

**THE FREEDOM TO CHOOSE PROJECT**  
Change from the Inside

## ANNUAL ACTIVITY REPORT 2004

### SUMMARY:

The Freedom to Choose Project's (FTC) very first year! In 2004, FTC has served 104 incarcerated women with 2,380 hours of FTC programs provided by a team of 35 dedicated volunteers.

Total volunteers in 2004: 35

First Time FTC Volunteers in 2004: 35

Total Volunteers to date: 35

Total inmate program participants in 2004: 104

First time inmate program participants in 2004: 104

Total inmate program participants to date: 104





## LARGE PRISON WORKSHOPS - 2004

FTC's very first prison service project was held at Valley State Prison for Women in March 2004 with the theme *Freedom to Choose - Building Self-Confidence through Choice*.

Two prison workshops were held in 2004. The workshops consisted of exercises to enhance communication skills, build self-confidence and self-esteem and educate about personal responsibility as a building block for effective living. It included skills designed to assist inmates in making more responsible choices and creating their lives in a more positive way. The workshop will consist of mini-lectures and "trios" (exercises that allow the participants to practice the skills they are learning with each other).

The March workshop was presented in two consecutive 8-hour days.

The October workshop began with a 2-hour meeting on the first day with graduates of the March workshop, then was followed by two consecutive 8-hour days.

Prison	Workshop Dates	Workshop Length (Days)	Nr. of Participants (Completed)	Nr. of Volunteers **	Hours Volunteered (In Workshop Only) **
VSPW	3/20/04 - 3/21/04	2	34	26	416
VSPW	10/15/04 - 10/17/04	3	102	19	342
<b>TOTAL</b>		<b>5</b>	<b>136</b>	<b>45</b>	<b>758</b>

VSPW – Valley State Prison for Women

\*\* Does not include Lead Facilitators whose time spent in curriculum development, management, and workshop facilitation is all volunteered. / Does not include all curriculum development, translation, and training time of secondary facilitators. / Does not include preparatory volunteer time of Team Captains, Orientation and Trainings.