



Chanel Wiest

PO Box 180
Muncy, PA 17756



STATUS:

- Incarcerated in 2010 at the age of 33
- Chanel has served 5 years of her life sentence
- Hometown: Harrisburg, PA

Volunteer Work:

Tutor: Muncy Organization for Reading Education (MORE), 2012-present

Therapeutic Programs:

Victim Awareness Education, mandatory and completed, 2010
Violence Prevention Education, mandatory and completed, 2011
Violence Prevention Aftercare, voluntary, 2011-2012
PA Family Support Alliance Group, voluntary and completed, 2011
Self-Esteem Group, voluntary and currently enrolled, 2015

Work:

Correctional Clothing Industries, 2010 to present

Community Engagement:

Muncy Inmate Organization, 2010 to present

Spiritual Life:

Chapel Sacred Dance Group, 2013 to present
Kairos Leadership Church Seminar, 2014

The Woman I Am Today:

A life sentence can mean that your life is over or that your life can be reborn. At SCI Muncy, I was embraced by the other “lifers” and they showed me that life can go on after you “weather the storm.” Through the support of the lifer community and family and friends on the “outside,” I was able to see that I could get help for myself. Through counseling and classes I

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The Woman I Am Today (continued):

have been able to rebuild myself. I was given a chance and support to be able to reevaluate myself and to change myself for the better.

I will continue to do groups, classes and counseling to continue mental health stability for myself, but also to help others. I am one of the fortunate ones that have support from family and friends and because of them, I will continue to grow and to set new goals with the thought in mind that one day I'll get a chance to prove myself and to rewrite the wrongs of those affected by my actions. I will continue to educate myself in the hopes that one day I will get that "second chance" to show the "outside" that you can take someone broken and you can rebuild them and rehabilitate them and that I can take responsibility and accountability for what I have done and that I can take that and turn into something good for others.

The woman I am today would not take for granted my time with my family and friends. I would cherish every moment with them if given the chance. The woman I am today would take my trials and tribulations and my growth and help others so no one will have to experience this life.