



## NICOLE NEWELL

OD8092  
SCI MUNCY



### STATUS

Incarcerated in 1995 at age 18  
Hometown: Philadelphia, PA

**OBJECTIVE:** If granted with my freedom, it's my determination to continue my goal of helping others and taking the necessary steps to help individuals seek their goals.

### ACCOMPLISHMENTS

- \* General Equivalency Diploma (G.E.D.)
- \* NCCR Core Curriculum
- \* Carpentry Fundamentals Level 1
- \* Carpentry Framing & Finishing Level 2
- \* Buffing Training Certified
- \* Culinary Art Apprenticeship

### GROUPS

- \* Attention Deficit Hyperactivity Disorder (ADHD)
- \* Educational/Child Development
- \* Anger Management
- \* Self-Esteem
- \* Building Self Esteem in Children
- \* Human Sexuality Course
- \* Basic Communication
- \* Domestic Violence out Patient Education
- \* Parenting Skills Training Program
- \* Citizenship 1 & 2
- \* Stress Management
- \* Parenting Teenagers Group
- \* House of Hope (Seeking Safety Program)
- \* Violence Prevention

### THE WOMAN I AM TODAY

Becoming incarcerated at a young age with no sense of direction or guidance, and being able to become the woman I am today has become my sole motivation as to why I have now become a part of the solution, opposed to being part of the problem. I have participated in countless groups that focus on self-esteem and self-worth, the importance of freedom as well as cognitive behavior therapy which enables oneself to completely change one's way of thinking.

If granted my freedom, it is my responsibility to pass my wealth of knowledge on to other unloved and misled teenagers. Help put them in positions to accomplish their goals. Push them to open their minds and tap into the plethora of resources available to them. Hopefully, I'll be given the opportunity.