

LIFE CHANGERS

The Life Changers Program was launched in 2015 by a member of Fair Chance Project who completed a 45-year sentence in 2011. He clearly understood the trauma faced by folks coming home from having served 20-30+ years in a prison environment. Although there are many self-help programs lifers attend inside prison, this one addresses the often-perilous road for many women and men when they transition into a world vastly different from the one they left years before.

Life Changers is peer mentor program which addresses the issues men and women face after years of incarceration.

Life Changers are trained to be keenly sensitive to post- incarceration trauma, pre-recidivist signs, self-destructive triggers as well as anti-social symptomology which exhibits itself in the frustration festering inside the newly released person.

Life Changers provides a safety net of healing and positive re-direction that many professionals often overlook or ignore. The frustration described above creates a common thread of complaint among the newly released and therefore becomes the primary focus **Life Changers** is determined to address. We have the skill, experience and training to stop the deadly spin of that wheel of prison recidivism, community destruction, and family loss that has decimated our communities.

The process to officially become a **Life Changer** is to undergo and complete an intense 90-day orientation period, during which participants will attend (12) twelve training workshops, plus two additional breakout sessions: Know Your Rights and Bullying.

The workshops will each be 1.5 hours long, and will take place once a week. Two breakout sessions will be held on a separate day during the 12-week session. We will give each program participant a \$30 cash card during each workshop to help defray some costs associated with putting their lives back together. We will also make bus passes available. At the conclusion of the sessions, each participant who completes the program will receive \$150. cash card to use as s/he sees fit!

Workshops will address realistic self-reevaluation, positive self-talk and the power of growth. During the 12th workshop we'll work on enabling the group as a whole to help each group member determine their individual strengths, weaknesses, skills, talents, and progress in implementing personal goals set during previous workshop sessions.

**The First Life
Changers
Summer 2015**



Director:

My name is Mark Cofield. I grew up in South Central Los Angeles, where as a youth, I was introduced to a Los Angeles based street gang known as the Crips. This gang lifestyle lead to me to serving over 30 years of incarceration throughout my juvenile and adult life. I'm now a proud member of Fair Chance Project (FCP). Working with FCP has given me the opportunity to have a positive impact on a community that I once impacted in a negative way.

In addition to Life Changers, I work with Walking the Yard, a peer mentorship program inside the prisons & with Brush of Kindness, a program where members of the formerly incarcerated community give back by aiding the elderly, infirm and impoverished do minor repair jobs. Together with other members of FCP, I mentor youth to assist them in avoiding getting caught up in a destructive lifestyle that may result in incarceration or loss of life.

Life Changers realized the dreams of its creators and co-directors (Tony Stacy and Big Ern) who were enabled to channel the lessons of their expertise and experiences into twelve, dynamic, life changing workshops. I attended the first session of Life Changers and they were so impressed with my commitment they passed the mantle to me.

I am sincerely dedicated to 'giving back.' As mine and others' lives have changed, we have the potential to continue to change others.

**We are the LIFE CHANGERS
dedicated toward changing
ourselves then the world!!!**

LIFE CHANGER'S TWELVE WORKSHOPS

- WEEK ONE: Presentation. 'Tell your Story (autobiographical history).' Express highlight and low points of your life. Biggest happiness, greatest downfall. Greatest gain, biggest loss. Your greatest talents/ dreams. Your worst nightmares.
- WEEK TWO: Initial self-inventory.
- WEEK THREE: Paranoia, hostility and post prison trauma. Group sharing/participation.
- WEEK FOUR: Anti-social/race, crime, gang loyalties and identifications,
- WEEK FIVE: Self-destructive triggers, low self-esteem.
- WEEK SIX: Pushing past ego. Gaining selfhood. Sexism, racism. Self-justice/relationship justice
- WEEK SEVEN: Highlight the moment you turned yourself around, got out the gang, stopped using drugs, sex trade, etc (Personal life changer moment).
- WEEK EIGHT: Working together, highlighting each other's skill set. Making professional presentations and positive impressions.
- WEEK NINE: Solutions. Power of positive 'self-talk.'
- WEEK TEN: Know your rights workshop!! Ex - what to do when encountering law enforcement.
- WEEK ELEVEN: Final inventory. Groups focus on each participant's strengths, weaknesses, shortcomings and potential.
- WEEK TWELVE: Planning/Strategy session with a discussion on the importance of being activists and being aware of their rights



LIFE CHANGERS Graduating Class Spring 2023



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