

CYNTHIA GONZALEZ

007400
SCI Muncy



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.