment facility?

An ICPM would, for a good 60% of the program, address topics that do not pertain to this individual (e.g. gangs and gun violence, crime for gain), and last 5 days a week for 6 months. While a residential treatment facility’s programming addresses substance abuse issues 7 hours a day and 7 days a week.

Now if this individual was asking to go to this facility only, but was denied with reasons being that an ICPM would be better suitable, then I would at this point have to reiterate the above question ... What is the primary objective for incarceration?

At this point, I would like the reader to take into consideration our tax money and how it would be allocated to both if members of the parole board preferred this individual to do both programs.

GOING FORWARD IN LIFE

By A Lifer

Once you get to camp you figure okay, I have worked my ass off to get here and some lifer’s may have only taken 5 to 10 years and bang, they’re in camp while others are 15 to 20 years. Then there are the horror stories 25 to 35 years to get to camp, why? Because that inmate was breaking the rules, oh no. It’s because they have written too many complaints or filed grievances while in jail. Now the CCRA and CCRR both say you cannot be penalized for doing those kinds of things, bullshit! Then there’s the inmate handbook. This book is intended to provide offenders and others with information specific to the institution they are in and

ISSUE #110: TRANSITIONS

its operations, routines, and says how they are governed by federal legislation, national policy, and by local directives. Then say you are encouraged to talk with staff and to make use of the resource, great what resource? Then you have the Warden’s message welcoming you saying they’re committed to providing a safe and healthy correctional environment through open communication, personal accountability, and respect for the dignity of the individual at the institution. And all interactions will be in respect to the rules of law, and the duty to act fairly and promote in a timely provision of program assignments to offenders. One of your first responsibilities will be to meet with your Case Management Team (CMT), your parole officer and correctional officer (CX-2). Your CMT will give you direction and assist you to identify work and program assignments to address the needs identified in your correctional plan. Of course, that’s assuming your correctional plan has the correct information in it, which most of the time it does not.

Then they go on to say that there is no tolerance for discrimination or harassment. No tolerance for the use of violence, drugs, and alcohol. All those who violate the rights of others will be dealt with promptly and directly. Should you experience difficulties at their institution, they are encouraged to discuss your concerns with staff. Well, it didn’t work out too well for that staff member who voiced his concerns to management, and in the end took his own life to make it stop. Now let me ask you how many inmates do you think CSC has driven to that point that you just don’t hear about, because CSC covers it up and gets away with it, writing it off as a suicide or drug overdose, no questions asked. I know of at least four. And then they say they expect all inmates and staff to follow the rules, which all sounds great, however, this does not happen. Then, there’s your parole officer who has full control of your files. Now here’s the scary part, if you don’t see eye to eye with your parole officer, or are not on the same page, they can make your life a living hell. For inmates with short sentences, it’s not so bad because there is light at the end of the tunnel. However, a lifer, dangerous offender (D.O.), dangerous sex offender (D.S.O.), or long-term offender (L.T.O.), our parole officers screw us all every which way. You need to find a common ground and work with your parole officer. However, you also need to remember when you go to the Parole Board, it’s about what you are asking for and how you have changed over your sentence. Now they



WISRCanada
Courage to change

RECOVERY BY MAIL

WISRCanada offers free Twelve Step-based recovery to inmates who are troubled by compulsive or risky sexual behaviour through our “Writing to Inmates Seeking Recovery” program. We start by providing recovery literature to inmates. Next we connect individual inmates with a volunteer letter writer who has worked the Twelve Steps themselves and are experienced sponsors.

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
PO Box 75096
20 Bloor St E
Toronto ON M4W 3T3**



hear what your parole officer has to say and may consider some of it. But it's up to you to show the Parole Board that you are a changed person. So, I hope this will be a help for all you lifers out there. You are not alone, just find the right people who can really help you and not blow smoke up your ass. And remember, jail house lawyers don't always know what's best, if they did, they themselves would be out on the street by now.

I AM NOT CRAZY, I AM INNOCENT

By Darrell F. Ivany
Accused of being a (Mental Health Patient), "falsely accused & labelled" by parole officers, non-health care professionals and "Discordant Information" in a non-healthcare file system. Who also requested the National Parole Board of Canada to put an "illegal stipulation" on my parole in 2008 on my first day parole. "To see a psychiatrist and adhere to any medications put in place by the doctor." Being mentally abused, bullied & tortured "Behind the Scenes," Conventions Against Torture (CAT), not for any "Incidents, Charges, Crimes, or Behaviour and Emotions." Now that I have won my case, they are trying to use "Deteriorating Attitude and Behaviour" after the fact. However, their so-called deteriorating attitude and behaviour is solely based on the "Discrimination" itself.
According to their own paperwork it states, "To his credit, his last infraction took place in December 2002," that I have been a "Minimum Security Offender since 2005." I lived in the community on my first release for 12 years, six years on day and six years on full parole as a "Productive Member of the Community," no one ever called the police on me and not even a single incident. Suspended in 2009, 2019, and revoked in 2020, "Illegally Detained and Imprisoned" three times over the last 12 years. Because of "Systemic Discrimination Based on Disability" caused by "Deformation of Character" that has turned into "Defamation Conspiracy" of 29 years by Parole Officers. Who forced anti-psychotic medications (RespiDONE) on me against my will for 24 years, because of earlier institutional behaviour thirty years ago in the past, not for any (mental illness) or need of medications. In the 2020 revocation, tried to force "Psychotic Injections" on me against my will. With ten Frpcp psychiatric assessments, saying that there is nothing wrong with me, all paid and contracted by Correctional Service Canada. That five psychiatrists have removed medications three times over the last 12 years, with no dissenting opinion in my Health Care Files.
However, I am still sitting in this (SIU) Medium Security Institution (Warkworth), four years later, being bullied to do ICPM Core Programs to move forward. However, I have never done the ICPM Core Programs and should be "grandfathered." In addition, are not because they stole my entire life, now dealing with "Denialism of truth." CMT knowing that all parole psychiatric assessment from the community prove that the doctors actually removed all medications, that I did not actually "Breach any Stipulation of Parole" at any time, in 2009, 2019, and revocation of 2020. I have all ten psychiatric assessments from 2008 until now that, in fact prove that I am innocent of all wrongdoing and all allegations that keep sending me back in prison, I don't need to do anything wrong.
Such, "Disrespect for Human Life," I have done 36 years on a life 10 sentence. When is enough, enough? If I have completed all Correctional Service Programs, five in total and were released from the

Correctional System in 2008 and have done no wrong for 23 years straight, then;
According to Correctional Service of Canada (CSC), their "Mission Statements," "Commissioners Directives" and "Correctional Service Programs," I have done everything that they told me that I had to do to get to live in the community as a productive "Law-abiding Member of Society" and done just that. Which means that I have come full circle, that "I am considered to be Rehabilitated" by the Correctional Service Correctional System. If it were not for this "Systemic Discrimination," I would have lived in the community for the last 27 years. It took me "44 Years of my Life" to get to sit at my own kitchen table for the first time in my life, doing it the right way. Since when does the Correctional Service Canada lock up offenders for doing "Everything Right in Life?" How do these Parole Officers have so much power and think that they are above the "Law and Health Care Professionals" and are allowed to abuse their power and authority. I guess when they're trying to "Chemically Control Offenders" against their will. Also, according to the Human Rights Commission, the promulgation of Bill C-83, the amendment to the Corrections & Conditional Release Act. Health Care Services @ National Headquarters/CGRRC Committee, I have been "Vindicated by all Health Care Services and Professionals" in the Correctional Service Correctional System of Canada. Thank you very much for taking the side of the truth and what is right! I beg to question, why the "Paradox" now also exist @ National (Non-Health care vs. Health care services) and why the non-health care side of the CGRRC did not solve this case as they stated to Human Rights that they would. Furthermore, why am I still sitting in prison five years later fighting my accusers? This is illegal to do to anyone in society. Just because I am a lifer/prisoner does not make it legal, it is actually "Criminal and against the law" to do this to anyone. Everyone deserves a second chance in society according to most; my second chance was stolen because of "Discrimination."
Please excuse me for being rehabilitated & being a Human Being!
Give ear O Lord to
My prayer, listen
to my plea for
Grace, Amen!

TOASTMASTERS INTERNATIONAL CLUB AND THE FATHER'S GROUP AT COLLINS BAY
By Dustin Schuh
Toastmaster is a prestigious club on the street and is recognized and widely revered globally. This club targets your public speaking skills, through leadership and communication project. Upon completion and paid dues, Toastmasters International Headquarters mail you certificates of completion to be used as credentials towards any career, life-skills, and entrepreneurial paths. Parole board and officers recognize it, and it helps prepare you for conquering those meetings. 6 figure competitions held on road and is a great way to network inside and out, as well as used as a pro-social support on your release plan. If you are interested in starting a club in your institution and need help to start, visit www.toughtimesinc.ca and we can help walk you through it, visit www.toastmasters.org/shop.
The Father's Group is a new group that has not been around too long. This group's initiative is to support, encourage, educate, and provide opportunities

THE FATHERS GROUP

THE FATHERS GROUP SIGN-UP SHEET BEGINNING THIS THURSDAY!

INITIATIVE

Purpose & Goals

The fathers group is for more active part of our active fathers, stepfathers, children's lives. This group is father figures, and men that to recognize that fathers are may not be currently in their just as important as mothers kids' lives for whatever reason are and we should be allotted and would like the the same type of opportunity to change that. opportunities that

This safe space and support group will offer resources in prison as well as in the community. Diverse parenting advice for all cultures and a realistic approach for men incarcerated. Our goal will be to educate, inspire, and help each other be the best fathers that we can be. You can air your grievances, brainstorm ideas that can help us be a	BREAKING DOWN SYSTEMIC BARRIERS FOR ALL VERSIONS OF INCARCERATED FATHERS	incarcerated mothers receive. Commitment to this group will include incentives for future father-child bonding opportunities. The fathers group will be a positive pro-social support within the institution and will be recognized from the intuitional hierarchy as such.
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INCENTIVES

- V&C accommodation
- Legal advice pro bono
- Available resources
- Guest speakers
- Prison prevention (youth speaking)
- Parenting books
- Special events
- Pro-social support
- Access to bonding opportunities
- Access to related information
- Uplift & inspire fathers

for incarcerated fathers to have bonding time, be active fathers, and prevent our children from following the paths that have led us to prison. We aim to emulate the women's prison mother-child program and make society a better place, beginning with our children. If there are any organizations/agencies/ companies that would be interested in assisting, supporting, and/or being involved in our Lifer's Group, Father's Group, or Toastmaster's Club, please feel free to visit our website at www.toughtimesinc.ca and email us or write to me here at Collin's Bay Med. 1455 Bath Rd. P.O Box 5117 Kingston, ON K7H 0A8
Also, anybody who is interested in establishing these groups in your institutions can contact me through the same channels and I will direct you the best I can.

CHANGE
[Speech written for Toastmasters Club]
By Mr. Do Better
For my second project, I want to talk about change - specifically positive change. Change that's going to help you reach a better life. But in order to do so you must first understand that there are three main aspects to change, and by focusing on these aspects you will be able to make the changes that are needed.
The first aspect is FAITH. In order to make a change you must have faith that such change is possible no matter how dire or severe your situation may seem. If you have faith that things will get better, and that there is something better for

you in this life, then you've taken the first steps towards finding it. Now, if you doubt that your life can change for the better, then it never will. You must believe and have total faith that you have the ability to be healthy, happy, and totally fulfilled. There's this saying that goes whether you think you can or you can't, you are right. Having complete belief in oneself is key to making a positive change.
The second aspect of change is CHOICE. Every opportunity, every challenge that we experience confronts us with a choice; we choose either a positive approach or a negative one. Even if we make no affirmative choice at all, one is normally chosen for us and generally it's a negative one. In order for you to change your life for the better, you must specifically identify what exactly that means to you. Then you need to choose to pursue this better life you've defined and make the changes in your thinking and acting. Life's full of choices, but that positive approach is going to breed positive outcomes.
Now the last aspect of change is DESIRE, and in my opinion, this is the most important aspect of all, because if you don't have a deep burning desire for the changes you want then you'll never achieve them. Back in the day, there was this student who asked his teacher what exactly deep desire is, so the teacher took the student down to the ocean and walked out into the water until it was nearly chest high. The teacher then grabs the student and holds his head under the water and kept him there until his body went limp. Then just before drowning him, the teacher pulls the student up out of the water and as he gasped for those lifesaving breaths of air the teacher [cont'd on pg 12]

12 writings on the wall / poetry from inside



ISSUE #110: TRANSITIONS

GORDON LEMAIGRE

Capture

Four billion years after I'm dead, the sun will run out of fuel and blow up. In its wake it will leave a black hole, eventually the black hole will fade and die just like me. About 200 million years from now, Andromeda galaxy will merge with the Milkyway galaxy, and the newly formed galaxy will fade and die just like me.

It's been a great life I live so far, I got my education in the correction; although I live my life like I had everything sorted out, but I didn't. I played by my own rules, like I'm in the middle of the ocean flying back in an empty tank to a burning carrier. He still wouldn't pull a play on me.

I'm sitting in an isolation, nothing grows in here, only my loneliness.

I love to be where endless garden grows and where the green grass and green leaves grow.

I want to feel the heat of the sun. I want to feel the rain when it's raining.

I want to see the lightning flashing. I want to hear the thunder crashing.

I can't hide the joyous feeling of getting my release from this turmoil palace before I pass.

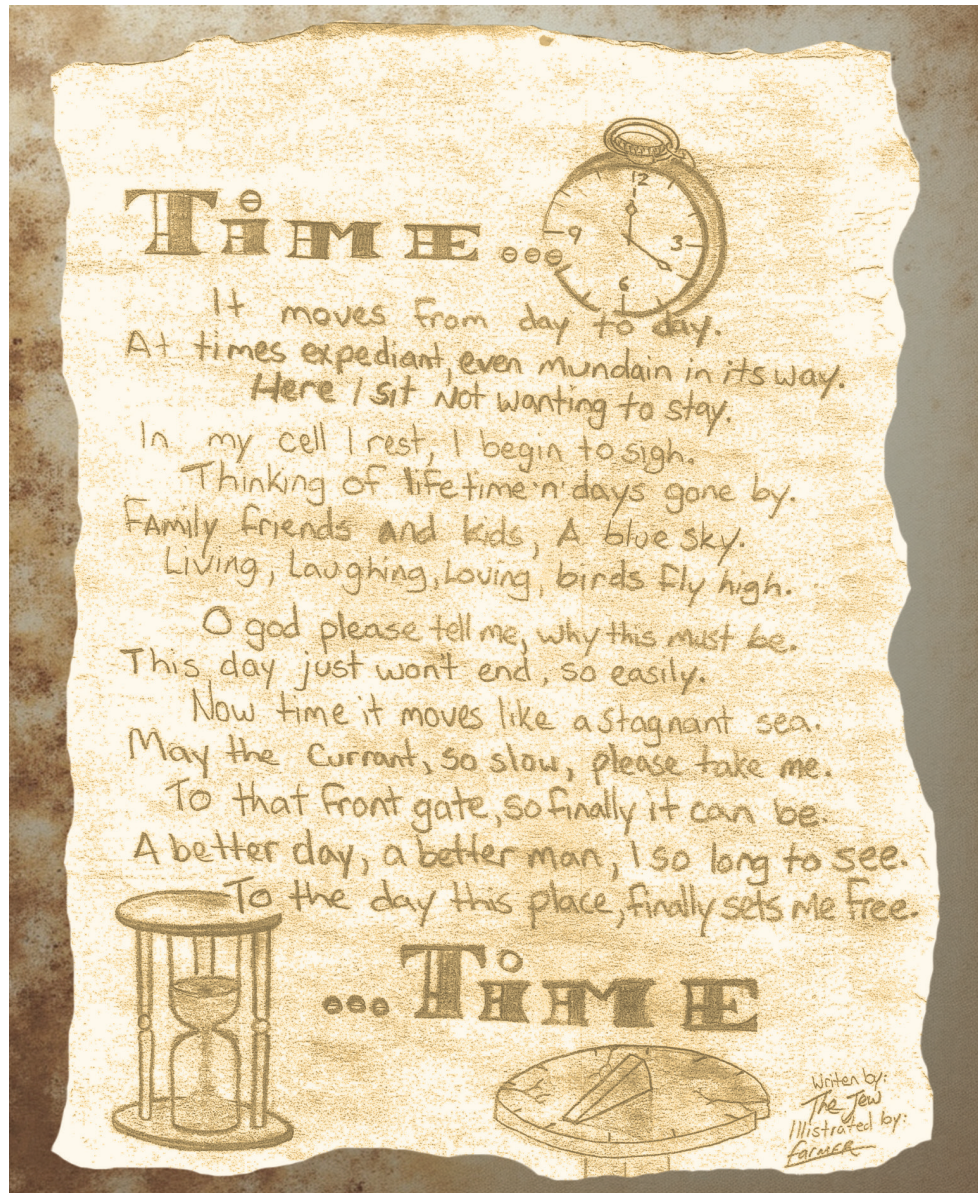
I defected from my past and I capture the new and better future.

Out here I can reunite with the pleasure of watching the billions of sparkling stars on a clean cloudless night.

When the dawn breaks, I'll fix myself one of my many satisfying meals.

At the end of a working day, I'll embrace the greatest gift known to man.

Getting good at something else other than doing time.



CHANGE [CON'T]

[cont'd from pg 11]

turned to him and said, "You must desire the change in your life as strongly as you wanted to take that first breath. That is deep desire." In order to make a significant change in your life, you have to want it so badly that you feel it in every fibre of your body. If your life isn't the way you want it to be then choose a positive approach to doing better. Desire this change in your life so badly that nothing and no one can stop you from achieving it and it will happen. You will have the better life you are seeking.

Now I stop and ask myself: this sounds kind of easy, so why aren't there more successful people around? What is it that's keeping people from making the changes needed to achieve that better life? Then it hit me that it's fear: the fear of failure, fear of criticism, and most importantly, the fear of change itself. Many people fear change. They might say they want to change a certain part of their life, but at the same time, they're doing everything possible to keep their situation exactly the same. Being afraid of change usually comes from the fear of the unknown. We become fearful of change because we are not sure how it's all going to work out. It's that uncertainty that gets us. But you overcome this by having total faith in your skills and ability to achieve the goals you desire.

FROM BAD TO WORSE

Untitled By Anonymous

I am an inmate in a federal institution in Ontario, Canada. This is not my first federal incarceration, however, during this incarceration I have noticed a big change in the attitudes and behaviours of staff

as they are getting younger and younger. Their attitudes, speech, and ignorant behaviour is way out of control and totally unacceptable. I am 60+ and to have some correctional officer who is 30 years old disrespect me is totally uncalled for. I am here to do my programs, learn and rehabilitate myself, and get back out to society as a law-abiding citizen. It seems like they come to work here just to antagonize offenders, and to make our lives a living hell. I really think that young correctional officers need to be trained more in regard to how they treat people. They (correctional officers) should only be here to open and lock doors and CXII's as a part of your CMT should help and assist you in preparing for your eventual release. I have noticed that they do nothing but make you angry and upset. The system is definitely broken in many, many ways and it's gone from bad to extremely worse.

THE SOAPBOX IS DIRTY

Untitled By Anonymous

How do you live right in a system that is so corrupt and multi-dimensional that it doesn't know its own ass from its hand? Or it does but does not lend itself to you. It is like pulling a string and having 7 different ones coming off the ball of yarn. Like trying to hold a fistful of sand. Grasping it tighter out of anxiety/fear. Trying to hang on only causes the grains to flow faster and faster through your fingers. They preach from their soapbox to behave pro-socially and non-violently. Yet silence you at every turn and take away every avenue you have. Leaving you with a fist clenched. Dirty with the last remnants of the sand that you struggled diligently to hang onto. Their so called 'rehabilitation' is merely only a word. Used so they can, themselves, "con" the public

coffers. Again and again, and again! If you protest "peacefully," to draw attention to your flight collectively; you incur a kangaroo court charge, a fine, or worse.

More frustrating, is having people in positions of power. People with the effective ability to actually change things - get nothing done! As the wrongs, injustice, and abuse simply continue as the typical "norm." We could do so much worse than 'live right.' Proving their 'con' to be correct. Why allow them anything, other than being exposed and degrade our own self, beliefs, and values?

They're not worth that!

PACKING LIGHT VS GETTING COMFORTABLE

By Philly Eh!

When you're used to constant change, in my case moving around a lot, packing light is essential. However, as I get older, moving gets a little bit... well, old. I want to find one place that I will be safe and get comfortable. And so, I pack a bit heavier now.

I still move around quite a lot, but once I get back to Federal custody, the moving won't happen all that much. For one, I won't get fed up with a cellmate and the constant change that a unit in provincial brings that make me need a change in scenery.

In federal, change to those you serve time with, and your surroundings does not come as often. One can get more comfortable and used to those around you. However, one still needs to remain alert.

Adding pieces of things to my cell (my home), I can get more comfortable and start to settle in. A poster here; a new pair of shoes there; a game system over yonder. It all adds up. All showing signs of one "getting comfortable." But that's the thing to do: don't rustle any feathers and settle in for the long-haul.

Wisdom says to pack light. Age says to get comfortable.



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.

OUR SERVICES

- Direct connection to helpful resources
- Easy access to CSC forms
- Support letter assistance

VISIT US

www.toughtimesinc.ca



Tough Times Don't Last, Tough People Do!

13 poetry from inside



ISSUE #110: TRANSITIONS

KAYLA ROSE

Your Song

Close your eyes
Listen to your heart
Hear the song it sings
Every song is different
Yours is just for you
Stay real quiet
Let the song get louder
What does it sound like?
Listen quietly
The answers will come
Your song is your own
It is your power
When things get loud
Turn down the noise;
Listen to your song
It is always with you
For it is within you
Close your eyes, and
Listen to your heart
Your song is waiting for you.

MARK "SOUTHSIDE" ZAMMIT

The Streets Ain't Simple

The Streets:
Have put me on trial
Have confronted me with challenge
Have summoned my analysis of my
conscious and unconscious mind
Have subjected me to conflict
Have made me a winner
Have taught me to lose
Have positioned me blindfolded
B4 my greatest adversary
DEATH!

KARISSA BUTTERFLY WOMAN

Thoughts Upon a New Day

The sun rises and the doves coo
Awaken from slumber I think of you
Soft breeze in the air caresses my skin
Reminding me of you lighting a fire within
The sound of the city, in the distance
It seems futile for my heart's resistance
I have to admit it and face the pain
Your warmth and passion brings hope again
I'm scared do I open the path for you
It's so unreal, the idea of feeling love
Why? How? Can love be for me ... really?
I am not able nor worthy
But my heart yearns for your affections
Loneliness builds vulnerability and insecurity
Freedom to feel, but how dare I?
Close the gates quickly let no one in!
They will all take your energy
Reciprocity is not available only anxiety
It's safer to be alone ... trust no one ...
Yet the beating of my heart screams louder
Calling out your name, yearning for your love

GORDON LEMAIGRE

Personal Inventory

I'm taking my personal inventory,
It's a fast finding and a fact facing process.

It is the effort to discover the truth about myself.

My objective is to disclose about my honest self,

I get rid of my resentment, my insecurities,

My low self-esteem and my fears.

First, I searched out the flaws in my make up

Which cause my failure.

Being convinced that self, manifested in various ways

Was what has defeated me, I considered its common manifestations.

Resentment is the number one offender, it destroyed me.

In dealing with resentments, I put them on paper.

It is plain that a life which includes deep resentment leads

Only to futility and unhappiness.

If I were to live, I had to be free of anger.

Putting out of my mind the wrong others had done to me,

I resolutely look for my own mistakes.

Although a situation had not been entirely my fault, I tried to disregard the other person involved entirely, I only blame myself.

I admit I am wrong honestly and I'm willing to set the matter straight.

My future depends on it.

PHILLY EH!

The Firecracker Flower

Just like this Flower, I am beautiful on the outside but a mystery on the inside.

Just like this Flower, I am complicated and intricate.

Just like this Flower, I can be explosive.

Just like this Flower, I am bright and unique.

Just like this Flower, I am an open-book.

Just like this Flower, I bare all, am up-front, and honest.

If you were to take the time to get to know the REAL ME, and not judge me on my booming past, you would see that I am just as beautiful on the inside as I am on the outside!

Just like this flower...



SEAN E.

Untitled

Loving you brightens my day
Since the day we met
My hearts been a flutter
I count the minutes till we are together
Holding you in my arms brightens my day
When we're apart, I think of you
I wish for the day when we are one
Because my love for you grows stronger and stronger
Therefore I will always be loving you

P.R.E.E.M.
AKA MR.ROBINSON

Sky Clearer

OUT OF THE DARK STORM CLOUDS,
CAME A NIGHT STEALING BOLT,
TO MAKE THE UNDERDOGS PROUD,
AND ALL HIGH-HORSES SHOOK.

A VOICE MAGNIFIED LOUD,
TO EQUAL EVERY ADVANTAGE THEY TOOK,

FOR OPPRESSIONS BANE HE WROTE
AND BOUND,
IN THE LESSENS HE READ FROM HIS BOOK.

"QUIET " THEY SCREAMED AND BILLOWED,
"FOR THE ENDS JUSTIFY THE MEANS",
BUT GLOOSCAP
OR HOWE WOULD BOTH TELL YOU,
THAT WAS NEVER PART OF THE CANADIAN DREAM.

SO WITH THE HELMET- BEARER'S INSTRUCTION,
AND FRIGG'S ASSURANCE IN HAND,
HE STOOD TALL AND SMILED THOUGHT IN JUSTICE,
FEELING THE FINISHING BLOW WITH WELA'LIN.

A COLLECTIVE POEM

* written by the Spring 2025 Walls to Bridges Social Policy and Activism Class

Dear Future Freedom Fighters

DEAR FUTURE FREEDOM FIGHTERS, WE ARE FIGHTING FOR

NO MORE FUCKING BARBED WIRE BETWEEN ME AND MY FAMILY

EQUALITY IN ALL ASPECTS

THE GENERATIONS AFTER US TO KNOW FULL BELLIES, FAIRNESS BEYOND RACE, AND LOVE THAT MATTERS.

DEAR FUTURE FREEDOM FIGHTERS, WE ARE FIGHTING FOR

LIBERATION FROM THE OPPRESSORS THAT STAND LOOMING OVER US

A WORLD WHERE WE ARE TEARING DOWN THE WALLS OF SHAME AND STIGMA, AND REPLACING THEM WITH BRIDGES MADE OF STORY, SPIRIT, AND SOLIDARITY

BRINGING THE CHANGE IN THE CAPITALIST WORLD WE LIVE IN

DEAR FUTURE FREEDOM FIGHTERS, WE ARE FIGHTING FOR

THE WINGS AND VOICES OF OUR CHILDREN AND YOUTH, AND THE WISDOM THAT LAYS WITHIN OUR ROOTS

A WORLD WHERE WE HONOUR MOTHER EARTH

THE ABOLISHMENT OF THE SCHOOL-TO-PRISON PIPELINE

A WORLD WHERE ALL LIVING BEINGS

LIVE IN PEACE, SECURITY, LOVE AND TRUST

WHERE EVERYONE LIVES BY A LOVE ETHIC

A WORLD WHERE WE ARE SAFE TO BE OURSELVES

DEAR FUTURE FREEDOM FIGHTERS, WE ARE FIGHTING FOR

OUR DREAMS TO TRUE FAIRNESS

THE FREEDOM TO SPREAD OUR WINGS AND FLY

THE ICE TO RUN FROM OUR VEINS AS WE WARM OURSELVES WITH THE FIRES OF COURAGE, PASSION, SOLIDARITY WITHIN US.

DEAR FUTURE FREEDOM FIGHTERS, WE ARE FIGHTING FOR

THE VERY REASONS THAT ARE DESIGNED TO SEPARATE US, IN SPITE UNITE US

WE ARE FIGHTING FOR YOU. AND YOUR RIGHTS- INCLUDING YOUR RIGHT TO FIGHT.

DEAR FUTURE FREEDOM FIGHTERS, WE ARE FIGHTING FOR

A FUTURE WHERE WE NO LONGER HAVE TO FIGHT FOR YOUR RIGHTS AND FREEDOMS

GENERATIONS OF LOVE

DEAR FUTURE FREEDOM FIGHTERS

WE ARE FIGHTING FOR EVERYTHING FOR EVERYONE, SO FIGHT HARD FREEDOM FIGHTERS, FIGHT ON!

DANIEL MARSH

One Day I Will Be Free

Someone's walking again, light shadows move like dancing silhouettes breaking the darkness. "Breaking the darkness," I watch endlessly for the breaking of this darkness, steel clouding, steel on the turn of every hour awakening even the soundless sleepers that crawl under the desks of these six walls, only to awake to the smell of corroding metal. Still waiting for the light to break this never-ending darkness. Clicking on and off these switches of false lights, hoping to finish just one 90-minute R.E.M tonight. Book after book capsules the reluctancies to believe that this place is real. Is this place real? If I was to stand on ceiling would this place be any different? Is there such a thing as difference? Light breaks the darkness through the silica and ash of these so-called 'windows.' But not even this light can break the darkness of this surreal darkness. Someone is walking again.

This time it's me

"Is this real?"

I now remember this light. This light I once forgot. This light that overpowers that horrible darkness I once stood in.

But to never forget


I am you, you are me.

Just don't forget who we once could be!

GOT POEMS? CELL COUNT IS ALWAYS
LOOKING FOR POETRY FROM INSIDE.
RAW, HONEST, CREATIVE, WHATEVER
FEELS REAL TO YOU.
SEND US YOUR WORK!

14 bulletin board





PASAN IN-REACH SCHEDULE

TEDC: Weekly on Mondays
TSDC: Weekly on Wednesdays
1-to-1 and Groups - Contact **Damjan** at ext. 231

MAPLEHURST & HWDC: Alternating Wednesdays
1-to-1 and Groups - Contact **Cherisa** at ext. 233

HEPATITIS C PROGRAM / WORKSHOPS
TSDC: 3rd Tuesday of the month
CNCC: 4th Tuesday & Wednesday of the month
Contact **Chance** at ext. 230

ONTARIO FEDERAL PENS
No regular schedule. Watch for our posters in your institution for different workshops and Cell Count newsrooms - Contact **Omar (workshops)** at ext. 239 and **RJ (newsrooms)** at ext. 234

CALL TO CONFIRM - SCHEDULES CAN SOMETIMES CHANGE

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 Tickets – 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: 800+ / 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, 614 Columbia Rd, Dorchester, MA 02125 - 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" (quote 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.

DID YOU MOVE? GET TRANSFERED? STOPPED GETTING YOUR CELL COUNT?

We often get about 75 Cell Counts returned to us each mail-out. Please help us reduce our mailing expenses and help us get your issue to you by letting us know of any address change, ASAP! Thank you for taking care with this.

!! SUBMIT TO CELL COUNT !!

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 include a completed submission form or a short letter that includes:

- Your name
- The name you want published
- Permission to publish your work
- If you want your stuff mailed back to you or sent to someone else
- If it's okay to edit your writing for grammar, spelling, or length, etc.
- If it's okay to make any minor changes to your art for publication

We recommend you keep a photocopy of your work 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!

Please note: If you do send something to us, please give us a call if you can so we know to look out for it in the mail. And call us again at least a week or two 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!

ISSUE #110: TRANSITIONS

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 Institution are given to the PEC worker to distribute. So please give them a visit and ask for your envelope by name!

CALL TOLL-FREE! (FORGET COLLECT)

If you are in any Federal or Provincial Institution or Detention Centre call us using our toll-free # 1-866-224-9978

!! NEXT CELL COUNT DEADLINE !!

Submissions to Cell Count are accepted on an ongoing basis. Upcoming issues are planned for late January and early March (2026) - please submit by February 15 for the March issue. Submissions that don't make it into the next issue, will be prioritized for the next one. This goes for all future submissions! So don't hesitate to send in your submission whenever 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 RJ if you're interested! 1-866-224-9978 x234



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
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- Visiting/CPIC Forms
- Puzzles
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- In just minutes

ALL VISITING AND APPLICATION FORMS ARE FREE!!!

www.post2prison.com

15 resources



ISSUE #110: TRANSITIONS

EAST COAST

ALLY CENTRE OF CAPE BRETON

Accepts collect calls
75 Prince Street, Sydney NS, B1P 5J9 /
902-567-1766 (Exec Director)

AIDS NEW BRUNSWICK

Accepts collect calls
203-440 Wilsey Rd, Fredericton NB,
E3B 7G5 / 1-800-561-4009, 506-459-
7518

AIDS COMMITTEE of NEWFOUND- LAND & LABRADOR

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

AIDS PEI

Accepts collect calls
250-B Queen Street, Charlottetown
PE, C1A 4B8 / 902-566-2437

BOOKS BEYOND BARS

P.O. Box 40047
Robie Street PO, Halifax NS, B3K 0E4

HEALING OUR NATIONS

Toll-free calls
31 Gloster Court, Dartmouth NS, B3B 1X9 /
1-800-565-4255, 902-492-4255

HEALTH EQUITY ALLIANCE OF NOVA SCOTIA

Toll-free calls
200-5516 Spring Garden Road, Halifax NS,
B3J 1G6 / 1-800-566-2437, 902-425-4882

MAINLINE NEEDLE EXCHANGE

Toll-free calls
5367 Cogswell St, Halifax NS, B3J
3X5 / 1-877-904-4555, 902-423-9991

SHARP ADVICE NEEDLE EXCHANGE

**Run by Ally Centre of Cape Breton*
Accepts collect calls
75 Prince Street, Sydney NS, B1P 5J9 /
902-539-5556 (Program Coordinator)

QUEBEC

CACTUS

Accepts collect calls
1300 rue Sanguinet, Montreal QC,
H2X 3E7 / 514-847-0067

CENTRE for AIDS SERVICES MON- TREAL (Women)

Toll free calls
2301 rue Jean- Talon Est, Montréal
QC, H2E 1V8 / 1-877-847-3636, 514-495-
0990

COALITION des ORGANISMESCOM- MUNAUTAIRES QUEBECOIS de

LUTTECONTRE le SIDA (COCQSIDA)
Accepts collect calls
1 est, rue Sherbrooke, Montréal, H2X
3V8 / 514-844-2477

ONTARIO

2-SPIRITED PEOPLE of the FIRST NATIONS

Accepts collect calls
105-145 Front Street East, Toronto
ON, M5A 1E3 / 416-944-9300

AFRICANS in PARTNERSHIP AGAINST AIDS

No collect calls, call PASAN
163 Queen St E 2nd floor, Toronto,
ON M7A 2H6 / 416-924-5256

AIDS COMMITTEE of CAMBRIDGE, KITCHENER, WATERLOO & AREA

Toll-free calls
1770 King St E Unit 5, Kitchener ON,
N2G 2P1 / 1-877-770-3687, 519-570-
3687

AIDS COMMITTEE of NORTH BAY and AREA

Accepts collect calls
147 McIntyre St W #102, North Bay
ON, P1B 3W8 / 705-497-3560

AIDS COMMITTEE of OTTAWA

Toll-free calls (ON & QC only)
Accepts collect calls
19 Main St, Ottawa, ON K1S 1A9 /
1-800-461-2182, 613-238-5014

AIDS COMMITTEE of THUNDER BAY

106 Cumberland St N #102, Thun-
der Bay ON, P7A 4M2 / 1-800-488-
5840, 807-345-1516 (Collect)

ANISHNAWBE HEALTH AIDS PRO- GRAM

No collect calls
425 Cherry Street, Toronto, ON / 416-
360-0486

ASIAN COMMUNITY AIDS SERVICE

No collect calls
**But they offer small bursaries to prison-
ers to cover calling fees*
260 Spadina Ave., #410, Toronto ON,
M5T 2E4 / 416-963-4300

BLACK COALITION for AIDS PRE- VENTION

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

BLACK LEGAL ACTION

Toll-free calls
180 Dundas St W unit 1509, Toronto,
ON, M5G 1Z8 / 1-877-736-9406, 416-
597-5831

Correctional Facilities Toll Free:

1-877-279-0680 or 1-844-302-2694

FIFE HOUSE

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

HIV/AIDS LEGAL CLINIC OF ONTARIO (HALCO)

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

HIV LEGAL NETWORK

Accepts collect calls
1240 Bay St #600, Toronto, M5R 2A7 /
416-595-1666

HIV/AIDS REGIONAL SERVICES (HARS)

Toll-free calls
844-A Princess St, Kingston ON, K7L
1G5 / 1-800-565-2209, 613-545-3698

JOHN HOWARD SOCIETY OF TO- RONTO

Toll-free calls
1669 Eglinton Ave West, Toronto ON,
M6E 2H4 / 1-866-265-4434

ONTARIO ABORIGINAL HIV/AIDS STRATEGY

Toll-free calls
282 Parliament St, Toronto ON, M4X
1A8 / 1-800-743-8851, 647-490-6339

PEEL HIV/AIDS NETWORK

Toll-free calls
601-7700 Hurontario St, Brampton
ON, L6Y 4M3 / 1-866-896-8700, 905-
361-0523

PETERBOROUGH AIDS RESOURCE NETWORK (PARN)

Toll-free calls
60 Hunter St E 2nd Floor, Peter-
borough ON, K9H 1G5 / 1-800-361-
2895, 705-932-9110

POSITIVE LIVING NIAGARA

Toll-free calls / Accepts collect calls
(from registered clients) - We recom-
mend that you get a case manager to
get registered with them
120 Queenston St, St. Catherines ON,
L2R 2Z3 / 1-800-773-9843, 905-984-
8684

STREET HEALTH CENTRE (KCHC)

Accepts collect calls
Hepatitis C Treatment Program
115 Barrack St, Kingston ON, K7K
1G2 / 613-549-1440

THE AIDS NETWORK (TAN)

Toll-free calls
101-140 King St E, Hamilton ON, L8N
1B2 / 1-866-563-0563, 905-528-0854

TORONTO COMMUNITY HEP C PRO- GRAM

Accepts collect calls
955 Queen Street East, Toronto, M4M
3P3 (SRCHC) / 416-461-1925 (Collect
calls only on Tues & Fri 11am-5pm)
Once team is out in community,
contact 416-417-6135

TORONTO PWA FOUNDATION

Accepts collect calls (clients only)
163 Queen Street East, 2nd Fl.,
Toronto, Ontario, M5A 1S1 / 416-506-
1400

PRAIRIES

AIDS SASKATOON

1143 Ave F N, Saskatoon SK, S7L 1X1 /
306-242-5005

KIMAMOW ATOSKANOW FOUNDA- TION

Accepts collect calls
R.R. 1 Site 1 Comp 111, Onoway AB,
T0E 1V0 / 780-967-2997

HIV COMMUNITY LINK: CALGARY

Accepts collect calls
1944 10 Ave SW, Calgary AB, T3C 0J8 /
403-508-2500

HIV COMMUNITY LINK: MED HAT

Accepts collect calls
419 N Railway St., Medicine Hat AB,
T1A 2Z3 / 403-527-5882

HIV EDMONTON

Toll-fre calls
9702 111 Ave NW, Edmonton AB,
T5G 0B1 / 1-877-388-5742

TURNING POINT SOCIETY OF CEN- TRAL ALBERTA

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

NINE CIRCLES COMMUNITY HEALTH CENTRE

705 Broadway, Winnipeg, MB, R3G
0X2 / 204-940-6000

OUT SASKATOON

245 3 Ave S #201, Saskatoon SK, S7K
1M4 / 306-665-1224

PLWA NETWORK OF SASKATCHE- WAN

Toll-free (SK only) / No collect calls
127C Avenue D N, Saskatoon, SK S7L
1M5 / 1-800-226-0944 (SK), 306-373-
7766

PRINCE ALBERT METIS WOMEN'S ASSOC.

No collect calls
54 10th St E, Prince Albert SK, S6V
0Y5 3/ 06-763-5356

RED RIBBON PLACE (ALL NATIONS HOPE AIDS NET- WORK)

Toll-free calls
2735 5th Ave, Regina SK, S4T 0L2 /
1-877-210-7622

STREET CONNECTIONS

496 Hargrave St, Main Floor, Winni-
peg MB, R3A 0X7 / 204-981-0742

WEST COAST

AVI HEALTH & COMMUNITY SERVICES

Toll-free calls
Accepts collect calls
713 Johnson St, 3rd Flr, Victoria
BC, V8W 1M8 / 1-800-665-2437,

250-384-2366

LINC

Toll-free calls
33270 14th Ave, Mission BC, V2V 4Z7
/ 1-877-424-4242 (BC only), 1-866-
224-9978 (Federal Toll-free),

CAAN

Toll-free calls
6520 Salish Dr, Vancouver BC, V6N
2C7 / 1-800-727-5835 (toll-free),
1-306-332-0553 (local toll-free), 604-
266-7616

NATIONAL

BRAIN INJURY ASSOC OF CANADA

Accepts collect calls
440 Laurier Ave. West, Suite 200
Ottawa ON, K1R 7X6 / 1-866-977-
2492

CANADIAN ASSOCIATION OF ELIZA- BETH FRY SOCIETIES (Women)

Accepts collect calls
701-151 Slater St., Ottawa ON, K1P
5H3 / 613-238-2422

CATIE

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

EAST COAST PRISON JUSTICE SO- CIETY

Toll-free calls
6061 University Ave, PO Box 15000,
Halifax NS, B3H 4R2 / 1-877-589-
9294

NEW LIFE PRISON MINISTRIES

Toll-free calls / No collect calls
P.O. Box 123, Arva ON, N0M 1C0 /
1-888-842-6898, 519-666-1950

Aftercare support: prairie provinces
who collaborate and organize to-
gether on issues of prison and police
abolition

WEST COAST PRISON JUSTICE SOCIETY/PRISONERS' LEGAL SERVICES

Toll-free calls
Acccepts collect calls
302-7818 6th Street, Burnaby
BC, V3N 4N8 / 1-866-577-5245
(toll-free for federal prisoners),
604-636-0464 (for provincial pris-
oners), 604-636-0470

OTHER SUBSCRIPTIONS

JOURNAL OF PRISONERS ON PRIS- ONS c/o Justin Piché, PhD

Dept of Criminology University of
Ottawa, Ottawa ON, K1N 6N5

OUT OF BOUNDS MAGAZINE

6000 William Head Rd, Victoria BC,
V9C 0B5

PRISON FREE PRESS

PO Box 39 Stn P, Toronto ON, M5S
2S6

PRISON BOOK PROGRAMS

BOOKS BEYOND BARS

No collect calls
PO Box 33129
Halifax NS, B3L 4T6

BOOK CLUBS FOR

INMATES

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

BOOKS 2 PRISONERS

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

BOOKS TO PRISONERS - OPIRG Carleton

326 UniCenter, Carleton University
Ottawa ON, K1S 5B6

GELA PRISON LIBRARIES PROJECT

PO Box 35022, Edmonton RPO, Mid-
town AB, T5J 0B7

Available in Edmonton Institution for

Women, Edmonton Institution, and Ed-

monton Remand Centre

OPEN DOOR BOOKS (ODB)

c/o QPIRG Concordia
Accepts collect calls
Concordia University, 1455 de Mai-
sonneuve O, Montreal QC, H3G 1M8
/ 514-848-7585

PRISONER RIGHTS

BLACK INMATES & FRIENDS ASSEM- BLY

Accepts collect calls
2518 Eglinton Avenue W, Toronto
ON, M6M 1T1 / 416-652-3131

CRIMINALIZATION AND PUNISH- MENT EDUCATION PROJECT (CPEP)

University of Ottawa, Dept of Crimi-
nology, 120 University Private, room
14002, Ottawa ON K1N 6N5

DISABILITY NETWORK OF ONTAR- IO'S PRISON PROJECT

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

PRISONERS UNITED ORGANIZA- TION

No collect calls
PO Box 30009, Greenbank North PO,
Ottawa ON, K2H 1A3 / 613-567-JAIL
(5245)

TORONTO PRISONERS' RIGHTS

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

Who are we?
We are a group of
community volunteers who
help to support prisoners
in having platonic, safe,
and meanigul 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 Institutions
Penn2Paper
104-1015 Columbia St.
Box 873
New Westminster, BC
V3M 6V3

Ontario & Atlantic Institutions
Penn2Paper
2-140 King St. E.
Box 308
Hamilton, ON
L8N 1B2

*send us a note to one of
these addresses depending on
your location for more info*

Write ON!
Supporting prisoners through correspondence

Write On!
SUPPORTING
PRISONERS THROUGH
CORRESPONDENCE

**INCARCERATED IN CANADA?
NEED INFORMATION?**

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.

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

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