

**Political Prisoner**

# **Helen Woodson**

## **Address**

Helen Woodson  
03231-045 FMC Carswell  
POB 27137  
Fort Worth, TX 76127  
USA

## **Writing to prisoners**

prison can be an isolating experience and for many inmates their only contact with the outside world may come at mail call. writing to a prisoner is an excellent way to express solidarity, help relieve the boredom of incarceration and remind that person that they are not forgotten.

All mail to prisoners is read by prison authorities. To help preserve your privacy you should use a pseudonym. If you live in Calgary and wish to use ABC Calgary's post office box as your return address, please contact a member of ABC to make arrangements.

### **DO**

- Remember everything is screened
- Stay upbeat
- Use an alias

### **DON'T**

- Talk about anything illegal
- Use marker, glitter, sparkles
- Try to send stamps or blank paper
- Expect an immediate reply

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