



COLLEGE GUILD

Educating Incarcerated People for Over 20 Years

August 2023 Edition • Be a Bridge Builder

How Do We Reach America's Forgotten Women?

2023 Bridge Builder Fundraiser • The Science of Giving • New Workplace DEI Program • And More!



What's up at
COLLEGE GUILD



Open House!
September 14th
&
October 12th
More info on pg 5

Reminder:
See page 5 for more info!



Diversity
Equity
Inclusion



COLLEGE GUILD

Educating Incarcerated People for Over 20 Years

2023 BRIDGE BUILDER'S FUNDRAISER

It's time to RSVP!

Join us for a free breakfast fundraiser!

Reserve your seats today!

Go to www.collegeguild.org to reserve your seats online.

Or call our office at 207-729-0043 to reserve your seats.

We will be asking for a donation during the event.

WHEN & WHERE

Friday, October 27th

8:00am to 9:00am (We recommend arriving early)

The Horizon Center

675 Old Portland Road

Brunswick, ME



BE A BRIDGE BUILDER!

Help us connect more people in prison to our volunteers on the outside building a love of learning through mutual respect. Your interest in our mission and your support help us connect with over a 1,000 people in prison annually to offer them our courses. Your contribution to College Guild builds a bridge between our students and the 300 volunteers around the country who provide feedback that builds inspiration and inspires dreams for a better future.

Can't Attend? Consider our watching our virtual fundraiser!

COLLEGE GUILD STUDENT POETRY

Untitled
by James

Where do I put this pain of mine
I can't run away, nor turn back time

College Guild gives me a choice
To tell my story, giving me a voice

They are a whisper of humanity from afar
reaching errands behind the bars
A soothing ointment for my scars.

Faceless Angels unknown to me
offering encouragement and empathy

Giving of them selves
their time and more
Sending a glimmer of hope
behind this haunted door

BRIDGE BUILDER'S VIRTUAL

When:

Live October 19th at 7pm EST, but available
to watch all month!

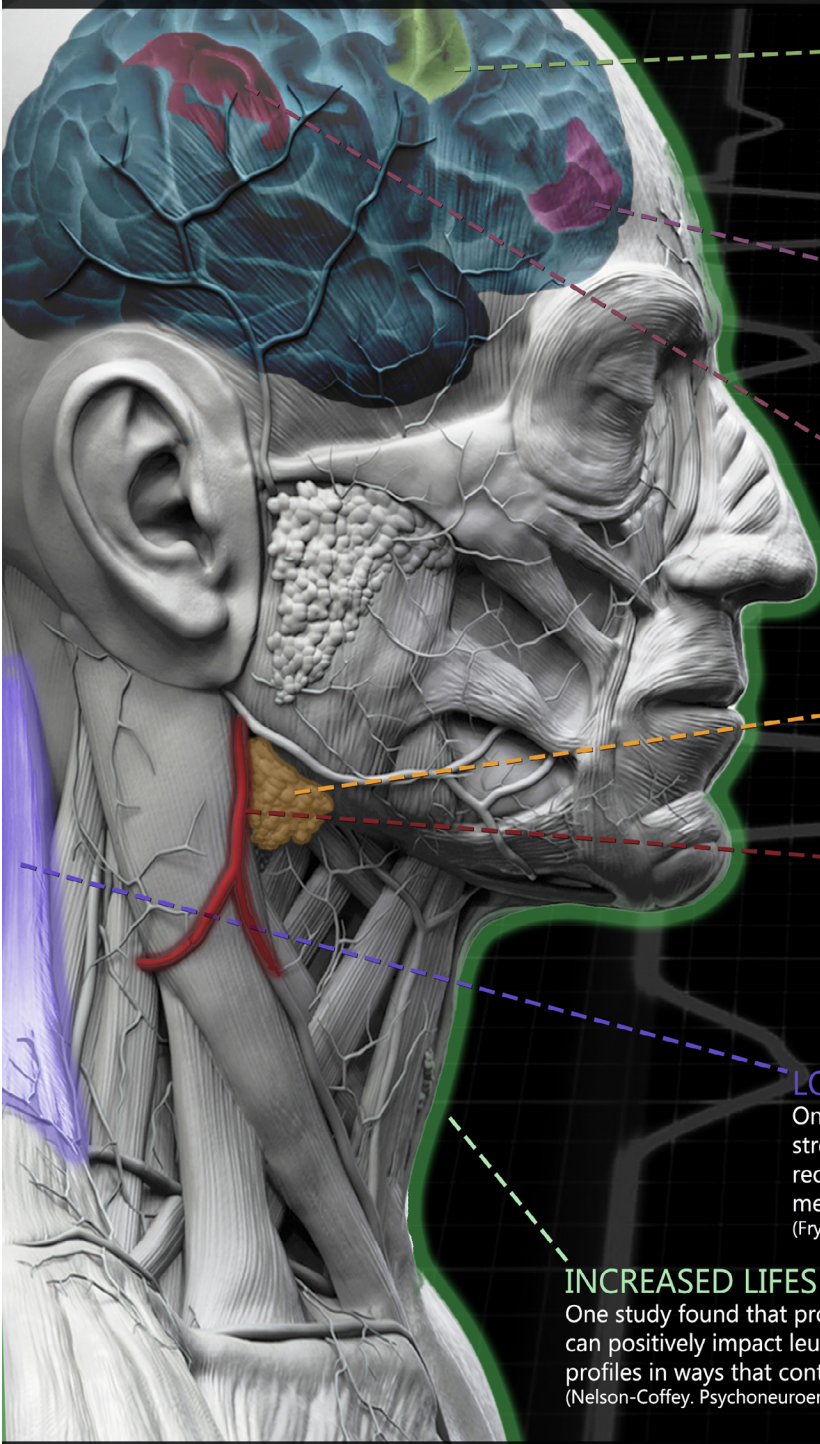
Where:

College Guild Social Media

What: A short video

- Featuring formerly incarcerated speakers
- Poetry readings from incarcerated writers
- Prof. Ameer Schmidt "How College Guild Interrupts Generational Poverty"
- Much, much more!

The Science



RELIEF FROM DEPRESSION

"Helpers' High" A neurochemical response which is similar to anti-depressants, has been shown to relieve depression and may even be evolution's way of training humans to be ethical!
(Wilson. Psychology of Philanthropy. 2015)

FIGHTING LONELINESS

Giving is considered a "pro-social behavior" which improves mood and boosts overall well-being. Two studies found that giving reduces loneliness and has many several other benefits!
(Lanser. Emotion. 2022)

INCREASED POSITIVITY

Two studies found that when participants gave money to others it increased their happiness MORE than spending money on themselves.
(Suittie. Greater Good. 2010)

IMPROVED IMMUNE RESPONSE

Multiple studies are forming a body of literature that support the idea that giving strengthens the immune system.
(Yörük. Journal of Economic Psychology.2014)

LOWER BLOOD PRESSURE

Three studies found that in older adults diagnosed with high blood pressure that the more they gave to others the lower their blood pressure was even up to two years later!
(Whillans. Health Psychology. 2020)

LOWERED STRESS

One study found that giving reduced stress, not just for the giver and the receiver, but even for someone who merely witnessed the kindness
(Fryburg. American Journal of Lifestyle Medicine. 2021)

INCREASED LIFESPAN & GENETIC HEALTH

One study found that pro social behaviors like giving can positively impact leukocyte gene expression profiles in ways that contribute to many health advantages!
(Nelson-Coffey. Psychoneuroendocrinology. 2017)

Of Giving

How Do We Reach America's Forgotten Women?

Visit collegeguild.org

DONATE

Today!



College Guild was recently honored to receive a generous grant from The Kathryn B. McQuade Foundation to help reach segment of the incarcerated population that grew over 525% between 1990 and 2021: Women. Thanks to this grant and your generous support we have been able to increase the number of women we serve by almost 70% from 2019 to 2023. But that's not enough.

Despite being more likely than their male counterparts to enter incarceration with a high school diploma, women are less likely to complete educational coursework and receive credentials of any kind.

Why, when education is so critical to thriving after release are women being left behind?

The educational barriers facing disadvantaged women, inside and out, are unique and thus the structure of an educational program designed to help them overcome those barriers must be made with women in mind.

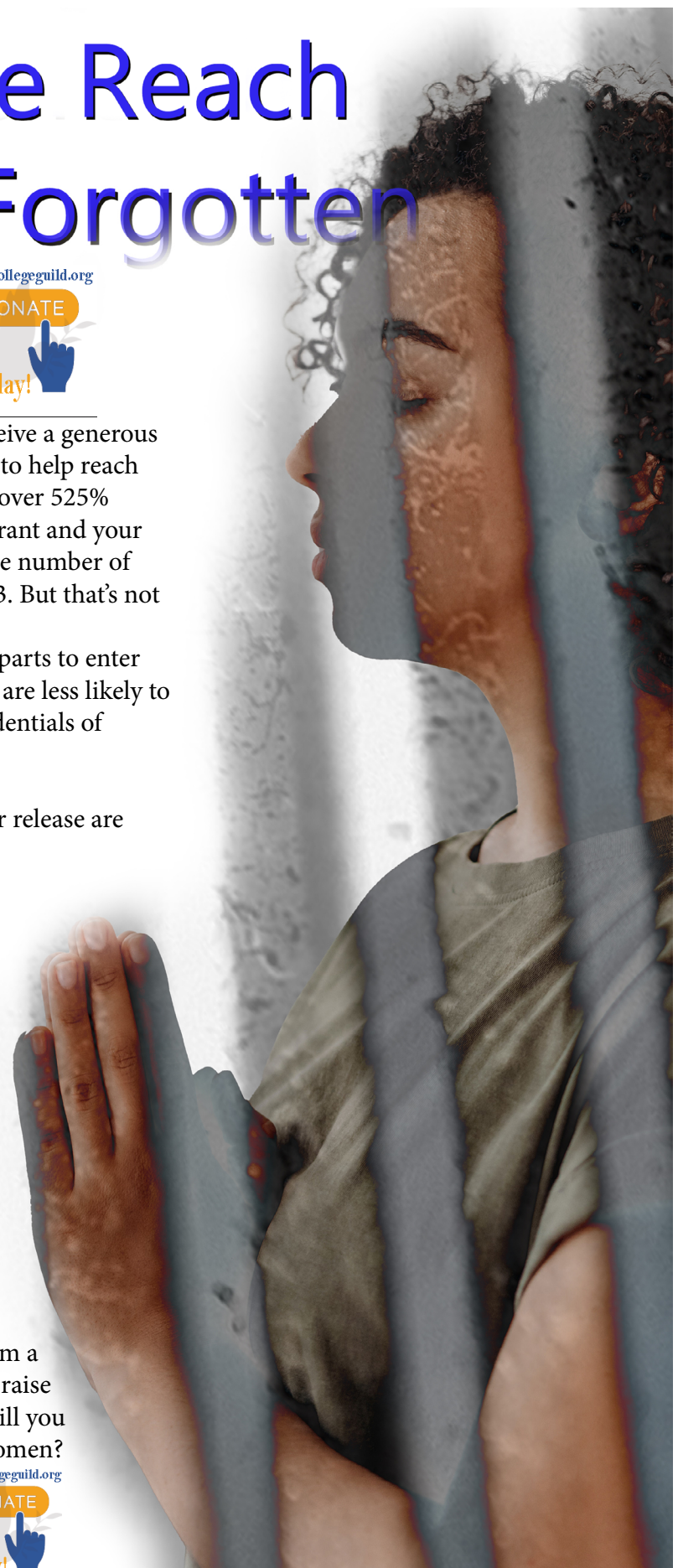
College Guild is proud to be creating a new course specifically for America's most forgotten segment of the population. We will bring our social and emotional learning methods into women's prisons and play a vital role in giving hope and a connection to a community beyond the prison walls.

Together, we can reach these women, and give them a chance to reach us as well. College Guild needs to raise \$7400 to finish our first woman-centric course. Will you join us in the fight to reach America's forgotten women?

Visit collegeguild.org

DONATE

Today!





OFFICIAL MEMO

TO Your Office
FROM Mary Malia, College Guild Executive Director
DATE ASAP
RE Your Next DEI Program or Event

College Guild is proud to announce our new Workplace DEI Program. The College Guild team will come to you virtually or in-person and introduce your workplace to our way of connecting the most marginalized individuals in America to a community beyond the prison walls.

Would like to learn more? Email Ben Lambright, Director of Philanthropy and Communications, at ben@colleg guild.org today!

College Guild • P.O.Box 696 Brunswick, ME 04011 • 207-729-0043

College Guild's Open House You're Invited!

Dear Brunswick area volunteers, donors and caring people,

Come get a tour of our new space!

Our doors will be open on September 14th and October 12th, from 5:30-6:30.

Our offices moved in December of 2022 and we want to show off our new office space and the accomplishments of our students and staff. Our new landlords at the AOEC Center are wonderful and have made us feel very much at home. Now that the pandemic is officially over, it's time to connect with people and catch up on the great things College Guild is doing and hear what you've been doing!

It's been my absolute pleasure to meet with 2 donors recently and the conversations have been so helpful to me. Getting to know people that care about what we do inspires me immensely. So I'll be here at the office with a cold beverage and some snacks waiting to meet you finally or again! Please stop by and get inspired with me!

Call me at 207-450-1611 and let me know you are coming!

Mary,

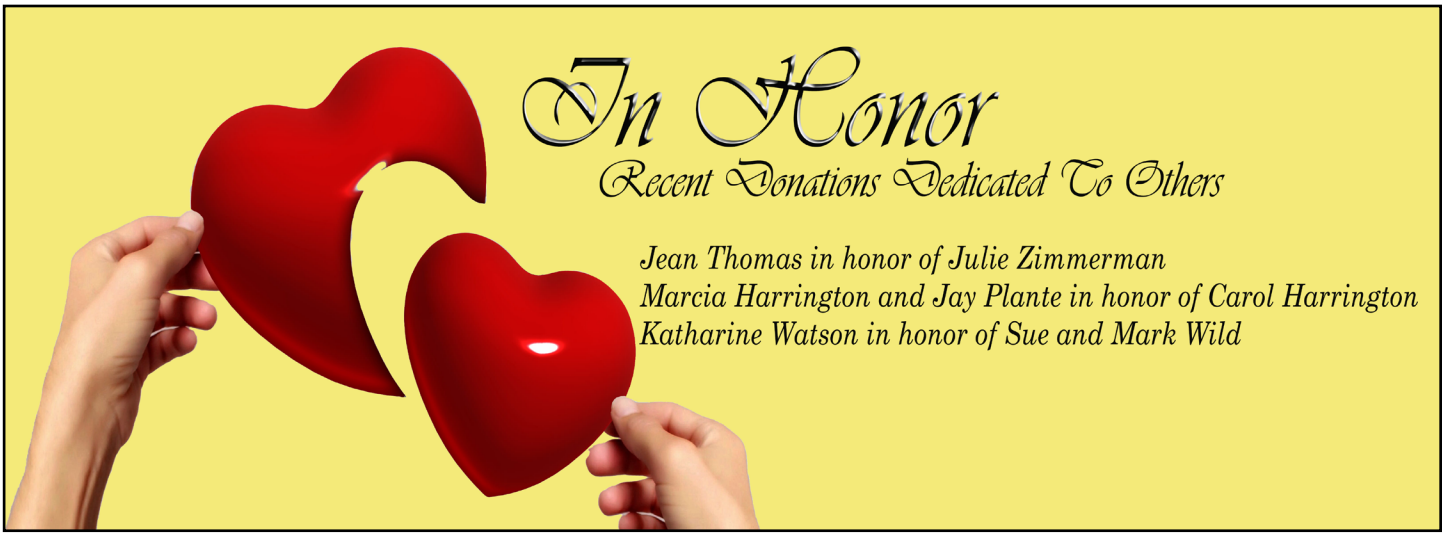
Volunteer Spotlight

This issue we want to celebrate Sue Wild! Sue is one of the brightest stars in the College Guild Constellation! She has been with us for over eight years and has served our family in just about every way a volunteer can serve! She started as a reader, and has gone on to become a board member and one of our most important donors!

Thank you, Sue!

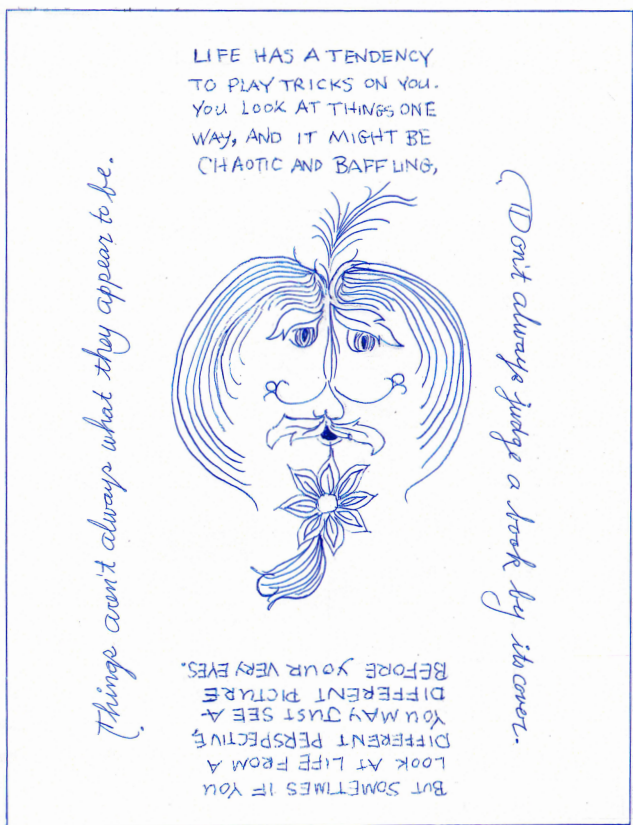
Do you know a CG Volunteer who deserves to shine?
email ben@colleg guild.org! Don't be afraid to nominate yourself!





In Honor
Recent Donations Dedicated To Others

Jean Thomas in honor of Julie Zimmerman
Marcia Harrington and Jay Plante in honor of Carol Harrington
Katharine Watson in honor of Sue and Mark Wild



“Perspectives are like Onions”
 by Stephen

(College Guild)
 by Lavender

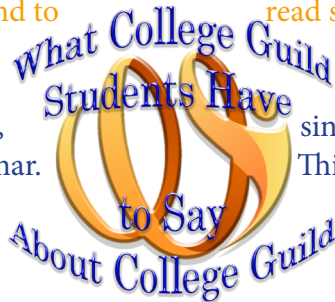
I embark on this new journey
 in hopes of something intriguing
 to my mind, and soul
 I know the very essence of
 growth and development lies
 within each page and section
 of study material received
 after another unit's completed.
 What would life be like
 without learning? without...
 College Guild.

Visit collegeguild.org

DONATE



“College Guild has been helping me since 2009 and they have shown me nothing but respect, kindness and patience, something that has never been shown to me in my whole life. They have taught me that I can accomplish things and be a better person and that people do care for us, the outcasts of society.” Jose “I have gained so much more than simply the things I’ve learned from the courses I’ve completed so far. I’ve learned a lot about myself... and also about others. Important things. Things I should have learned so much earlier in life...life changing things. Thanks to all you good College Guild folks.” James “Man, I’ve changed so much since I got involved with College Guild. I’ve grown up. The volunteers at College Guild have always cheered me on, given me new ideas and helped me learn. I can feel their enthusiasm and sincerity in their responses. The lessons give me a constructive way to spend my time and a way to keep my mind alive and growing. During times when my life seemed to have no purpose, College Guild was there. I feel like a person and I feel like I matter to the people at College Guild. That is something I treasure beyond words. If I ever do get a second chance, I will be ready for that almost entirely due to College Guild.” Danielle “Please know that you make me feel “real”. That sounds stupid maybe, but to have someone want to really learn and to read something I put on paper made me remember my life before. For a while, I was who I once was, not a #, not a face, but the real Daniel. Thank you for that.” Daniel “You all unselfishly give such a valuable asset to complete strangers. Reading y’all accurate, sincere and nurturing feedback taught me way more than English, writing and grammar. This to me was a hell of a refresher course in humanities. Much love, admiration and respect to all of you, especially the behind the scenes folks. I don’t know you nor will I ever. I don’t need to. I just need to treat others as you all treat us.” Antonio “This program is one of those rare blessings that has enriched my life and encouraged me when I needed it most. I will be released in two months and College Guild has helped to prepare me for the next chapter of my life. Thank you from the bottom of my heart. You really are making the world a better place.” Nick “These guys (and gals) are true pioneers, and I’m grateful for their existence. Without them I would not have had a creative outlet, a sense of belonging and self-worth or a means by which to learn and express the English language...and much more.” Donald “Thank you for the uplifting of fallen humanity, and giving us wisdom and insight to remain focused on our abilities, and qualities within us to achieve. Thank you for being our silent, strong propeller of hope when all others have abandoned us.” Tim “As an incarcerated student, I can attest to the difficulties associated with learning in prison and the dearth of educational opportunities behind bars. I find it unfortunate because I have witnessed the rehabilitative impact of education in the lives of many prisoners, myself included. College Guild helps bridge the gap.” Aaron “Programs such as these are extremely important to men and women who want to change their lives. I have a significant amount of time with no resources to pay out of pocket to attend college via correspondence. I need your help.” Jamal “CG has helped me see myself in a new light and made me aware of possibilities that I didn’t know existed. The comments on my answers have opened a whole new world to me.” Joy



Please donate today.



College Guild depends on individual donors like you to continue to make education free and available to incarcerated persons who might otherwise have no interaction with a world beyond the prison walls. We don’t want to let a single future slip between the cracks, but we need your help. **Won’t you make your gift today?**

**COLLEGE
GUILD**

If you received this newsletter in the mail, you should have also received an envelope and donation slip. If you did not, you can visit collegeguild.org and click “DONATE” to make your gift.