



CHAMPIONS CHAT

Your Champions Circle Newsletter

Tricia's Thoughts

Spring is in the air! Flowers are blossoming, trees are blooming, and the sun is shining, bringing us a sense of excitement and joy. After this past year of COVID19 restrictions and challenges, it is so good to have things to look forward to and enjoy. April is Sexual Assault Awareness Month (#SAAM), and we will be educating students and communities about how to support survivors in many ways. As a F2F Champion, I know you will join us to Be The Change! Throughout #SAAM, please like and share our social media posts and emails. Help us create more awareness for this important topic!



10th Anniversary & Gala Updates

The F2F 10th Anniversary is too important for one event! Our Gala Celebration kicks off on May 20th at 7pm with a virtual event where we will celebrate, toast to 10 years, and honor our founder, Rosemary Tribble. We have several surprises not to be missed! A second hybrid celebration event will take place in October - stay tuned for more details. And finally, save-the-date for our Decade of Hope celebration Gala on March 19, 2022! Please plan to join us as an Attendee, Host or Sponsor. Visit fear2freedom.org/gala.



F2F Accepts Gifts of Stock!

Gifts of stock offer you the opportunity to further F2F's important work while realizing several benefits yourself:

Reach Your Philanthropic Goals:

Donating stock allows you to reach a desired giving level without simply writing a check. \$5,000 in giving is easier to achieve when pairing \$2,500 in stock with a \$2,500 cash gift.

Increase Your Giving Power:

A gift of appreciated stock will provide you with two financial benefits: you will receive a charitable income tax deduction for the full fair market value of your securities, and may avoid capital gains tax on appreciated stock, which would have been charged if the stock was sold and then given as a cash gift.

Contact January Serda, COO for more information:
january@fear2freedom.org

Child Abuse Awareness Month

In addition to being Sexual Assault Awareness Month (#SAAM), April is also Child Abuse Awareness month. Did you know that nearly 25% of F2F's Kits are provided to children? These F2F Kits contain child sized clothes, a coloring book, Freedom Bear, our trademarked therapy tool, and a note with age appropriate encouragement.

Support child survivors this month by writing a note on our website : fear2freedom.org/note



Impact Story

"I cannot express enough how much F2F means to me. I volunteered there for four years while at CNU, and working with you all helped me face my own trauma. I am so glad to have had the chance to spread your mission with some of my classmates at EVMS."

- Virtual H2E Attendee and Med Student

Thank you for making these stories possible, Champions!



Christen's Corner

Coach Christen joined Executive Director Tricia Russell for a Facebook Live in honor of Women's History Month. They discussed women's empowerment and tips & tricks to get past your self doubt. If you missed the video, you can see the replay on F2F's YouTube Channel by clicking the button below. Follow us on YouTube so you don't miss a video! To learn more about Coach Christen, visit coachchristen.com

Give Local 757

Mark your calendar: May 11th is Give Local 757! Fear 2 Freedom is honored to join dozen of other local Hampton Roads organizations for the 2021 Give Local 757- the annual day of giving which provides critical funds for 757 non-profits. We need your support on May 11th by making a donation, sharing our social media posts, or introducing F2F to a new friend to join our mission. Visit givelocal757.org for more information.



April 15: Lynn Hornsby

April 17: Jennifer Burnett

April 18: Ashleigh Spain

April 21: Rosemary Triple

May 2: Chrissy Garner

May 4: Amie Dale

May 15: Kayleigh Spain

May 19 : Alexis Swann

May 29: Holly Jones

June 24: Stephanie Craig

We want to celebrate all our Champions! Please send your birthday to getinvolved@fear2freedom.org

10 Years of Hope

F2F is celebrating 10 years of supporting survivors of sexual assault and educating students to combat sexual violence. Since 2011, our numbers at a glance :

- 94 programs at colleges/universities (41 schools)
- 15 states we've sent kits to
- 14 states we've done programs in
- 100 hospital/community partnerships

Thank you for making this possible, Champions!



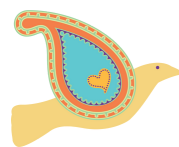
Connect with Us

We can't wait to hear your suggestions, inspirations and mission moments!

Facebook: [@Fear2Freedom](https://www.facebook.com/Fear2Freedom)

Instagram: [@fear_2_freedom](https://www.instagram.com/fear_2_freedom)

Champions Portal:
fear2freedom.org/virtuachampionsportal
Password: Champions



Upcoming Dates

- **April 28:** Virtual Shadow Event, 2 pm
- **May 11:** Give Local 757, ALL DAY!
- **May 20:** Virtual Anniversary Celebration, 7 pm
- **October:** Hybrid Anniversary Event, TBD
- **March 19, 2022:** 10th Anniversary Gala, 6 pm, Ferguson Center for the Arts