



The Road to Freedom Begins Within.

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

The United States has the **highest incarceration rate in the world** with more than half of parolees returning to prison within a few years of their release.

In response to this crisis, The Freedom to Choose Project (FTC) offers a **new model for successful rehabilitation**.

FTC was inspired by the work of Viktor Frankl and his book "Man's Search for Meaning." Fundamental to his teaching was the lesson, hard-won as a survivor of the concentration camps, that **every person always has the freedom to choose their response** to the events of their life.

"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."

—Viktor Frankl

Our Program participants discover they are more than their worst choices. Through interactive practices such as healing shame, breaking the cycles of anger and reactivity, and practicing forgiveness, they gain new perspectives and a **second chance at true freedom**.

"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."

— Incarcerated Participant

The Reality of Incarceration:

- California is expected to spend **\$132,860 per person** per year on incarceration.
- The U.S. is responsible for **25% of the world's incarcerated population**.
- Within 3 years of release, **about 68% of returning citizens are re-arrested**.

Our Impact:

Since 2004 our award-winning programs have transformed the lives of thousands of incarcerated individuals.



Our Results:

- **Behavioral Improvement:** Less disciplinary infractions and violence, fostering a more peaceful prison environment.
- **Emotional Competency:** 91% of participants report reduced conflict both during and after incarceration.
- **Healing Trauma:** Participants learn resilience, self-compassion, and forgiveness.
- **Positive Self-Perception:** Participants experience profound changes in self-worth, leading to wiser decision-making.
- **Leadership Development:** Participants are empowered to take on leadership roles and prepare for successful reentry.

Help Us Make a Difference:

Did you know that **95%** of incarcerated individuals are estimated to earn parole? With your support, FTC can **help them prepare to successfully rejoin their families and communities**.



MAKE A DIFFERENCE TODAY

How FTC Works:

- In a **caring, non-judgmental space**, volunteers delve into their own life issues, right alongside incarcerated participants. They model openness and vulnerability, inviting incarcerated participants to do the same.
- The work is done in “trios” (1 volunteer & 2 incarcerated participants), each taking turns sharing, facilitating, and observing. **Each person’s inherent worth is mirrored back**, providing the support needed to heal at the root level.
- Practical skills are applied to real-life challenges: forgiving oneself and others, breaking cycles of reactivity, listening and speaking with compassion, learning to be more loving, and healing shame.

Our Programs:

- **In-Prison Workshops:** 100+ volunteers spend the weekend working alongside 200+ incarcerated participants in person at the prison.
- **Our Correspondence Program:** FTC programs are sent by mail where incarcerated participants complete Growthwork (what we call homework). Trained volunteers then read and respond empathetically and positively to their work. We now have participants from 24 California prisons.
- **Monthly Groups:** In-prison support groups meet once or twice a month and serve as a sanctuary for self-discovery and personal advancement. They provide incarcerated participants with a unique and transformative opportunity to cultivate and develop essential life skills.

“This program is the best program I’ve ever been a part of in all of my 24 years of incarceration.”

— Derek
Incarcerated Correspondence Program
SAN QUENTIN STATE PRISON



Volunteering with The Freedom to Choose Project

Our dedicated volunteers are at the heart of FTC’s success. Volunteering with FTC is a life-changing experience that offers opportunities to be of service and to **master the same skills and tools we offer our incarcerated participants**. These skills support greater healing, effective communication, and emotional intelligence, self-determination and a higher degree of happiness.

When you volunteer with FTC, you will:

- **Find liberation** from your own inner prison (and empower others to do the same), regardless of past circumstances.
- **Deepen your compassion** for yourself and others.
- **Gain tools** to bring your “best self” forward in any situation.
- **Use leading-edge emotional intelligence skills** that will benefit all relationships, both personal and professional.
- **Learn practical skills** to transform your own life.
- **Volunteer in prison** (or remotely via our Correspondence Program) and meet like-minded people.

“There is nothing more rewarding than [volunteering] with [FTC]. We all learn together valuable skills like how to communicate effectively, how to regulate emotions and actions, and how see the beauty in each other. Coming from the heart, we find our freedom from within whether inside or outside a prison.”

— FTC Volunteer



TRANSFORM A LIFE, INCLUDING YOUR OWN

JOIN US in making a meaningful difference and experiencing the ripple effect of peace and healing in your world!