

EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

DECEMBER 2020



Norfolk State University Hour 2 Empower, January 2020

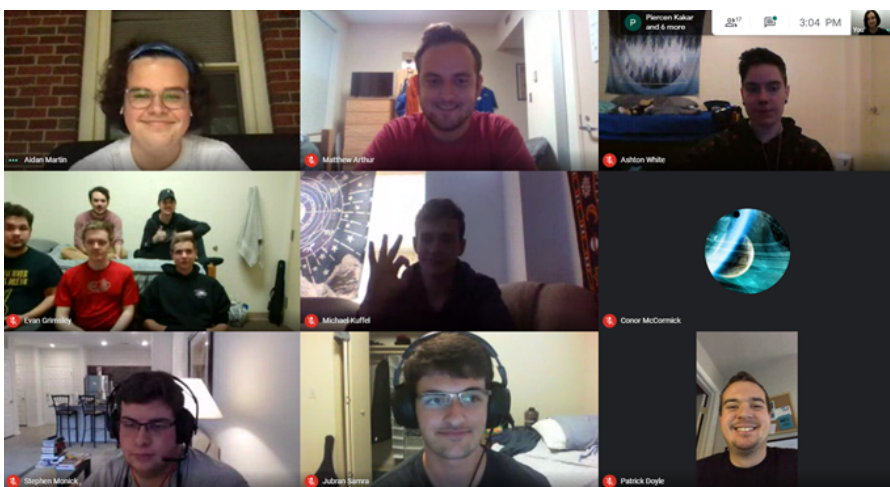
MESSAGE FROM TRICIA RUSSELL, EXECUTIVE DIRECTOR

Happy Holidays! This is my favorite time of the year. As my family will tell you, I have a tendency to go a little overboard, and I intend to do the same this year. 2020 has been a year unlike any other for most of us. For some, it has been a devastating year. In this time, we are grateful for loved ones and for the compassion we are able to provide to others. We are so grateful for the generosity and support of our life-changing work with survivors of sexual violence! We are hoping for peace and joy in 2021.

At Fear 2 Freedom, we have transitioned our prevention education programs to a virtual platform and have offered them as complimentary to reach more students. We continue to pack and send our F2F Kits to hospital and community partners all over the United States. We might not physically be on campus, but the care, compassion, and work of our mission doesn't stop. Students need to be empowered, and survivors need to be supported. We will continue to reach these individuals, whether in-person or virtually.

2020 IN REVIEW

While 2020 has been an unusual and often difficult year, your consistent support allowed us to create new and innovative ways to further our mission. Because of YOU, our important work moved forward in the following ways:



Virtual Hour 2 Empower with Pi Lambda Phi Fraternity at Christopher Newport University, October 2020

- Transitioned all of our prevention education programs to a virtual platform
- Added 10 new hospital and community partners for our F2F Kit Distribution program
- Built partnerships with YWCA locations in 3 new states
- Developed a partnership with the Newport News Police Department Domestic Violence Team to provide F2F Kits to each precinct
- Surpassed 27,000 F2F Kits distributed since 2011

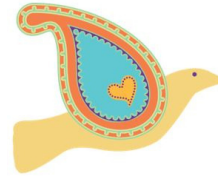
Most importantly, you allowed us to provide nearly 1,300 survivors with F2F Kits, gifts of hope & compassion.



WAYS TO GIVE THIS HOLIDAY SEASON



amazonsmile
You shop. Amazon gives.



Shop at Kroger?

Link your Kroger Rewards account to F2F! Log into your Kroger account and select "Community Rewards" for the option to designate Fear 2 Freedom (organization #DW049) as your beneficiary.

Visit:
[kroger.com/i/community/community-rewards](https://www.kroger.com/i/community/community-rewards)

Amazon fan?

Shop Amazon Smile and designate F2F as your beneficiary! Shop the same products at the same prices, and Amazon Smile will donate 0.5% of the price of eligible purchases to F2F.

Visit:
smile.amazon.com

Need holiday gift ideas?

Visit our online store! Purchase F2F merchandise like Rosemary's book and quality branded items including masks, hats, and more. Check out our new Be the Change t-shirt. 100% of proceeds support our mission.

Visit:
Fear2Freedom.org/f2f-store

Lots of FB friends?

Host a fundraiser for F2F! In just a few easy steps, you can share why you love F2F, add a fundraising goal, and invite your friends to help reach your goal. No gift is too small and 100% of what you raise goes to F2F.



Save the Date!

F2F is hosting two complimentary virtual programs open to the public. To register, use the registration links on our website at fear2freedom.org/events

Sexual Violence 101
Wednesday, January 27, 2021 at 1:00 pm

Supporting Survivors
Wednesday, February 24, 2021 at 11:00 am

Join us and learn how you can Be The Change!



Freedom Bear™

Freedom Bear is more than a cute face. He can be a powerful healing companion for survivors.

Holding onto Freedom Bear can provide a physical source of comfort during difficult times such as medical, legal, or counseling appointments.

He can also be part of a therapeutic exercise. Write a fear on his special paper, place it in his heart pocket for him to carry, then when ready place the paper in hot water and watch those words disappear as the paper dissolves.

Do you have loved ones that need a little extra support right now? Bring a healing companion into their life by introducing them to their very own Freedom Bear: fear2freedom.org/f2f-store

COMMUNITY PARTNER SPOTLIGHT: CHESAPEAKE FORENSIC SPECIALISTS



Maddie Habron (left) and Jennifer Knowlton (right)

Chesapeake Forensic Specialists (CFS) has been an incredibly important partner to F2F since our organization was founded. The CFS team is made of Sexual Assault Nurse Examiners (SANE) available 24/7 to provide forensic exams to victims of sexual assault throughout the Southside (Chesapeake, Norfolk, Portsmouth, Suffolk, and Virginia Beach). CFS refers patients to community and law enforcement resources, providing opportunities to further their healing process. CFS is the only stand-alone SANE program in Virginia.

Jennifer Knowlton, Director of CFS, said, "Victims experience many fears after a sexual assault, like the fear of not being believed, fear of retaliation for reporting, fear of the criminal justice system, and now the added fear of going to a hospital due to COVID-19. CFS provides forensic exam services outside of the traditional hospital emergency room setting." F2F is so grateful for the support that CFS can provide for survivors, and we are thankful for our ten year partnership!



If you have any questions, feel free to call the 24-hour hotline to speak to a SANE.

Contact the 24-hour service at 757-398-5105 and the on-call SANE will call you back.

10 FOR 10 IN F2F'S 10TH YEAR

10 years of restoring hope and dignity to survivors deserves a special celebration! In honor of 10 years of supporting survivors, F2F is proud to announce 10 for 10: a monthly giving program and an easy, affordable way to change lives.

Just \$10 a month will provide hope and healing in the form of F2F AfterCare Kits to four survivors in F2F's 10th Year. For less than the price of two cups of coffee per month, you can provide support to survivors in the community.

Donors also have an option to create a team of 10. If you create a team of 10, your combined support will sponsor one of F2F's signature Hour 2 Empower programs, impacting up to 900 people: 450 students and 450 survivors. Be one of the first ten teams to sign up, and you'll be a Charter 10 for 10 Team, with special access to meetings with Tricia Russell, Executive Director, and Rosemary Tribble, Founder.

Visit fear2freedom.org/10for10 to sign up today!

**If you have any questions, please contact
Director of Development, Kristin Ritchey, at
kristin@fear2freedom.org.**



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THANK YOU TO OUR RECENT GRANT-MAKING PARTNERS!



FB LIVE PARTNERSHIPS



To engage our online supporters and our incredible partners, we hosted our first FB Live session with Mary

Kate Andris, Executive Director of the YWCA South Hampton Roads. We discussed signs of abuse and ways to help others and seek resources. We invite you to join us on our upcoming live sessions!

- **December 17**, F2F Donors
- **January 11**, Transitions Family Violence Services and the Department of Homeland Security
- **January 28**, Transitions Family Violence Services and the Virginia Attorney General



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