About Our President

Prince Edward Gillenwaters, is known at C.O.N.N.E.C.T. Ministries and in the City of Knoxville as **Brother Prince**. He is a published author who was born and raised in the Austin Homes Projects in Knoxville, Tennessee. He attended Green Elementary, Vine Jr. High School and Austin-East High School. After graduating from Austin-East, he joined the United States Navy. The Navy was both productive and non-productive for him. He traveled to many Countries and experienced various cultures, crossing the Equator twice. He participated in and survived the Viet Nam War.

The non-productive side began when he experimented with all kinds of illegal and very addictive drugs. By the time he made it back to the States, his outlook on life and the Country he was willing to die for, had drastically changed for the worse. Racial unrest and controversial issues over the war were at an all time high. This helped fuel his addiction and lead to illegal activities that eventually landed him in prison. After years of addiction and years spent in prison, God reached down from Heaven and chose him for His Service.

He walked through the doors of C.O.N.N.E.C.T. Ministries ten years ago and found God, his purpose in life and himself. He is now the Senior Life Coach, Mentor and President of the Men's Round Table, a support group for men about men with issues specific to those who are surviving the effects of incarceration. The Table helps those who are being released from incarceration and those who desire to become productive members of society after incarceration with the help of God and each other.

For meeting times and dates:
Contact C.O.N.N.E.C.T.- 865-851-8005

Re-entry Check List "You Should Respect the Rights of Others!

"Attitude is Everything!"

- Contact a reentry program and/or an employment program. before and/or after release
- Report to Parole Officer as required! Don't violate before you get started!
- Stay away from Criminal Activities!
- Be on time for appointments
- Know the public transportation/Bus System
- Show Respect and Appreciation to all persons contacted for resources.
- Follow through with directions and advice given by professionals
- Secure Housing, Food and Clothing
- Stay in a Positive Living Situation
- Get your ID/Dr. License, Birth Certificate and/or Social Security in order to work!
- Get resume done
- Get a working phone number
- Dress to impress-what you present is what you have to offer
- Get Ready to Work!
- Sign up for Government Benefits if you are disabled and/or a veteran
- Find, Mental, Spiritual and Physical Health Resources and Support!
- Get Connected to a positive support network -family, church, and /or mentor.
- Make arrangements for Child Support
- Get Voting/Civil Rights Restored
- Clean up your record and get legal help for expunctions
- Open Savings and/or Checking Account
- Repair Your Credit
- Spend , Save and Share Your Money Wisely
- Find training programs that will Increase employment Skills
- Be Patient
- GIVE IT TIME & Don't Panic when there is delay!
- Pray! You Can Do It!
- Finish What You Start
- Don't Give Up!
- Be Accountable
- Pay Outstanding Debts as you are able
- Pay it forward, GIVE BACK!

C.O.N.N.E.C.T. MINISTRIES

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C.O.N.N.E.C.T. MINISTRIES
Presents

"The Men's Round Table"

Truth, Justice and "Second Chances" Re-Entry Quick Tips From the "Table"

Mentors and Mentee's

Building Good Relationships Fast Facts

- Never over extend yourself, do only what you can do for your Mentee-You are not his/her Savior!
- There must be "Mutual Accountability, Trust and Respect."
- Relationships take time, take it!
- Respect the privacy of your mentor!
- Use cell phones, email and letters to communicate initially.
- Don't ask your Mentor for money!
- Keep relationship in office or public setting to start.
- Conduct all business in the office or public environment.
- Always Male to Male Mentors and Life Coaches.
- Always Female to Female Mentors and Life Coaches.
- Start Personal Plan– Work-with other agencies who will also provide needed services, this builds successful support networks.
- Work the "Wrap-Around Service" plan with your Mentor/Life Coach.
- Encourage, Support, Listen and Learn from each other!
- Work Your Plan to Obtain Success!

Contact Prince E. Gillenwaters
or Harold Wilson Life Coach & Mentors
865-851-8005
pegillenwaters@comcast.net
wilson.harold67@gmail.com

Re-entry Creed
Dewayne Hendrix

- I am somebody. Although some have labeled me worthless, I know my value.
- My Incarceration will not deter me from achieving my goals.
- I will take advantage of all educational, recreational, and spiritual programming opportunities available to me
- I take full responsibility for my past, present and future.
- When I get frustrated I will seek Clarity
- When I am rejected, I will keep a cool head.
- When I am depressed I will stop feeling sorry for myself and get a grip
- When faced with temptation to live my old life I will exercise my will power.
- I will not give up!
- I will continue to press forward
- I will take the necessary steps to become a law abiding citizens and contributing member to my community
- I will make a difference!
- I will seek help when I need it!

Community Re-Entry Resources

Employment& Community Resources

C.O.N.N.E.C.T-865-851-8005

Career Center-594-5500

Vet-to-Vet-865-850-8376

CAC-865-546-3500

Community Step-Up-865-521-8334

Health

Cherokee Health-865-544-0406

East Knox Free Medical-865-524-3644

KAPA-865-531-2766

InterFaith-865-546-7330

Free Medical Clinic-865-577-3733

Mental Health

Covenant Counseling –865-337-7375

Helen Ross McNabb-865-541-6673

CenterPoint865-523-4704 ext.3417

Child Support—865-291-0685

Housing-Men

Steps-House-865-579-0720

Help House-865-689-3613

Jellinek Center-865-525-4627

Boot Strap-865-525-9401

Housing-Women

Eagles Nest-865-454-0331

Chance House-865-237-3410

YWCA-865-523-6126

Serenity Shelter865-971-4673

Homeless Shelter
KARM 865-673-6540

General Housing-KCDC-865-403-1100

Legal Services
Voting Rights-
Maurice Clark-865-556-0173
Public Defender-865-594-6120
Probation/Parole-865-582-2000
Legal Aid-865-251-4961
Transportation
KAT—865-215-7850
CAC-865-524-0319
Food Stamps-865-594-6151

Clothing and Furniture:

Angelic Ministries-865-523-8884

Fountain City Ministry Center 865-688-5000