



CRIMINON NEWS

F L O R I D A

CRIMINON MEANS "NO CRIME" | REHABILITATION IS POSSIBLE

3RD QUARTER 2023



Criminon Florida

is part of an international non-profit network dedicated to helping inmates learn to be productive members of society.

What will it take?

FORGIVENESS - IT'S NOT EASY

Who are you willing to forgive?

Is there someone in your life you are still angry with because of something they said or did to you? Someone you resent so much it makes you upset to even think about them?

Forgiveness is one of the virtues from *The Way to Happiness* – it is the process of letting go of anger, resentment, and bitterness towards someone who has hurt you. It does not mean that you condone their behavior or that you forget what happened.

Forgiveness can be difficult, especially if you have been deeply hurt. Put yourself in the other person's shoes and try to understand why they did what they did. Holding on to anger and resentment can damage your physical and mental health. It can also prevent you from forming healthy relationships and moving on with your life.

It is important to forgive yourself for any role you may have played in the situation. Mr. Hubbard says, *"A fellow is a fool if he thinks that he can cause something without becoming one way or the other the effect of it."*

Forgiveness is not for the other person; it is for you. It may take time. There is no right or wrong way to forgive. The important thing is to find what works for you.

Stellar student Timothy H. says "I have dealt with personal loss and discouragement which made me bitter, hateful, and resentful toward others. Criminon helped me muddle through these issues and ultimately taught me how to forgive and to become a better person".

Who are you willing to forgive?

- The Criminon Florida Team





WHAT CRIMINON STUDENTS ARE SAYING

THE WAY TO HAPPINESS

This course helped me be more optimistic. I've learned that if I fill my head with positive thoughts, there will be little room for negative ones. It helped me look at who I was, who I am, and who I want to be. I've learned to spread positive energy and watch how it affects others; laughing and smiling are contagious. Happiness is a gift to give someone if you can. Words can't describe the feeling of the power of love and friendship. If you glow with positive energy and confidence, you will attract the kind of people you want to be around. | **Gregory C.**

SUCCESSFUL PARENTING SKILLS

I learned to let children have self-determinism and to let them contribute. Self-determinism allows children to learn the consequences of their actions. It is important to let the child contribute so they feel needed and will be willing to work and help others in the future. | **Timothy H.**

THE TRUTH ABOUT DRUGS

As a frequent casual drug user, I learned I'm doing more harm to myself than I thought. It is possible to live a fulfilling life without excessive drug and alcohol use. | **Colton S.**

UPS & DOWNS IN LIFE

Antisocial personalities do exist! Correctional facilities are an abnormal environment with abnormal behavior. A suppressive person can be a fellow prisoner or a staff member. A person connected to and being adversely affected can be a potential trouble source. I need to be aware of who I connect with and associate with. If they try to suppress my betterment activities—I will avoid them and seek better friends. | **Michael A.**

LEARNING IMPROVEMENT

I never learned how to learn. I never realized why I had problems putting things together because I

missed a step or didn't understand a word. Now I know why I would feel bored and not interested in what I was reading. I have learned a new way to learn that I never knew, and I share it with everyone I talk to. | **Guy J.**

THE TRUTH ABOUT DRUGS EXPANDED

I am now able to make intelligent choices about drugs and drug use. The knowledge will help me to return to society with a better chance of staying sober and not relapse to a life that brought me here to begin with. | **John G.**

PERSONAL INTEGRITY

I was always motivated by money; it corrupted my behavior. It was a means to an end. The sad thing is I wasn't hurting just myself; I was also hurting my family and friends.

Gone is my money, the women, friends, and the life. All that's left is my family and the consequences of my decisions and actions. We fail to

WANT TO SHARE WHAT YOU'VE LEARNED WITH OTHERS?

The best way to do this is to get OTHERS to sign up for *The Way To Happiness* Course. It's a fun game you can participate in. Just give a yellow card to someone who is not already on the course, have them fill it out themselves and send it in - no postage required.

Or they can write us a letter requesting to start the course. Earn a special commendation when three students you refer send in their first lesson.

YELLOW CARDS ARE FOR NEW STUDENTS.

OUR COURSES ARE AVAILABLE IN SPANISH.



We want to hear from you!

Tell us about your wins and successes.

Write us at Criminon Florida
PO Box 2396 Clearwater Florida 33757

acknowledge the pain and destruction we leave in our wake. Once I learned about myself, things started to have value and meaning. I learned new perspectives.

| **Gerald W.**

THE WAY TO HAPPINESS SEMINAR

From this seminar I learned I am in control of my happiness. If someone puts me down, I will flourish and prosper - it's better revenge than any other.

| **Danielle J.**

THE TRUTH ABOUT DRUGS SEMINAR

In this seminar I learned that even though I've grown up around drugs, they are not a way of life for me anymore. I can break that cycle and tell my children the truth about drugs.

| **Rachel F.**

PERSONAL INTEGRITY

This course was right on point with something I've said for years: Here in prison, especially for people that do 10 or more years, friends move on or die, family members pass away, and the prison system has the ability to take from us everything EXCEPT what we have inside of us. And what we have inside are the morals and values we each have, especially personal integrity. The only person that can compromise what I have inside of me is ME.

| **Guy S.**



STELLAR STUDENTS

What is a Stellar Student? He or she is one who has completed all of the required courses in our program. That is definitely an accomplishment. All of you should work toward becoming Stellar Students. You'll be glad you did.

Very well done to all of the students listed here for becoming a Stellar Student this quarter!

Billy B Matthew T Timothy H
Jason S Michael A

STELLAR SUCCESS

Graduates and fellow participants of the Criminon program share a certain quality to change, to be better people and to become positive sources of inspiration to those who have the same goals. I learned to think less of myself and more of others.

| **Timothy H.**



CRIMINON COURSES

"There is no person alive who cannot make a new beginning." — L. Ron Hubbard

THE WAY TO HAPPINESS

Teaches a moral code that, when applied to one's life, leads to a person recovering his self-respect.

LEARNING IMPROVEMENT

Gives the main reasons a person gives up study and then teaches the tools of how to study correctly.

THE TRUTH ABOUT DRUGS

Covers the "hows and whys" of drug addiction and how one can become free from the hold that drugs can have.

PERSONAL INTEGRITY

Teaches the principles one can use to help regain one's own personal integrity.

UPS & DOWNS

Covers the reasons why a person feels like something is holding them back or stopping them from reaching their goals.

PARENTING SKILLS

Gives a better understanding of how to raise children so they become happy, loving, productive and valued members of society.



211 COMPLETIONS FOR JULY- SEPTEMBER 2023



CRIMINON GRADUATES



Antonio M	Daniel F	George D	Luis B	William W
Carlos A	Daren M	Gibril P	Paul T	
Chad G	David S	John G	Trent K	

THE WAY TO HAPPINESS COURSE

Alana S	Dustin K	Hector M	Jovan D	Lee T	Myron M
Anthony C	Dusty D	Jacob S	Jovante R	Mario F	Phillip A
Anthony D	Efrain D	James T	Juan J	Marlon S	Ronald T
Carl R	Eric E	Jason B	Justin K	Marshall B	Rossi A
Charles B	Francis D	Jason H	Justin W	Matthew Z	Sean H
Curtis J	Gabriel A	Jeremy F	Kenneth G	Melvin D	Steve H
David B	Gregory C	John F	Kevin P	Michael B	Steve H
Demaria G	Hallie S	Joseph S	LC G	Michael S	Terrell R

THE TRUTH ABOUT DRUGS COURSE

Colton S	Diante W	Holden J	Kevin G	Paul P
Darryl P	Edward L	Jimmy T	Lamar C	Timothy R
Denzel T	Francisco E	Karl S	Larry B	William T

SUCCESSFUL PARENTING SKILLS COURSE

Billy B	Matthew T	Timothy H
Jason S	Michael A	

THE LEARNING IMPROVEMENT COURSE

Chedrick T	Edward R	James D	Kenton B	Richard B
Christopher D	Endalkachew M	Jason L	Lamar C	
Collie W	Eric P	Joseph M	Luke B	Robbie J
De'Lance C	Guy J	Jovanny P	Maria P	

THE TRUTH ABOUT DRUGS EXPANDED COURSE

Antonio M	David S	Jerrold W	Mary C	Rebecca A	Tyler B
Carlos A	George D	Jimmy T	Michael M	Robert L	
Daniel F	Gilbert S	John G	Paul T	Thomas M	
Daren M	Harold M	Joseph C	Randy A	Trent K	

PERSONAL INTEGRITY COURSE

Daniel G	Gary J	Guy S	Thelma L
Ernesto C	Gerald W	Mark S	

MAKING GOOD CHOICES

Jeffery B	Kurt H
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THE TRUTH ABOUT DRUGS SEMINAR

Andrew R	Derek T	Jared S	Katherine C	Michael F	Thurston M
Anthony C	Derreck P	Jeff M	Keith S	Michael R	
Brandon C	Edward H	Jeffrey B	Kimberly O	Michael S	Trejo J
Celia W	Edward P	Jeremiah I	Kyle L	Rachel Ann F	
Cody D	Gregory S	Jesse L	Lacie B	Rodolfo S	Tyler Y
Damian T	Heather M	Jodie H	Lucien D	Sara J	
Danielle J	Herbert H	Jonathan D	Malachi A	Scott R	Valarie S
Darian O	Jacy J	Jose C	Marion M	Sergio G	
Deontarius M	James C	Juan Carlos R	Mark R	Shane B	Vance F

THE WAY TO HAPPINESS SEMINAR

Andrew R	Daniel L	Heather M	Jesse L	Malachi A	Sara J
Anthony B	Danielle J	Herbert H	Jodie H	Mark R	
Anthony C	Darwin M	Iverylee J	Jose G	Michael F	Shane B
Brad E	David W	James B	Katherine C	Michael R	
Brian R	Del J	James R	Kimberly O	Micky C	Steven R
Celia W	Deontarius M	Jeff M	Kyle L	Rachel Ann F	
Christopher W	Gregory S	Jeffrey B	Lacie B	Richard J	Valarie S

THE UPS & DOWNS COURSE

Brian S	Gregory N	Todd T
Colleen C	James M	
Geronimo C	Michael A	

