



CHAMPIONS CHAT

Your Champions Circle Newsletter

A few words from Virginia...



It's been a busy few months here at Fear 2 Freedom. It feels great to move out of COVID constraints! After all of our Hour 2 Empower events were canceled in January, we moved back to hybrid & in-person events. So far this fiscal year our programs have impacted over 2,100 participants & we've provided over 1,900 F2F Kits for survivors through hospital & community partners. We also had an amazing in-person Gala!

Many thanks to our F2F Champions who stepped up and made our 10th Anniversary Gala an unforgettable evening of celebration, inspiration & affirmation. We are so grateful for Champions who served on the Gala Committee, gave as

corporate sponsors & hosts, & invited colleagues, friends and family to support us. We are still blown away by the incredible generosity during the Gala Paddle raise of \$150,000 committed to F2F programs!

"My heart is so touched by each one of you...I am forever grateful for you joining us in the fight to combat sexual violence. Together we are making a difference in the lives of survivors & empowering students to "Be the Change" and "Restore The Joy!" Rosemary Tribble

Courageous Moment...

For F2F's 10th Anniversary, we designed a special Freedom Stone to honor Rosemary's courage. These new Freedom Stones will be included in Adult AfterCare & iCare Kits as a reminder that it is possible to live again with joy. Freedom Bear may be a little awkward to take everywhere with you, but these Freedom Stones fit in a pocket, purse or wallet. When stress & fear overwhelm hearts, these stones can be held as a reminder that it's possible to move from fear to freedom - as Rosemary did.

-- Virginia



Champion Inspiration

"Courage is not the absence of fear, but the triumph over it." Nelson Mandela

During April we commemorated SAAM - Sexual Assault Awareness Month - by joining others around the globe highlighting sexual violence prevention efforts. But here at F2F we raise awareness of sexual violence every month of the year. Today here are a few ways you can support a survivor:

1. BELIEVE. Believe what a survivor tells you. It takes a great deal of courage to share what has happened. Make sure you uphold confidentiality, that is so important!
2. LISTEN. This is not the time to share your story or ask lots of questions, this is an opportunity for a survivor to process what has happened to them - at their own pace.
3. Don't try to "FIX IT." This cannot be fixed. Be a comforting presence.
4. SUPPORT. Offer to accompany the survivor to the hospital, resource center or to see a counselor if they'd like you to go with them. Be a non judgmental presence. Remember survivors often struggle with blame & shame – but it is not their fault to be a victim of sexual violence!
5. REMEMBER. Healing takes time. Survivors are unique and experience triggers differently. Be mindful & understanding of what they are experiencing. Remember, once again, healing can take years.



Ways you can support F2F!

Social Media Ambassadors

Champions, we need YOU! Help us spread awareness for F2F's mission of supporting survivors and empowering students and communities to Be The Change against sexual violence. Like and share F2F events, pictures, posts, reels, and videos on your social media platforms. Share testimonials of impacts of F2F AfterCare & iCare Kits and F2F's innovative sexual violence prevention programs (H2Es) in our communities. Tell your friends, family and colleagues why you choose to support F2F and ask them to join you in following us on Facebook, Instagram, LinkedIn, and YouTube. Don't forget to tag us using #Fear2Freedom or @fear2freedom and we will help boost your post.

GIVE LOCAL 757 (GL757)



A Day of Giving (12am-11:59pm).

Mark your calendars for May 10th and join us in celebrating Hampton Roads very own giving day. Help us raise critical funds by giving a financial gift or setting up your own fundraiser on our GL757 webpage. Your contribution has the potential to DOUBLE as we have a donor willing to match up to \$2,000 in donations. With your support, we can knock our giving goal of \$2,500 out of the park.

Generosity Live! Interview with Shelly Averett.

Join F2F's Development Coordinator, Shelly Averett, at 9:00am for a Facebook Live interview dedicated to all things Give Local 757. Learn more about how GL757 impacts F2F, F2F's impact in Hampton Roads, and the stories behind F2F AfterCare Kits & Freedom Stones.

Public Virtual H2E.

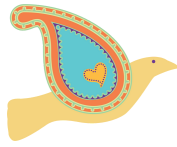
Join F2F's Director of Programs, Lauren Carrasco-Kyllönen (formerly Brennan), at 12:00pm for a virtual Hour 2 Empower educational program on how to respond compassionately when someone discloses to you that they've experienced sexual or intimate partner violence. This condensed event is FREE & open to the public. Register today!

Freedom Stone Launch.

Celebrate GL757 with the F2F team at Oozlefinch Beers & Blending starting at 5:30pm as we launch our newest therapy tool - Freedom Stone. Stop by our table to learn more about the story behind Freedom Stones, how they will help restore joy to survivors, purchase your own Freedom Stone, or to make a donation for Give Local 757.

Facebook Live with Virginia Woodward & Shelly Averett.

Mark your calendars for May 31st at 1:00pm for this month's Facebook Live with our CEO, Virginia Woodward, featuring our Development Coordinator, Shelly Averett. Virginia & Shelly will discuss giving totals and events for Give Local 757, F2F's monthly giving platforms - Power of 10 & Pillars of Change, and share more ways to support F2F's mission.



Connect with Us

We would like to hear your suggestions, inspirations and mission moments! Give us a shout out on social media:

Facebook: @Fear2Freedom

Instagram: @fear_2_freedom

fear2freedom.org

getinvolved@fear2freedom.org

Upcoming Dates

- **May 10th ALL DAY: Give Local 757!**
 - 12:00am-11:59pm: Financial Donations Accepted
 - 9:00am: Generosity Live! Interview with Shelly Averett for Give Local 757
 - 12:00pm: Public F2F Hour 2 Empower on Supporting Survivors
 - 5:30pm: Freedom Stone Launch @ Oozlefinch Beers & Blending
- May 31st @ 1:00pm: Facebook Live with Virginia Woodward & Shelly Averett