



„It’s always too
early to give up!”

NORMAN VINCENT PEALE

Do something for your- self!

USE...

- ... the free time outside in the courtyard
- ... the time to write letters
- ... the opportunity to talk alone with staff
- ... the open and shared cell time for contact with other inmates

OFTEN YOU ALSO HAVE THE CHANCE

TO...

- ... do sport
- ... borrow books and board games
- ... buy food and other things
- ... take part in conversation groups
- ... cook with others
- ... receive visits from family and friends



INFORM YOURSELF

Find out about school education and job training
in prison and after release.

YOU ARE NOT ALONE!



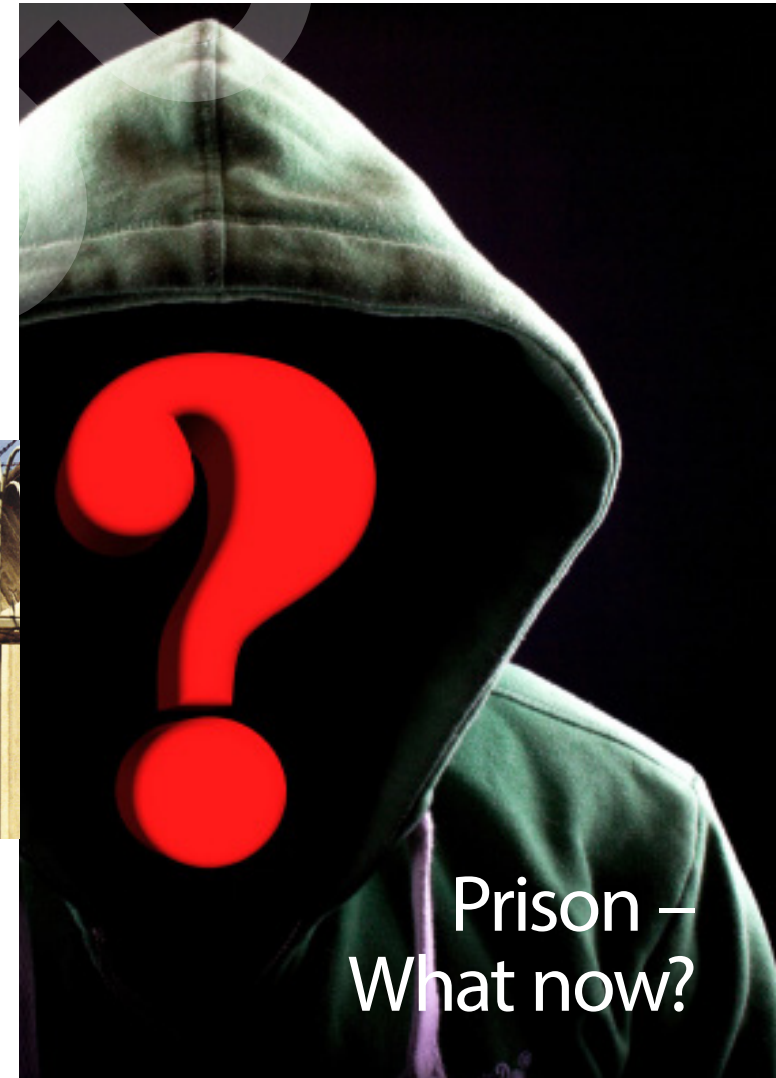
Aufnahme anlässlich einer Theateraufführung von Gefangenen in der JVA Salinenmoor
(Foto: Winfried Tobias)



Gefördert durch:



aufgrund eines Beschlusses
des Deutschen Bundestages



Prison –
What now?

Prison...

... has a big effect on your life and many things will be new to you.



Are you feeling:

powerless scared
misunderstood
desperate empty pathetic
lonely
abandoned hopeless

Are you sometimes:

angry / furious sad
jealous frustrated
depressed in a bad mood

Don't keep your feelings to yourself!

We the prison staff are there for you!

TALK TO US!