



## INSIDE OUT REENTRY COMMUNITY

### September 2025 Newsletter

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#### Looking Ahead

Since our move to Capitol St, *we've been busier* than we could have imagined. We have a large number of drop-in visits and we're navigating the *increasing barriers* in our community towards finding housing and employment for those returning from incarceration. Sometimes the barriers can feel too high and not only do our members, but also our staff and volunteers can get discouraged to keep moving forward when all you hear are denials. But here at Inside Out *we truly believe in transformation*, and no matter how many times we face a challenge - we know our community can work together to pull through. Whether it's a group of dedicated volunteers pouring hours of work into developing a group curriculum, or it's an area church getting together to pack backpacks for those returning - *we continue to be amazed by the heart and soul* of those right here in Johnson County.

As our needs increase, we encourage you to *volunteer* your time, help us *network connections* with employers or landlords, or *purchase a ticket* for our upcoming Trivia Night Fundraiser. Every small thing matters — and none of this would be possible without you.

Thank you for showing up, supporting us, and believing in this journey. □

Executive Director

## ACT Group - Building Skills and Awareness



Inside Out is excited to offer our second series of our Acceptance Commitment Training (ACT) group in September and October. This 6 week group is run by an incredible group of volunteers and focuses on skill-building to cope with stressors, aid in emotional regulation, and building awareness to reach goals. We love offering this group and are so grateful for our volunteers that are hosting it!

## Trivia Night Fundraiser: Buy Tickets Before We Sell Out!



**INSIDE OUT REENTRY COMMUNITY  
ANNUAL FUNDRAISER**

**NOVEMBER 6 7:00-9:00 PM**

Unitarian Universalist Society 2355 Oakdale Rd. , Coralville, IA, 52241

Purchase a table or ticket for our upcoming Trivia Night Fundraiser on November 6th at 7 pm. This exciting event includes a live pie auction, competitive trivia game play and a silent auction filled with incredible packages.

[Trivia Night Tickets](#)



## Recent Activity at Inside Out



Collage Making at our Creative Collective Group.



Spreading the word about Inside Out in the community.

## National Recovery Month and Building Connections Each Week!

### *September is National Recovery Month.*

At Inside Out, we are always focused on recovery with our weekly Coffee and Connections group! Members in all stages of substance use recovery share their successes and challenges each week, while building community. The foundation of the group comes from a TED Talk by Johann Hari, who believes that the opposite of addiction is not sobriety, rather it is connection. The group is a safe space where members can openly share their experiences and offer peer support. Coffee and Connections is a consistent beacon of

hope for our members who never miss a meeting, and those who pop in when needed.



## In the News

*Changes to probation can reduce repeat crime and incarceration*

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Stay connected with us on social media!



Inside Out Reentry Community | 804 S Capitol St | Iowa City, IA 55240 US

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