



Cynthia Gonzalez

SCI Muncy
007400



Status: Incarcerated in 1984 at the age of 23
Hometown: Harrisburg, PA
2024: Cynthia has served 40 years of her life sentence

Objective: Reenter community as a living atonement by mentoring,
relearning the world as it is today and reconnecting with family and friends.

Education

- G.E.D
- Keyboarding
- Basic Nutrition, 1988-89
- Spanish Language and Culture
- Pathways to Success
- Numeric Data Entry
- Transcription
- The Amazing Human Brain, 1988
- Money Smart
- Time to Read – 10-year recognition one-on-one reading education Literature and The Arts: Penn State University. 1998 Maintained 3.0 GPA
- *Wheelchair Escort Training, 2006*
- Unit Buffer Training, 2010
- Literature and The Arts, Penn State University; 1989-1990
 - Maintained 3.0 grade
 - Black Achievement Award, 1990
- Laubach Literacy Training and License, 1988
- 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

Black Achievement Award

- Parenting-step-Teen
- Intermediate Sewing
- Laubach Literacy Training and License
- Profile 111 Plus

Employment

- Central Kitchen
- Garment Factory, 1994 to present
- Inmate Medical Intake Secretary
- Chapel
- Certified Peer Support Specialist (CPS)
- AOL Facilitator



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Religious Education

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

Support Groups

- Violence Prevention – PA 143 Victim Awareness, 2009-2009
- Seeking Safety, 2007
- Adjustment, 1998
- Thinking for a Change, 2004
- Positive Relationships, 2002
- Anger Management, 1994-2000
- HIV Peer Education Program, 1999
- Living Safety and Moving on for Women
- Victim Awareness
- Survivors, 1998
- Impulse Control, 1997
- Conflict Resolution, 1996
- Cage Your Rage, 1998
- Citizenship
- Violent Mind
- Facilitator, Thinking for a Change, 2004
- Stress Management and Relaxation, 2002

Drugs and Alcohol

- Looking Glass
- Drug and Alcohol in-patient
- Facilitator, 2009-2014
- Out-Patient Group Therapy, 1999-2005
- Drug and Alcohol out-patient
- AOD Peer Assistant Training, completed, 2017
- Aftercare, 2004
- AOD Facilitator Training, 2003



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Certifications

- AOD Peer Assistant
- Mentor For Peers
- Thinking for a Change
- Unit Buffer
- AOD Facilitator
- Wheelchair Escort
- Laubach Literacy
- Peer Support Specialist (CPS)

Volunteer Groups

- Seeking Safety Aftercare
- Beyond Anger @ Violence
- Step Ahead Employment Workshop
- AOD Aftercare
- Project Hope
- Beyond Trauma
- Healthy Living
- Resume Workshop
- Goal Setting Workshop
- Impact of Crime
- AOD Self Help Smart Group

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



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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 not the same woman I was 40 years ago entering into the penal system. I better understand the impact of my actions. I am a member of a community. I am proud of the changes I have made that has molded me into 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.



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MY REENTRY PLAN

24Hrs- Week 1:

- 1 Meet with CCC counselor
- 2 Discuss rules of CCC
- 3 Set up living space
- 4 Seek medical and public assistance

30 days:

- 1 Learn transportation options
- 2 Seek employment/CPS/Mentor
- 3 Seek volunteer work
- 4 Find church and AA meetings support groups
- 5 Find trauma therapist

60 days:

- 1 Rebuild credit
- 2 Open savings account
- 3 Rebuild family ties

90 days- 1 year:

- 1 Look into learning how to drive
- 2 Continue working and mentoring others
- 3 Maintain my mental and physical health
- 4 Reuniting with my family
- 5 Have money saved to pay for out of state transfer and parole supervision
- 6 Meet and gain a good relationship with officer
- 7 Live with daughter in Texas until I can afford to relocate