

Bill of Rights for Children of the Incarcerated

1. I have the right to be kept safe and informed at the time of my parent's arrest.
2. I have the right to be heard when decisions are made about me.
3. I have the right to be considered when decisions are made about my parents.
4. I have the right to be well cared for in my parent's absence.
5. I have the right to speak with, see and touch my parent's.
6. I have the right to support as I face my parent's incarceration.
7. I have the right not to be judged, blamed or labeled because my parent is incarcerated.
8. I have the right to a lifelong relationship with my parent.

This Bill of Rights was developed by the
San Francisco Children of Incarcerated
Parents Partnership

Special thanks to the Rev. Cathy Smith of Turning Tides Counseling whose compassion, warmth, and experience helped us create a vision for the group. We also thank Families Etc., Big Brothers, Big Sisters, AmeriCorps, and Family Services & Community Mental Health Center for their support. Their spirit of giving has helped Jail Brakers Become a reality.

For more information about Jail Brakers.

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A Charitable Organization - 501(c)(3)

JAIL BRAKERS



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www.Jail-Brakers.org

Stopping the Sadness
Stopping the Cycle

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“Jail Brakers has helped me understand that there are a lot of people that have been separated by incarceration. Even though the charges are different the pain is the same. You don’t realize this until Jail Brakers helps you understand it. Through there games and activities . “Jail Brakers” support helps your feeling come to the surface and to deal with them positively” - Anonymous

The Invisible Children

Children suffering from the loss of a loved one to incarceration are often referred to as the “Invisible population.” These children may be viewed as having attention or behavioral issues, but in fact they are grieving a loss. They are unable to express how they feel due to the stigma surrounding incarceration. They deal with their pain in silence and the opportunity to help them is missed.

These children are vulnerable and often experience a sense of poor family identity. Without positive support and resources, they may be at risk of involvement in the juvenile system creating an inter-generational cycle of crime. Giving support to these children early in the cycle can help reduce recidivism.

The single most important factor in the lives of these invisible children is the presence and support of adults who can encourage them and help them maintain a family connection. These children need places to go that are safe, nurturing, and relevant to their own hopes for the future.

What we do

Jail Brakers’ support groups provide a safe place for children to share and help them develop new tools to cope with these difficult issues. Support groups for our adult members are based on the same philosophy. We embrace a holistic approach to healing and everyone is welcome and treated with respect.

Family and friend support group are provided on the first Thursday of the month from 6:30-8:00PM and is located at Unity Spiritual Center of Woodstock, 225 W Calhoun St, Woodstock 60098. Supports are provided at no charge. Dates of meeting may change due to holidays, please check ahead

Activities are experiential, expressive, and creative and are designed to build cohesion and connectedness in order to reduce isolation.

Additional Programming

- Gas card Program (for family visitation)
- Community Garden
- Individual and family Care
- Interfaith Prayer Service
- Monthly Support Group

Jail Brakers’ Mission

Our mission is to provide support to children and their families who struggle with the stigma of incarceration and the impact that it has on them. Jail Brakers provides opportunities that give these children and families a voice and a place to be listened to with respect and compassion. We foster the development of community resources that more effectively meet their needs and seek to raise awareness about their concerns while fostering hope. Together we will address the stigma that perpetuates the fear, shame and isolation surrounding incarceration.

Planting the Gardens of Eatin’ Together



Together we will address the stigma that perpetuates the fear, shame and isolation surrounding incarceration.