An Eventful August!

Though we took a brief respite from our newsletter during the month of August, we were busy connecting with folks at the Center and throughout the community. We are excited to share with you some of the highlights from last month. If you are incarcerated, and would like either of these news stories mailed to you, please let us know so we can send you a copy.

**Freedom Songbook Workshop on ABC7 News:** August marked the culmination of the Freedom Songbook Workshop here at CTJC. For eight weeks, we had the joy of collaborating with Old Town School of Folk Music for an intergenerational program that drew upon freedom, resistance, and protest songs to build resilience and community through music. Participants of the Freedom Songbook said that they found the workshop to be “awesome, positive, and inspiring.” The ABC7 News segment about the Center and the workshop can be found at: ABC7Chicago.com

Stay tuned for our next round!

**Feature in Southside Weekly:** The work of survivors at CTJC and others across Chicago was recently the subject of an article by Southside Weekly, “Never Can You Compensate Nobody for their Life.” This article invites us to reflect upon the history of reparations while also considering the steps ahead as we fight for justice and a site of public remembrance for survivors of police torture. You can read the full article at: https://southsideweekly.com

Looking Forward to September

*The month of September brings continued growth for the Center.*

**Groups:** This fall, CTJC outreach is expanding! In addition to offering support groups for survivors at the Center, CTJC has begun collaborating with IGrow and the Exoneration Project to support other members of the community impacted by police violence and police torture.

**Wellness Booklet:** Incarcerated survivors have requested wellness materials, and we are delivering! We are putting the final touches on a new booklet called Wellness on the Inside. This guide includes activities and strategies people may find useful in caring for their minds and bodies while in prison. The booklet offers practical techniques to cope with the stress and oppression that wears on the mind, body, and whole person in prison. Topics include breathing exercises, mindfulness meditation, physical activity, creative outlets, and much more. Guides will be mailed out this month to survivors who have already requested wellness materials and we will continue to share this resource as it is requested.

If you are interested in learning more about any of the groups or the wellness booklet, please contact Aislinn Pulley at aislinn@chicagotorturejustice.org, (773) 962-0395.
UPCOMING EVENTS

**Monday, September 2nd**
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

**Tuesday, September 3rd**
Cranio-Sacral Therapy (by appointment only)
1pm to 4pm at CTJC (email cindy@chicagotorturejustice.org or call 773-962-0395 to schedule an appointment)

**Monday, September 9th**
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

**Tuesday, September 10th**
Cranio-Sacral Therapy (by appointment only)
1pm to 4pm at CTJC (email cindy@chicagotorturejustice.org or call 773-962-0395 to schedule an appointment)

**Saturday, September 14th**
RISE Community Meeting: MUAVI presents
*Criminalized Survival and Participatory Defense training*
10am to 12pm at CTJC (open to community members)

**Monday, September 16th**
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

**Tuesday, September 17th**
Cranio-Sacral Therapy (by appointment only)
1pm to 4pm at CTJC (email cindy@chicagotorturejustice.org or call 773-962-0395 to schedule an appointment)

**Tuesday, September 17th**
Viewing of the Feminist of Cellblock Y in collaboration with STOP
5pm to 8pm, location TBD (email cindy@chicagotorturejustice.org or call 773-962-0395 for updated information)

**Monday, September 23rd**
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

**Tuesday, September 24th**
SOLITARY: An Evening with Albert Woodfox
6pm at UIC Student Center: 750 S. Halsted

**Tuesday, September 24th**
Cranio-Sacral Therapy (by appointment only)
1pm to 4pm at CTJC (email cindy@chicagotorturejustice.org or call 773-962-0395 to schedule an appointment)

**Monday, September 30th**
Open Case Management Hours
1pm to 5pm at CTJC (open to anyone impacted by police violence)

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**Letter to the Mayor's Office**

Over the past two years, we have seen more and more folks seeking services at the Center. With this growth in demand, we are also experiencing a need for greater resources to meet the need. The Center was originally funded for 3 years as part of the historic Reparations Ordinance, but those 3 years are coming to an end while issues of police violence and the harm that results remain ongoing.

On Juneteenth, we sent a proposal to Mayor Lori Lightfoot asking for continued, and increased, funding for CTJC. As we await a response from Mayor Lightfoot, we know that even with the City’s support there is still a crucial role the community can play in ensuring the sustainability of the Center. Please consider becoming a monthly donor, or making a one time donation through our website’s donation page.

We also encourage you to follow us on social media, as we may be calling upon you in the coming month(s) to help us remind the City that the promises committed to in the Reparations Ordinance still require attention and financial support.

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**VOICES FROM THE INSIDE**

Law of Pharoah, by Jamal Sharif

Evil judges and prosecutors,
Set their minds to create,
America's mass incarceration,
A tyrannical global disgrace...

Lockin' away poor citizen,
Supremacist population control,
Throw away the keys mentality,
Wield-shut the vaulted doors...

Remember the ungodly pharaoh,
With his pagan god complex,
Enslaved the Hebrew Israelites,
Afterwards drawin' a watery death...

It's written on the walls,
Great empires never know peace,
Until it has a change of heart,
And innocent slaves be released...

If you have words, stories and arts you want to share from behind the prison walls, please write to us at:

Chicago Torture Justice Center,
641 W. 63rd St. Chicago, IL 60621.