Welcome to our site!

I hope you will take time to browse and get to know us and even become actively involved with us. We have much to share and offer. In the meantime, I want to give you this introduction.

Throughout the course of twenty plus years practicing various areas of law, I have had the privilege of helping countless people with a myriad issues. Along the way, I’ve realized there was a teacher in me always merging to give extra to my clients. Even outside the legal profession, I have always extended myself in some teaching capacity. I have family, friends and clients who can readily attest to this.

Learning is at the core of whatever we do or choose to do in life, if we intend to do it well, or at least, with any modicum of competence. Even living our best daily life requires knowledge, direction and guidance.

Whether through the legal arena or civic service, I have committed more than thirty years of helping others discover ways to pursue better lives. Taking the least and developing the most is my passion and the journey has led me to further extend my passion to help as many people as I possibly can. Consequently, out of Carol L. Stokes, Esq., My BFF and The New Freedom Train were born.

There is a population of youth needing the best the world has to offer. They, unfortunately, do not have the foundation or sufficient influences to identify, develop and nurture the seed that is their spirit. My BFF is a total body, mind and soul program. My BFF conducts workshops to address certain practical academia as well as character developmental interests. With personal growth, comes responsibility – both personal and social.

The New Freedom Train is a call to action for personal and social impact. A journey for success requires, first, honoring self. Denying self or honoring others to the detriment of self will not reap the personal enrichment one deserves. You might recall the idiom, “Don’t bite the hand that feeds you.” Clearly, there is wisdom in honoring those who are on your team and give you their support. Know who supports and benefits you, your loved ones and your community, then make your daily life decisions accordingly. Your financial, political and other forms of support invested in the right hands are investments in respecting and honoring self, your loved ones and your community.

Love yourself!

Souly Yours,

Carol L. Stokes