



The Road to Freedom Begins Within.

That's what we believe at The Freedom to Choose Project (FTC).

With American prisons at a breaking point, overcrowding and underfunding have become typical. The United States has the highest incarceration rate in the world and rehabilitation efforts have fallen short, with more than half of parolees returning to prison within a few years of their release.

In response to this crisis, FTC offers a new model for successful rehabilitation.

Inspired by Victor Frankl's famous quote *"Everything can be taken from a person, but one thing: the last of human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way,"* FTC's award-winning programs have been transforming the lives of incarcerated individuals since 2004.

After participating in FTC, program participants discover that they are more than their worst choices. Through interactive practices such as healing shame, breaking the cycles of anger and reactivity, and practicing forgiveness, participants gain new perspectives and unlock a second chance at true freedom.

None of this would be possible without our growing team of dedicated volunteers. Volunteers support our mission by successfully sharing FTC's life-changing tools in our self-directed learning program. We train our volunteers to positively support the participant's work, ensuring that each incarcerated person receives personalized feedback.

"In just the last half hour I've had more life than I've lived 'out there.' I feel like I'm free, and the prison just doesn't know it yet."

- FTC PROGRAM PARTICIPANT

The Facts:



The U.S. is responsible for **25%** of the world's incarcerated population.



California is expected to spend \$75,560 per person per year on incarceration.



Within 3 years of release, about 67.8% of returning citizens are re-arrested

Our Results:

90% of People Incarcerated
Are Estimated to Earn Parole

It is estimated that 90% of those who are incarcerated will earn parole. Help us support them in learning, healing, and preparing to rejoin their families and communities.

FTC has offered >180,000 hours of in-prison education to 4,118 individuals with 665 volunteers over the last 18 years. Flip over to learn more about our volunteer program.

