

Testimony (a beginning)

“I am very grateful and thankful for Heart-to-Heart... I’m positive that this program should be in every facility. It has opened my mind and heart to so many new possibilities.”

Samuel, participant, Bayside State Prison, 2012

“The workshop has improved my relationship with my wife and I. I have empathy and love like I never had relating to my wife. I’m connecting heart to heart when I focus on the person feelings and needs. MY world has opened up to me like never before.”

Martin, participant, Heart-to-Heart Men’s group, Philadelphia

“I strongly endorse Stephen’s work. I had him facilitate a group in the PPS for my incarcerated students, and he was very effective at engaging with them, and they genuinely thought he had something of value to contribute to prison programming. His work fills a much needed gap in prison reentry services and among community providers, especially since he possesses the skills and training required to help people deal in creative ways with trauma and healing.”

Regards,
Tara J. Timberman
Community College of Philadelphia
Reentry Support Project Founder and Coordinator
(Fox Rothschild Center for Law and Society)
Assistant Professor of English

“I’m listening to my heart first instead of my head.... I’m slowing down enough to truly listen to my heart and what its telling me.”

Jerry, participant, Heart-to-Heart Men’s Group, Philadelphia

“The spirit was active and alive in class today in the FCI...one man shared that after hearing last week that men should identify what they are feeling and not just with what they are thinking, he was moved to write his wife an 8 page letter exposing his vulnerability and expressing exactly what he felt for her. It was beautiful the way he shared how nervous he was to be so exposed and give away his power. His wife responded "what brought this on?" and he said a meditation class! She replied, well keep going!”

Lead Teacher, Anita Brown

“Another man joined last week for the first time and came back this week to share more about his ugly addiction and how much he felt the time had come for major change. He was hopeful and yet very scared...very raw and incredible.”

“Another said he felt on edge all day, like he could snap if someone looked at him the wrong way. And coming into the positive energy of the room and into the present moment, he felt instantly that all was well in his spirit. (Please pray for him!)”

Lead Teacher, Anita Brown

Feedback from Couples

“You have an incredible ability to help couples hear each other.”

“Your premise that we all have the same needs and your ability to teach us to listen for these needs and extract them out of conflict... is priceless.”

“You’ve helped us hear each other... then, solutions are not hard to find.”