



INSIDE OUT REENTRY COMMUNITY

SUMMER 2021 NEWSLETTER

INSIDE OUT UPDATES ON MEETINGS AND CENTER HOURS:



We're excited to share with our supporters that Inside Out meetings have resumed in person. In late April, our weekly **Community Meetings** on Thursdays transitioned from Zoom to in person. We've also been able to resume our weekly meeting at **Hope House** work release center. We look forward to safely providing these services to our community members once again and thank you to our volunteers who assist with these groups.

Thanks to our wonderful **Resource Center** volunteers, we've been able to expand our Resource Center hours:

To protect everyone, masks continue to be required at all meetings and at the office.
Thank you!

Monday 12 – 5 pm
Tuesday 12 – 5 pm
Wednesday 12 – 5 pm
Thursday 12 – 6:30 pm
Friday 10 am – 4 pm

COFFEE AND CONNECTIONS

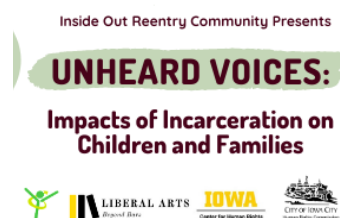
Every Tuesday from 5:30 – 6:30 pm we host a peer-led support group for those in all stages of recovery who have also been involved in the criminal legal system. Inspired by Johann Hari's famous Ted Talk, the group is based on the belief that the opposite of addiction is not sobriety, it is connection. The group meets weekly to share successes, discuss challenges, and show peer support.

WRITING WORKSHOP

On the second and fourth Thursdays of each month from 5:15 – 6:15 pm, we host a writing group for returning citizens of all writing skill levels. The group helps those interested in writing expand their skills, experiment with different styles, and engage in the healing properties of writing. Thank you to volunteer Janet Skiff for facilitating this group.

DID YOU MISS ONE OF OUR VIRTUAL WEBINARS IN THE PAST YEAR?

These informative webinars sponsored by the City of Iowa City Social Justice and Racial Equity grant were recorded and are found on our website: insideoutreentry.com. Forums include *Women and Reentry*, *Unheard Voices: Impacts of Incarceration on Children and Families*, and *Justice that Heals, a Forum on Restorative Justice*



REENTRY RUN HOME: FUNDRAISER EVENT ON OCTOBER 8TH



Join Inside Out Reentry Community in support of our neighbors returning to the community after incarceration. Inside Out is hosting a virtual 5K and social justice activity fundraiser on October 8th. Registration includes our brand new I Support Fair Chances tote bag. **To register or sponsor the event: bit.ly/ReentryRunHome21**

Finding housing after incarceration is a significant challenge. To address these needs, Inside Out is developing transitional housing for those releasing to our community after incarceration. Funds raised through this fundraiser will be used to support Inside Out's mission and the acquisition, maintenance, furnishing, and staffing costs associated with developing and running the transitional housing.

Virtual 5K

Anytime between your registration and October 8th, chart your own 5K challenge. Grab a few friends to register with you and get active. Tag us in a picture of your run.

Social Justice Activity

Interested in getting involved in a different way? Engage in a Social Justice Activity, either learning more about the criminal legal system and its impacts on those involved, or by contacting a legislator to advocate for change. Share what you learn with friends and family and help bring awareness.

AFTER-EVENT CELEBRATION

On October 8th, join Inside Out for an after-event celebration outside at One Ancient Hope (500 North Clinton St, Iowa City, IA) starting at 5:30 pm. Music by Pigs and Clover at 6:00. Bring chairs, picnic blankets, and picnic. Food and drinks available.

Unable to participate but still wish to support? Consider making a donation today: insideoutreentry.com/donate/



THANK YOU TO OUR COMMUNITY SUPPORTERS!

We are grateful to our supporters who are passionate about helping those impacted by incarceration. Thank you **CHOMP** and **Short's Eastside** for our recent restaurant share the profits (and all those who participated)! Thank you also to **First Mennonite Church, New Song Episcopal Church, and Gloria Dei Lutheran Church** for their recent donations, and to all the other donors who support Inside Out.

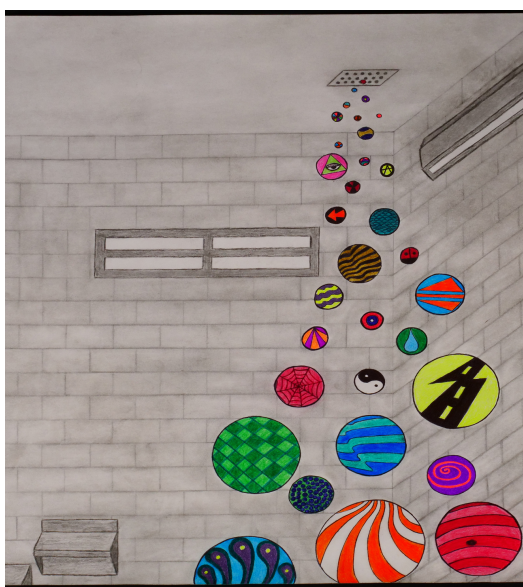


SAVE THE DATE

September 13 CHOMP partnership-
For every order through **CHOMP Delivery** on Monday September 13, Inside Out will receive \$1.

If you would like to host a restaurant partnership, we would love to hear from you!

INSIDE OUT SPOTLIGHT: MARK DOTSON



"The *Blackhawk Bubble Machine* depicts a moment in time that was difficult to say the least. But it was made a little easier when I put the shampoo I spilled in the vent to make my cell smell better. When I stood looking out my cell door and sensed movement behind me, I was shocked to turn around and be confronted with bubbles. I wasn't alone." You can contact Mark about his art at: mdotson259@gmail.com

CELEBRATING COMMUNITY THROUGH GARDENING

Inside Out has been very grateful this summer for the opportunity to support our members with a gardening project. One Ancient Hope church has four raised beds in their lawn, and with volunteers and members, we were able to prepare the beds for planting, and then had a planting party in early May. We planted a variety of plants, including potatoes, tomatoes, cucumber, lettuce, kale, spinach, broccoli, herbs, and more. To maintain the beds, we are holding gardening time before Community Meetings Thursday evening. Thank you to all who have come out and helped with the garden and to One Ancient Hope for the use of their gardens!



PARTNERSHIP WITH UI SOUTH BRIDGE PROJECT

As community partners, Inside Out and the South Bridge Project shares referrals, which helps meet the needs of people with opioid use disorder and/or stimulant use disorder who are reentering the community following incarceration. The Bridge Project is run by the University of Iowa Addiction and Recovery Collaborative and the UIHC Department of Psychiatry.

Email: hello@insideoutreentry.com
www.insideoutreentry.com
Facebook: [facebook.com/ioreentry](https://www.facebook.com/ioreentry)
Instagram: [@insideoutreentrycommunity](https://www.instagram.com/insideoutreentrycommunity)
Twitter: [@IOReentry](https://twitter.com/IOReentry)