



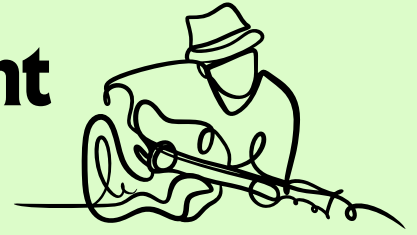
INSIDE OUT REENTRY COMMUNITY

SPRING 2024 NEWSLETTER

Inside Out Reentry Community Spring Concert

Be An Instrument for Change

Sunday, May 19 from 3 - 5 pm



Inside Out is hosting our **2024 Spring Concert: Be An Instrument For Change** on May 19th from 3:00 PM to 5:00 PM. This year, we are proud to feature the renowned local band, the **Awful Purdies**, in an event that celebrates the resilience and spirit of individuals impacted by incarceration, and a celebration of music and community.

The Spring Concert is more than just a musical performance; it's an opportunity for those impacted by incarceration to come together in a spirit of joy and camaraderie. In keeping with our commitment to inclusivity and community engagement, we are pleased to offer the concert free and open to all.



Thank you to our Spring Concert sponsors!

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Our mission: to support people involved in the criminal legal system in changing from the inside out, and to educate the public, in order to promote healing, restore relationships and achieve success in the community.

Your support makes a difference and we hope you will join us for our spring concert fundraiser to support the people we serve!

"You guys completely changed my life. It's very positive. You guys have got me on the right track with so many resources that you've opened me up to and I really appreciate it. You do really really really good work." - Inside Out Member



WE'VE MOVED!

Inside Out is excited to announce that we have outgrown our location at 500 N. Clinton Street and moved to a new office location at **804 S Capitol St in Iowa City!** We hope to provide more resources and better serve our members in our new and larger space. We look forward to supporting those reentering the community after incarceration by finding employment, housing, connecting with community resources, providing our peer support groups and offering resources including clothes, backpacks with hygiene supplies, and bus passes. Stop by to check out our new location and say hi to everyone in the office. Our sincere gratitude to **One Ancient Hope** for being a wonderful, generous and supportive landlord and we'll miss our Clinton Street location!

REENTRY SIMULATION EVENT!

Friday April 19th, Inside Out had the opportunity to host our first Reentry Simulation since 2019! Individuals from the community had the opportunity to take a fictional identity and experience a "month on parole." This simulation sheds a light on the barriers and obstacles that many experience during this part of the reentry process. Participants also heard from two Inside Outs members about their personal experiences navigating reentry. The event was a huge success and we received feedback that the activity was an enlightening experience for many. Big thanks to St Andrew Presbyterian Church for their facility, all of our volunteers at the simulation, and our speakers. We could not have done it without you!



COMMUNITY GATHERING: DINING TOGETHER FOR A FISH FRY

In March, we had the opportunity to attend a Friday night Fish Fry. We had a wonderful time eating good food, trying all kinds of new desserts, and enjoying each other's company. A huge thank you to Debbie Kratz and St Wenceslaus Church for inviting us to go!

Thank you!

BUILDING COMMUNITY: QUARTERLY GAME NIGHT



On Thursday March 28th, our members gathered together for our **quarterly game night**. The **First United Methodist Church of North Liberty Women's Group** came bearing crock pots and desserts for all. The food received rave reviews and one of our members brought homemade hot sauce to pair. For entertainment we played bingo and trivia. While everyone was eager to have a winning card, they were most appreciative of the chance to socialize and enjoy the positivity of the IO community. Thanks again to the Women's Group! If you know of a group interested in serving a meal at a game night, contact IO to sign up.

VOLUNTEER SPOTLIGHT - MEET ANDY WINKELMANN!

We are graced at Inside Out by the generosity of our volunteer force. Andy Winkelmann has stepped up these last six months, being an aid on our Reentry Outreach Team, a supporter at the resource center, and a volunteer mentor. Without a second thought, Andy offers his time, compassion, and wisdom to those we serve at Inside Out. Andy shares, "I enjoy engaging in conversation and finding common ground with my mentees. I am hopeful that being an IO mentor/volunteer allows me to make a difference with an individual and also serve the community." Cheers Andy!



THANK YOU TO OUR COMMUNITY SUPPORTERS!

Thank you to all of our passionate supporters - helping those impacted by incarceration! Thank you **The Vue Rooftop** and **Short's Burgers Eastside** for our recent share the profit business partnerships (and all those who participated)!

Thank you to **Christ the King Lutheran Church** for inviting us to speak during the week of Lent. It was wonderful to meet you all and thank you for your generous donation of backpacks and hygiene products!

PROVIDING SUPPORT AND FRIENDSHIP THROUGH OUR MENTOR PROGRAM

Inside Out has a **huge need** right now for mentors! We acknowledge that reentry is not an easy process and our mentoring program aims to provide returning citizens with social, emotional and practical support through meaningful companionship. Our Inside Out volunteer mentors provide non-judgemental support for mentees as they navigate their reentry process and achieve their goals. Correspondence, which frequently begins during incarceration, can transition into activities like meeting for coffee or resource connection following release. Friendships take time to build; the mentoring relationship provides opportunity for a mutually beneficial relationship and genuine connection to blossom.



Interested in becoming a volunteer mentor? Inside Out is currently seeking male mentors over the age of 30 years old. Apply on our website at insideoutreentry.com/volunteer

REENTRY HOUSE NEEDS:

Assistance Needed with Welcome Home Kits to our Members: Help us provide Welcome Home kits to the residents of our Reentry House - we currently need laundry detergent and queen size blankets. Want to shop for our Reentry House? Here's our Amazon Wish List: <https://a.co/aunlmDv>

Want to host a drive?

If your church or community group would like to support returning citizens with your own welcome home kit drive we would be happy to support! Community groups collect items and then get together for a welcome home kit packing event, even including notes welcoming someone home. We are very grateful for all of the groups that have supported Inside Out in the past!



SAVE THE DATE!

- **May 8: Hudson's Southside Tap** - 15% of sales from 4pm-9pm donated to Inside Out
- **May 19: Be an Instrument for Change** spring concert at the Chauncey Swan Park
- **June 5 and 26: Pat & Frans** - 15% of food sales from 11am-10pm donated to Inside Out

If you would like to host an event or partnership, we would love to hear from you!

IO REGULAR MEETINGS

Coffee and Connections Tuesday evening 5:30 - 6:30 pm, *Peer recovery group for individuals in all stages of recovery.*

Community Meetings Thursday evenings 6:30 - 8 pm. *Weekly group mentoring.*

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