



Dear Friend:

Thank you for writing. Your communication is important to us and we treat your letters as highly confidential, unless you offer them for publication under your name. We are an educational, advocacy, and watchdog organization. The crux of our work involves regular interviews with Security Housing Unit prisoners in California. We monitor and publicize conditions inside, focusing on medical care and mistreatment of prisoners. We have a limited, all-volunteer staff and funds, so please accept our apologies if our response to your letter was delayed. If we do not have the information you seek, we will try to refer you to an appropriate resource. We are not a law office and cannot handle legal matters.

What We Can Do For You

1. We can mail you one of the following publications:

<i>Prison Focus</i> newsletter (one year or 4 issues)	\$6 prisoners, \$20 others
<i>Prisoner Self-Help Manual: Challenging Gang Validation</i>	\$15 prisoners, \$22 others
Habeas manual (<i>How to File a Habeas Petition & Get a Lawyer Appointed for You</i>)	\$4
<i>Lawsuits for Money Damages Against Prison Officials</i> ("Sec.1983 manual")	\$4
<i>Survivors Manual</i> (by and for prisoners, about surviving life in control units)	\$4
<i>Extracts From Pelican Bay</i> (poetry, drawings, & essays by prisoners)	\$6

We accept checks, money orders, or postage stamps. Your contributions help us cover the cost of printing and postage.

2. We use the information you give us to help publicize prison conditions and bring pressure to bear on the powers that be. Please keep us informed.

What You Can Do

1. File your 602 appeal. Go through as many levels of appeal as necessary.
2. For medical issues, contact the federal receiver at: Cal. Prison Receivership / Cal. Prison Health Care Services / P.O.Box 4038 / Sacramento, CA 95812-4038.
3. Contact your ombudsperson when your remedies are exhausted, or if you are experiencing a medical or mental health emergency. Write to: Office of the Ombudsman / 1515 "S" Street / Room 540 North / Sacramento, CA 95811. Your letter will be directed to the ombudsman for your prison.
4. Write your senator or assemblyperson to tell them what is happening. Although you may not get relief, it is important to keep the pressure on elected officials.
5. Work with fellow prisoners to find help. Share information. Organize your efforts.
6. Keep in touch. We rely on you to keep us informed of what is happening inside.

Sincerely,

CPF Volunteer