

Welcome, Monika! Communitas Hires New Coordinator

Communitas' Board of Directors is extremely pleased to announce the appointment of our new Coordinator, Monika Barbe Welzel.

Monika comes to us with a background working in social equity and diversity, and she brings her considerable experience coordinating community spaces and her passion for social justice to the coordinator's role. We feel immensely lucky to have found such a high quality candidate to step into the essential role of coordinator and look forward to the future under Monika's leadership.



New Website Strengthens Connections with Community



Communitas has just launched a fully redesigned website! Through a new clean, eye-catching design, we are able to better highlight our work and share the ways that it benefits those directly involved as well as the community as a whole. In addition to original photography and artwork, the website also features our brand new video—an original animation highlighting the challenges of re-entry in the words of those who have lived through it.

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We would love to hear from you!



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www.communitasmontreal.org

The SouWester name is a reference to Montreal's Southwest, where Communitas began its work in 1999 and is still based today.

 [@communitas_MTL](https://twitter.com/communitas_MTL)

 [/communitasmontreal](https://www.facebook.com/communitasmontreal)

New website strengthens connections with Community

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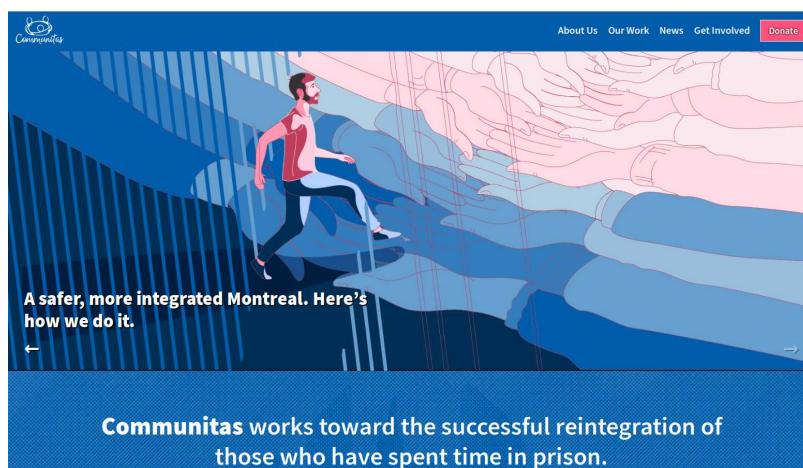
We are also currently developing a 'Resources' page that will cover issues that people released from prison grapple with when returning to life in Montreal—employment, housing, public services, among others. These resources, and the new website generally, were made possible with particular thanks to the Social Service Society of Christ Church Cathedral, and with support from the CoSA National Capacity Project.

Lastly, the website also includes a re-designed donation page, which we are

hoping will help us reach our \$24,000 fundraising goal for 2018-2019. We need all the help we can get, so please take a look and share with your friends, family, and colleagues. We have always relied on community support to ensure successful reintegration after prison, and continue to do so.

Visit us at:

<https://communitasmontreal.org>



Participatory Budgeting 2018: Once Again a Valuable Process with Great Results

Following from the success of last year's "Participatory Budgeting" process, Communitas once again used this inclusive process—where our community members propose ideas on how to spend a portion of our budget and vote on different proposals—to decide how to spend \$2000. With some tweaks on last year's process, this year's process was even more thoughtful and deliberative, and once again had great results.

The two-part process at Open Door was timed to allow the guys on escorted absences from Ste-Anne-des-Plaines Institution to participate in both sessions. This was much to the benefit of the whole group, as they brought with them a number of great ideas, enthusiasm, and an appreciation of an ability to have a say



in decisions—something that is especially uncommon inside, and a great reminder about the value of democratic processes. We had approximately thirty participants in each session and benefited from the assistance and preparation from the 'PB' Committee of Alan, Stephania, and Jeff.

With the votes tallied, four proposals were funded:

1. The purchase of board games to introduce a new "Board Game Night" for our community to enjoy while creating social contact.

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What the World Has to Gain from Communitas

A parting letter from our outgoing coordinator Jeff

In a place where many would presume to find the worst of humanity, I believe I have found the best of it. Over the course of five years with Communitas, I have had the privilege of filling a number of different roles: volunteer, Chair of the Board, Coordinator, friend, confidant, student, and mentee. Through all of this, I've come away inspired, humbled, enriched, thankful, and, without doubt, heartbroken at my recent departure. Above all, I've come away convinced that the world has so much to gain from Communitas.

In saying so, I don't mean the fact that its work reduces re-offending, saves taxpayers money, or improves the quality of life for people who have spent time in prison. The first two of these things are well-documented elsewhere, and the last of them isn't mine to speak to, even while I believe it to be true. Instead, what comes to mind is the way in which the world would benefit, as I have, by coming to know, and allowing themselves to be shaped by, Communitas and the individuals who make it what it is.

Certainly, and despite years of study on the issue, my time at Communitas has been a unique education on the challenges and flaws of criminal justice in Canada. I have gained new appreciation of the realities of the injustices which are, by design, hidden from our view, and have been sensitized to the suffering that our



system of justice both ignores and causes. So too have I become increasingly aware of the ways that the faults of these systems bleed into—and arise from—the informal social life of our society. For all of this, there is no substitute for sustained encounters with the human faces of these realities.

In a place where many would presume to find the worst of humanity, I believe I have found the best of it.

In responding to these shortcomings, Communitas has also shown me that the winds of change don't just flow from the top. Instead, it has highlighted the power of everyday people to make a meaningful difference, and shown that while we shouldn't neglect the more formal channels of change, neither should we defer to them in our search for a more just and humane society. To be sure, real change—in us as individuals, as well as our communities—is far from easy, but so too has Communitas

exemplified the dedication necessary to realize it. I continue to be moved by the commitment of people who, for no other reason than their belief in each other's worth and potential, give so much of themselves—some, for decades.

Through a variety of relationships, I have been continually reminded that the past does not define you, and that even the flaws of the present should not distract us from the amazing gifts and traits that co-exist with such flaws. In navigating the human complexity found in the beautiful mélange of people at Communitas, I have witnessed and been inspired by the gifts and qualities on display—honesty, wisdom, imagination, authenticity, integrity, the ability to see beauty where others would not, curiosity, humility, magnetic

personality, humour, insightfulness, optimism, a keen eye for others' gifts, patience, strength, and so many more. In each of you I have seen something to aspire to, and have been better off because of your influence.

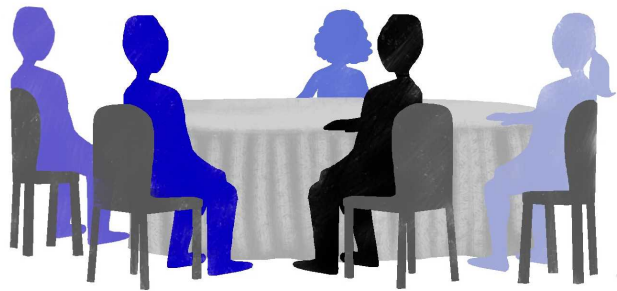
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Behind the Scenes: Communitas' latest video *Helping Hands*

When I left prison, part of my release plan was to do volunteer work. I wanted to make a contribution in the community, so I welcomed the condition imposed by the parole board. My previous visits to Open Door events while I was at St. Anne-des-Plaines were eye opening. The fact that a volunteer from Communitas took the time and effort to come get us and bring us to downtown Montreal and brought us back was inspiring. That dedication and humanity illustrated for me the spirit of Communitas. That led me to inquire about volunteering for Communitas when I got day parole last December.



Questions needed to be answered about what work needed to be done. A meeting was organized with Jeff and Peter where I was given a chance to introduce myself and share my credentials. The response was clear that a film project would be undertaken. Next my counselor needed to approve. Thanks to the good reputation of Communitas, this work satisfied Corrections Canada and thanks to the cooperation of Jeff, Michael and the organization, the project is now completed.



At first the thought was that we needed to team up with another group in order to obtain financing, but after giving more thought about the project and its limitations, it was clear that we had to go it alone. We had to work with the amount allocated within Communitas' budget for a film project, which was very little. It was going to be a challenge.



We started with discussions about the concept: What would the message be and how should we communicate it? The audience was defined as three groups: the guys coming out, the volunteers, and the general public. We knew that the organization wanted to grow its impact and an outreach tool was necessary. It was clear the community has a role to play in the process of reintegration and needed to be better informed. We also have a budget deficit that needed a fundraising effort and the tools to make it a success.

We wanted the film to be short but remain authentic to deliver the message. The message would be clear: coming out of prison is tough, Communitas can help, and the whole community benefits. Confidentiality had to be respected, so we couldn't show anyone's identity. Animation was the answer. Since my work in this area was extensive, I felt positive about being able to get it done. However, I had never worked without a real budget. A search for an animation studio took us to Utah since we could not find anyone in Canada who could work with the small amount of money we had.

The group there told us initially that what we wanted to do would cost \$50,000. We had \$4500 and that was it. After a series of conference calls and exchanges of examples, we began to settle into the look of the film. The authenticity would be created by recording

unscripted interviews with several guys who lived the experience of reintegration and participated in Communitas. The interviews were done in the office by Jeff who was well known to the guys who participated. As its founder, Peter would be recorded as the voice of the organization.

We wanted the film to be short but remain authentic to deliver the message. The message would be clear: coming out of prison is tough, Communitas can help, and the whole community benefits.

From all the audio, we needed to build a narrative using the best lines and editing them together. With this, we had what we needed to make an authentic sounding film. We also had the tool to convince the Utah group that we were a serious organization with an important mission. With that we knew we could go the distance.

A Storyboard was created using the transcript of the edited interviews with images to illustrate what we wanted to see in the animation. This document is very similar to a comic book, and is the guide and inspiration for the film.

We sent the storyboard to Utah and after weeks of calls and exchanges the final storyboard was ready to animate!

We received the first cut but there were problems. Some of the lines of the narrative recording were missing and some of the animation did not work. Corrections were made and the

second cut was better but still not as good as we hoped. More corrections were made to improve some of the transitions between scenes and to adjust the sound effects and the narrative.

With so much back and forth, we felt we were getting to the point where the folks in Utah were maybe feeling abused or about to demand more money.

But, we pushed one last time to get it right and I am proud of the work that was done by everyone. The first showing of the film was appropriately at the beginning of an Open Door event when I was asked to deliver a 'spiritual moment'. This presentation was indeed a spiritual moment for me and the culmination of six months of work with Communitas. It is most gratifying to have been given the

opportunity to make this film now entitled 'Helping Hands'. It was a team effort and the finished product will be used to further the great work of this organization.

- Ron



A parting letter from our outgoing coordinator Jeff

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At points of weakness, I have gained perspective in drawing on the perseverance of human spirit on display all around me. Seeing those coming through their own abuse, shame, incarceration, and rejection not only push forward in life, but to do so with good humour, trust, openness, vulnerability, and a deep warmth and care for others, has been nothing short of amazing to me. At points of confidence too, I have gained

perspective in being humbled by those able to remind me of my privilege, my gaps in understanding, and the non-universality of my experience. I am equally grateful for both.

Perhaps above all else, I have seen in Communitas—its people, its culture, and its actions—an instinct that, when things go wrong, none of us are in this alone—an instinct to uplift, support, and empower each other for change. In a world often shaped by other reflexes, I think this is our greatest strength.

To all of those in the community (whether having always been there or those who have returned to us), those still inside, or those inside once again: I am so grateful for everything you have given me, shown me, and instilled in me. Thank you. The world should be so lucky.

Yours always,

Jeff Kennedy

A poem by Charlie

Four gray walls, with four gray towers
Are all I see for endless hours.
With guards who walk upon the walls
Reminding me of my own downfall.

As he slowly walks to and fro
He will never truly know
The things I think, and those I feel
Behind these walls, and bars of steel.

He has his job and I have mine
He to guard me, while I do my time.
And as to sleep I try to fall
He still walks upon the walls.

So listen boys I tell you all
Don't ever steal, no not at all
Or you'll wind up behind these walls
With steel bars, and towers and all.

- Charlie 1962



Finding work after prison in Montreal: Three Resources

Part 2 of our series on work after prison

Finding and keeping a job after prison can be a big challenge. Those who have spent time in prison often face challenges that other job seekers don't, such as limited experience to show prospective employers, incomplete education, little familiarity with the current job market, and a lack of recent experience applying for jobs. The good news is that there are resources available in and around Montreal to help those with a record tackle just these problems. Among the resources that specifically serve those with a criminal record during their job search are Opex 82, the YMCA Centre-ville's La Boussole, and the rue de Marseille location of the Service d'aide à l'emploi de l'Est. All three offer free, bilingual, and specialized support to former prisoners during their job search.

Opex 82

The name Opex comes from a combination of the Latin word for work (opus) and the 'ex' in ex-offender, and accordingly Opex 82 is completely dedicated to supporting those with a criminal record find work. In addition to providing services to the formerly incarcerated, it also works with employers to encourage them to hire individuals with records, and in some cases can participate in the selection-referral process for employers. It has locations both on island and in Laval.

Services provided:

- Employment counselling that

considers your offence history and your parole conditions

- Training workshops on topics such as conflict resolution, how to write CVs and cover letters, workplace norms, interview skills, telephone skills, and how to use the internet
- Tools for your job search such as computers connected to the internet, phones, fax machines, photocopiers, newspapers, bulletin boards and others
- Follow-up and support for up to 6 months after hiring

Montreal office: 9390 rue Lajeunesse (metro Sauvé); 514-381-7276; opex82montreal@viatravail.ca

Laval office: 485 boul. Des Laurentides, office 102; 450-975-7160; opex82laval@viatravail.ca



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YMCA Centre-ville's La Boussole

Located in the heart of downtown, YMCA Centre-ville offers La Boussole, a service dedicated to helping those with a Canadian judicial record and a Montreal address find work (due to their location, they can't work with anyone that has a record of offences against minors).

Services provided:

- Help with preparing a CV, cover letter, and interview techniques
- Information sessions about careers and school
- Access to job search tools such as computers connected to the internet, phones, fax-machines
- A personal counsellor (always the same one) can help you find work, follow up closely for three months after hiring, and do additional follow up for the next three months
- Free professional clothes as available

1440 Stanley (metro Peel); 514-849-8393 x 1785; laboussole@ymcaquebec.org

Service d'aide à l'emploi de l'Est (SAEE)

In the east end, SAEE has multiple locations that support employment of different segments of the population. The location dedicated to those with criminal records is near metro Honoré-Beaugrand.

Services provided:

- Employment counselling based on your record and parole conditions
- Information about reality of the work market
- Help making a CV and cover letter
- Support during job search process and in the months following hire
- Access to a computer, fax machine, printer, and phones

8238 rue de Marseille (metro Honoré-Beaugrand); 514-640-9141; info.marseille@saae.net

Prison Justice Day - August 10

Various described as Prison Justice Day, National Prison Justice Day, International Prison Justice Day, or Prisoners' Justice Day, August 10 is that fleeting moment each year when Canada's federal prisoners take back a measure of control over their lives. What began as a localized impromptu reaction to two avoidable tragedies has spread throughout Canada's penitentiary reserves, sowing seeds of anger and dissent.

On August 10 in 1974, in a segregation cell in Ontario's maximum security Millhaven penitentiary, inmate Eddie Nalon cut the vein in his inner elbow and bled to death. CSC long disputed its involvement in this event. In an article in the Globe and Mail on August 11, 1987, for example, one finds CSC claiming "a favorite myth had it that he died due to staff negligence, however, a subsequent inquest found that they had done all they could" to avert tragedy. But ten days later, a letter to the Editor from prominent attorney Paul D. Copeland told a different tale:

"At the Nalon [coroner's] inquest, I was counsel for Edward Nalon's mother and for the other inmates from his range. Mr. Nalon committed suicide at Millhaven Penitentiary in segregation.... He had been placed in segregation after he told a guard he wanted to transfer to another unit in the prison. The guard told him the only way that could happen was if Mr. Nalon refused to work. Mr. Nalon followed the guard's suggestion and, upon refusal to work, was placed in segregation. He then applied to the Segregation Review Board for release from segregation. The board decided



Photo by Michael Swarbrick. Licensed under CC BY 2.0 <https://creativecommons.org/licenses/by/2.0/>

to release him. Prison policy was that prisoners were notified of Segregation Review Board decisions the day following the weekly board meetings. No one told Mr. Nalon he was to be released from segregation. A week went by, still no word to Mr. Nalon and no release. Another weekly board meeting was held, another notification day passed and still no prison official notified Mr. Nalon he was to be released from segregation. On the night of the notification day Mr. Nalon fatally slashed his arm at his elbow. After his death I received an anguished letter he had written during his last week of life. I believe that if prison officials had notified him of the Segregation Review Board decision to release him, he would not have taken his life."

The coroner's inquest found Edward Nalon had pushed the emergency button in his cell to summon help, as had prisoners in neighbouring cells, but to no avail, for the guards had deactivated the call buttons in the segregation unit. The inquest made a number of recommendations, including: 1. medical and psychiatric assistance should be available at all times to prisoners in the segregation wing; 2. the emergency system in each cell should immediately be returned to

a properly functioning state; 3. guards working in this special wing should make regular rounds; 4. the authorities should closely follow the implementation of the jury's recommendations.

In the wake of Mr. Nalon's death, the Millhaven population proved restive and defiant. On August 10, 1975, prisoners staged a one day hunger strike, a peaceful refusal to work, and a memorial service to commemorate the pointless death and to demand immediate implementation of the coroner jury's recommendations. Prisoners identified as leaders of the movement were packed off to segregation. A year later, some were still there. (See the journal *Radical Criminology*, Issue 4.)

In 1976 prisoner Robert Landers was transferred into the segregation unit at Millhaven, the purpose— to cut off his activist efforts on behalf of prisoners' rights at Archambault (the warden of Millhaven later said as much at the coroner's inquest). In May, Mr. Landers suffered a heart attack. The inquest heard evidence that he should have been in intensive care — and that the call buttons in segregation still had not been repaired! Unattended, he died.

A group of Millhaven prisoners decided something had to be done on behalf of Nalon, Landers, all those who had died in solitary confinement, and all other prisoners who had died and would die needlessly. Their manifesto ended with the words, "This is an appeal to all our brothers and sisters in all the prisons in the land and to concerned persons in Canada to support our strike day in memory of our comrades and to unite in a single voice our battle for better understanding, compassion and equal justice for all...." Word got out to the prison populations and their free supporters through various means. Prisoners' rights activist Claire Culhane recalled that "Howie Brown wrote me from the 'hole' in Millhaven Maximum in the summer of 1976 (...) that he and other prisoners were planning to organize a 24 hour fast and work stoppage come August 10th...." Her Prisoners' Rights Group in Vancouver fasted and slept overnight around the monument at the British Columbia Penitentiary, and organized a 24 hour vigil outside Oakalla prison. Feminist organizations in B.C. sent a

strongly worded telegram to Solicitor General Warren Allmand. In Quebec, the Prisoners' Rights Committee (Office des droits des détenu(e)s) publicized the prisoners' appeal widely, and put together a well-organized day of protest with support from various groups, including the Montreal Central Council of the CNTU. Le Devoir newspaper reported on August 11 that "A spokesperson for the Canadian Penitentiary Service made it known that the hunger strike of those living in federal penitentiaries had no effect in the Maritimes and the Western provinces, but prisoners in Quebec,

Ontario, and B.C. seemed to have followed the strike in 95% of cases." (My translation)

After the August protests had run their course, rather than dissipate and die, the movement expanded and grew in ambition. Word spread through media coverage, prisoner newspapers and artwork, and efforts of the prisoners' rights groups outside the walls. The original focus on deaths in segregation broadened to include other relevant complaints. In 1977, for example, the dominant demand was for immediate implementation of the 65 recommendations for prison reform recently issued by a parliamentary sub-



Photo by Michael Coghlan. Licensed under CC BY-SA 2.0 <https://creativecommons.org/licenses/by-sa/2.0/>

committee. This time the strike was most strongly felt in seven maximum security institutions. At least 3,000 prisoners took part, and in at least two institutions the population refused to work. In 1978, the emphasis was on the absurdly high rate of suicide in Canadian penitentiaries, being ten times that of the overall Canadian population. And still the movement grew in numbers and visibility. The Law Union organized an annual demonstration and speech in Toronto, often in front of the notorious Don Jail. The Civil Liberties Union coordinated a demonstration on Parliament Hill. In

Quebec, the Prisoners' Rights Committee led a 24 hour vigil outside the Old Pen in Laval and Tanguay Prison for women. By 1980, a coalition in B.C. was protesting additional issues, including the social isolation of P4W's female offenders, and involuntary transfers.

In 1981 the movement spread to the Atlantic and Prairie regions. And in 1983, Quebec criminologist Jean Claude Bernheim, acting for the International Federal of Human Rights, brought Prison Justice Day to France. On July 10, radio appeals were made in Paris to refuse food on August 10. Mr. Bernheim spent the evening of

August 9 on the radio, and on August 10 a support committee laid a wreath and observed a minute of silence outside the Lille prison, while other demonstrations took place elsewhere in France. (Reported in *Liberté*, August 11.) Later, the movement spread to the United States, to Scotland, to Belgium, to other parts of Europe. Back in Canada, by 1987, a CSC

spokesperson could tell the *Globe and Mail*, "it seems most people in most of the institutes are participating."

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Prison Justice Day

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With recourse variously to offence reports, performance notices (affecting earned remission), loss of pay, deadlock, and 'the hole,' CSC strove to extinguish this challenge to its control. Some outspoken leaders were transferred, some chaplains were forbidden to hold commemorative services. Eventually, CSC relented (to disguise its inability to suppress the

day?) and learned to tolerate the movement. On August 24, 1988, the Commissioner advised Claire Culhane that "Performance notices will not be issued [any longer]."

In 2018, the adversarial culture which animates all of Canada's maximum security penitentiaries continues to keep the national day of remembrance and resistance alive, although participation fluctuates from region to region and year to year. And outside

the walls this year, as every year, members of the public visited the unmarked graves on the edge of Quebec's Laval penitentiary reserve, while in B.C., Senator Kim Pate joined local activists at the Claire Culhane Memorial Bench in East Vancouver in honour of the memory of the women and men who have died unnatural deaths inside prisons.

- *By Steve*

His first steps

It is Saturday morning in jail. I am sitting with my friend, an inmate who has transferred in from Cowansville. He has spent the better part of two decades behind bars – first in maximum security; then in medium; and now, here, in more open circumstances, in minimum, after going through evaluations, programmes, and years being closely observed.

We are in his prison cell. I sit on the institutional chair that every cell is allotted. He folds himself cross-legged atop his cot. He is tall and dapper, a slim dignified man with short salt-and-pepper hair. Everything in his 10 x 7 foot living space is scrubbed spotless. But the paint is peeling and the air is heavy with the stench of urine and debris from adjoining cells.

He offers me a cookie. I eat the cookie. I like cookies.

He is smiling broadly, wide-eyed, full of hope and optimism. Just getting to this security level on a life-sentence is an achievement.

He talks of the day he got here: "I got

out of the van. There were three of us. I was in chains, you know?" He holds up his wrists in the air, arms crooked as the elbow at 90 degree angles. When travelling, higher security inmates wear handcuffs and manacles binding ankles, wrists and waist together; an arrangement that reminds you of that old photo of Houdini hunched over in chains, grinning knowingly before he is tossed into Lake Michigan.

Unchained

"We walked through the parking lot," my friend recalls. "There were lots of cars. People going in and out the front door, like normal, you know? When we got to the entrance, the guard took off my chains and said, you will never wear chains again. It was strange."

There are those here who will wear chains again. They get into a fight, get caught with a cell phone or drugs, and are sent "up the river", back to higher security. Freedom is earned slowly, in stages.

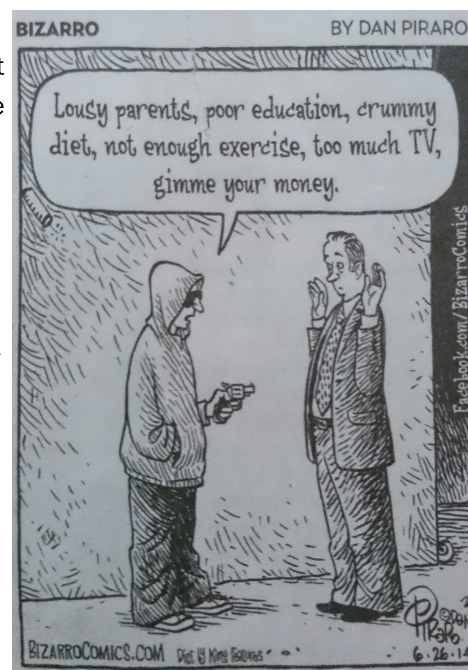
A few days after his arrival, my friend landed a job as a cleaner in a facility a

10 minute walk from the main building. Many inmates work outside the main cell block, in other buildings on this sprawling federal property. There are several warehouses and institutions on the same grounds.

I wonder aloud what his first walk without chains was like.

My friend's first walk was to work, with a group of other inmates, on a Monday morning.

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His first steps

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"I get to the door" he says, "and the guard asks me my name. I give her my ID card. She writes down my name. She asks me where I work. I say, Okay, she tells me, you can go, and points to the door.

I walk out the door. It is a parking lot. I don't know whether to go left or go right. I see two guys I know. Hey, I say, where do I go? One of them works in the building next to mine. He led me. We go in a group. I look left, I look right. There are trees and grass. Cars on the highway, and everyone is so relaxed. It was nice."

Other inmates have told him to change jobs. You're too good to be a cleaner, they tell him. Ask to be a cook, or an electrician, something, anything but cleaning toilets and kitchens.

"But I like it," he says. "It's important that things be cleaned well. And I want to prove I can be trusted, that nothing is too good for me, that I like to work."

Normal Life

The walk outside the cellblock is psychologically important. When John F. Kennedy was President of the United States he insisted on walking through the White House gardens for 15 minutes before settling in to work at the Oval Office. It seemed weird for him to live where he worked. A commute, no matter how short, is a way to normalize your day in abnormal circumstances.

Mine was strangely normal, I tell my friend. It was a chilly spring. A 12-step meeting within sight of a place I knew well, the Olympic Stadium. My family

had season tickets behind first base for the Expos. That first walk, from the van to the meeting site, was like stepping back in time to my teenage years. More a journey of nostalgia than a journey without chains.

"It was weird," he says of his first walk. "My eyes went all over the place. Now I am used to it. I do it every day. It's nice." He smiles and shrugs. There is a pause. I shake the cookie crumbs off my shirt and into his prison-issue wastepaper basket, next to the toilet, which is next to the desk, which is next to the cot. Imagine sleeping in a windowless bathroom.

My friend grins broadly and points out his cell door. "One night, a guard looked in and said to me: You don't look like a criminal. I told her, I made a mistake and now I pay for it. That is how I feel."

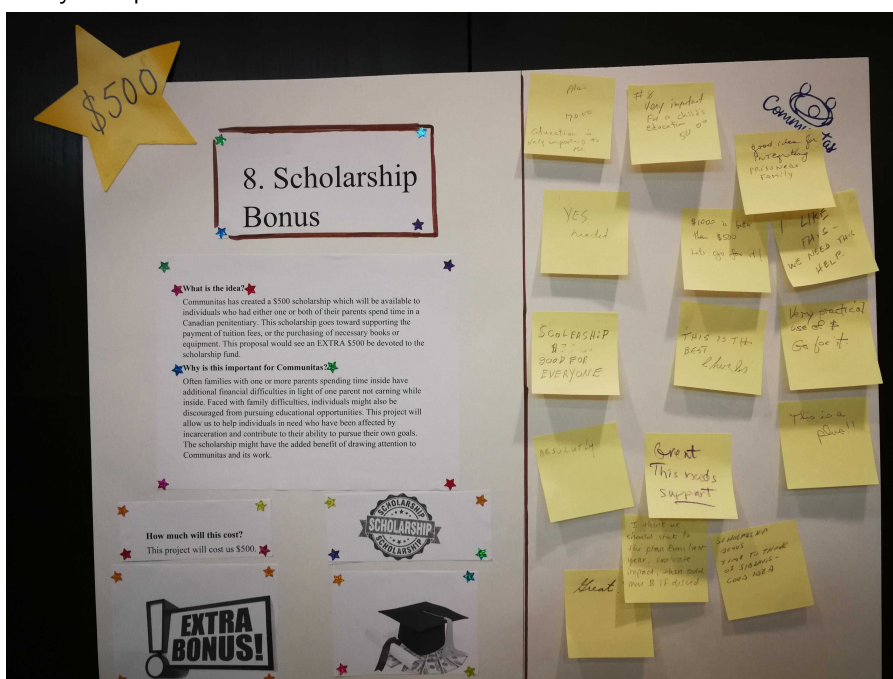
- Colin

Participatory budget results promise an exciting 2018-2019

Continued from page 2

2. A \$500 bonus to be added to Communitas' new scholarship for children whose parent has been incarcerated, which will be launched this year.
3. A membership to a "car share" program, which will allow additional community visits to institutions as well as further escorts for guys inside to join our Open Door nights.
4. An "Art Show" at which the talents of our members and friends can be displayed and help fundraise for our organization.

A number of other great ideas were put forward as well—certificates of appreciation, clothing for job interviews post-release, etc—but these will have to be proposed for next year's process!



Please support Communitas!

Communitas is a non-profit, volunteer-driven organization which welcomes (ex)-offenders back to the community by supporting them in their social, spiritual, emotional and practical needs.

We rely heavily on support from individual donors like you. The stigma associated with work in this area brings unique financial and other challenges with it and so your contributions are essential in sustaining our important work.

I support Communitas and their programs and am enclosing a donation of:

☐

\$25

☐

\$50

☐

\$100

☐

Other

Tax receipts will be issued for donations of \$50 or more. Please include the following information for that purpose:

Full name Including middle initial: _____

Address: _____

E-mail: _____

**AFTER YEARS OF CONFINEMENT,
RE-ENTERING SOCIETY CAN BE A
CHALLENGING EXPERIENCE
FOR PRISONERS.**



Circles of Support and Accountability (COSA) at Communitas: Is it for you?

Communitas is proud to have introduced Circles of Support and Accountability (COSA) to Quebec in 2000 and have provided more than 50 circles since. COSA matches individuals with a history of sexual offending with a group of everyday community members who are committed to helping you navigate the challenges of life in the community and achieve a successful, crime-free life.

If you are interested in hearing more about the possibility of having your own circle, contact:

Monica Barbe 514-244-6147
coordinator@communitasmontreal.org

We would love to hear from you!



3974 Notre Dame West, Suite B

Montreal QC H4C 1R1

Tel.: 514-244-6147

Email: info@communitasmontreal.org

www.communitasmontreal.org

The SouWester name is a reference to Montreal's Southwest, where Communitas began its work in 1999 and is still based today.



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