



## CYNTHIA GONZALEZ

SCI Muncy  
007400



**Status:** Incarcerated in 1984 at the age of 23  
Hometown: Harrisburg, PA

**Objective:** I would like to pursue a degree in psychology, reconnect with my family and friends, support myself and live independently.

### Education:

Unit Buffer Training, 2010  
Time To Read, 1998  
Literature and The Arts, Penn State University; 1989-1990

- Maintained 3.0 grade
- Black Achievement Award, 1990

The Amazing Human Brain, 1988  
Laubach Literacy Training and License, 1988  
Basic Nutrition, 1988-89  
Intermediate Sewing, 1988-89  
Profile III Plus, 1988-89  
Script, 1988-89  
Numeric Data Entry, 1988-89  
Typing, 1988-89  
Parenting-Step-Teen, 1988-89

### Employment:

Garment Factory, 1994 to present  
Wheelchair Escort Training, 2006  
Central Kitchen  
AOD Facilitator  
Inmate Medical Intake Secretary  
Chapel



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**Religious Education:**

KAIROS, 2011  
New Believers, 2010  
Gospel Express Bible Course, 1986-2010  
Safe People, 2010  
Battlefield of The Mind, 2007  
Handling Anger in a Godly Way, 2007  
Crossroad Bible Institute, 2001  
Discipleship, 2001  
Friendship, 1994  
Salvation Army Study, 1988  
Emmaus Bible College, 1986-1987

**Groups Completed:**

Violence Prevention, 2008-2009  
Seek and Safety Aftercare, 2007 and 2007  
Thinking For A Change, 2004  
Facilitator, Thinking For A Change, 2004  
Positive Relationships, 2002  
Anger Management, 1994-2000  
Stress and Relaxation Techniques, 2000  
HIV Peer Education Program, 1999  
Cage Your Rage, 1998  
Adjustment, 1998  
Survivors, 1998  
Impulse Control, 1997  
Conflict Resolution, 1996

**Drug and Alcohol:**

AOD Peer Assistant Training, completed, 2017  
Facilitator, 2009-2014  
Out-Patient Group Therapy, 1999-2005  
Aftercare, 2004  
AOD Facilitator Training, 2003



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**Community Engagement:**

Muncy Inmate Organization, 2000 to present

• Subcommittees-

- Long Term Orientation
- Waitressing
- Parole Seminars
- Soda
- Picnic
- Recruitment
- Toy Lift
- Sant Clause, for children in the visitor's room
- Girl Scouts
- Hickory Farms
- Banquet
- Long Term Offender Video
- Pictures
- Run-A-Thon

**Activities:**

- Weightlifting, 1995-2004
- Aerobics, 1994-2004
- Fitness and Conditioning, 1999-2003
- Step II
- '50's and '60's Show, 1995

**Housing Unit Reports:**

- Positive

**THE WOMAN I AM TODAY:**

I am the woman you would not have any qualms about if I were your neighbor. I am compassionate towards humanity, humble, level-headed along with having broad shoulders. I am family-oriented and loyal.