



EmpowerMENT

The Newsletter of Fear 2 Freedom Fall 2018

Welcome!

Welcome to EmpowerMENT, Fear 2 Freedom's new quarterly newsletter. Founded in 2011, Fear 2 Freedom's mission is helping to restore hope and dignity to survivors of sexual assault while empowering students and communities to combat sexual violence.

Get to Know Us

Over the course of the next several issues, EmpowerMENT will profile our staff and board of directors.

Abby Grimes

Since 2016, I've been Fear 2 Freedom's Logistics and Community Engagement Director. I manage all our purchasing and inventory and oversee our volunteer and intern programs.

The most rewarding part of my job is working with volunteers and interns. Every fall, they bring a new wave of energy and enthusiasm into our office.

I attended Christopher Newport University, earning a degree in Sociology with minors in Leadership Studies and Civic Engagement. Following graduation, I stayed at CNU as a University Fellow with the President's Leadership Program.

During my time at school, I dreamed of working for a non-profit. I never imagined I would get this opportunity right after college, but as my fellow year ended, I was offered a position with Fear 2 Freedom.

In my free time I enjoy being outside, working with my hands, and pretending I could make a living as a food critic.

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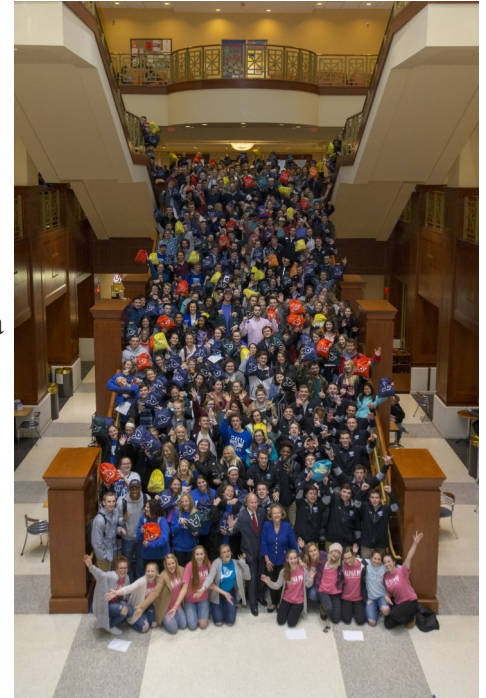


News and Notes

Fear 2 Freedom's Celebration Events have become an "Hour 2 Empower." The name was inspired by one of the key components of Fear 2 Freedom's mission; to empower students and communities as they work to end all forms of sexual violence.

During the spring semester of 2018, Fear 2 Freedom partnered with Christopher Newport University, St. Mary's College of Maryland, Virginia Commonwealth University, and The United States Merchant Marine Academy. Hundreds of participants at these events assembled more than 700 Aftercare Kits.

Fear 2 Freedom also partners with community organizations working to build stronger and safer communities. The U.S. Navy's Military Sealift Command (MSC) asked us to join them in an event focusing on their efforts to end sexual assault. One hundred Aftercare Kits that were assembled and shipped out to sea the next day.



Fear 2 Freedom hosted program events with the YWCA of Central Virginia, the Youth Volunteers Corps of Hampton Roads, and Waters Edge Church of Newport News, VA; resulting in the creation of 750 Aftercare Kits. We participated in the Resource Fair for National Crime Victims' Rights Week and Walk A Mile in Her Shoes, an international march to end rape, sexual assault, and gender violence.



Student Film Contest

Fear 2 Freedom is seeking submissions from aspiring filmmakers for our first annual student film contest. The theme is: "**Faces of Fear, Stories of Freedom.**"

Participation is open to any currently enrolled undergraduate or graduate student. Submissions may be in any genre but may be no more than five minutes in length. All submissions must be received by 11:59 PM EST on **November 9, 2018.**

The winning entry will enjoy an exclusive premiere screening at the 2018 Fear 2 Freedom Gala in December. The top three submissions will be featured on the Fear 2 Freedom website and social media pages. For complete contest rules and details please contact brent@fear2freedom.org

2018 Gala



The 2018 Fear 2 Freedom Gala, presented by TowneBank, will be held on **December 8th, 2018** at Christopher Newport University. Proceeds from the Gala will go towards expanding Fear 2 Freedom's programs into more universities and communities, as well as allowing us to develop new educational programs for younger students. A small number of tickets and sponsorship opportunities are still available. If you are interested in attending or would like more information about this evening of celebration and entertainment, please contact Tricia Russell at tricia@fear2freedom.org

Fear 2 Freedom's
Board of
Directors

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Founder

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Empowering Stories

The stories of survivors are very powerful. A regular feature of EmpowerMENT will be the sharing of these voices.

This message was sent to Fear 2 Freedom by a Pediatric Nurse Practitioner on the Child Protection Team at Virginia Commonwealth University Health System: "One child that stands out is a 5-year-old that presented to the emergency department after being assaulted by her stepfather. I was called in during the middle of the night to see this child and was warned that she appeared very fearful and anxious.

I needed to keep her clothes, so I picked out a complete Aftercare Kit and gave it to her as I introduced myself to her and her family. As I explained what was in it, she began pulling out the items and examining them one by one. She absolutely loved the bear and immediately began hugging it. I explained the purpose for the clothes and the mother was very relieved because she was wondering what the child was going to wear home.

When it came time for her to talk with me she came willingly into the exam room and held her new bear while she disclosed the abuse she had just endured. She was very eager to put on her new shirt, pants, and underwear at the end of her visit. I remember thinking how that beautiful teal bag filled with such great things helped this little girl and her mother cope with such a stressful event and how lucky we are to have these kits to give to our patients."



Upcoming Events

September 26, 2018
Hour 2 Empower at



September 30, 2018
Hour 2 Empower at



October 3, 2018
Hour 2 Empower at



December 8, 2018
Fear 2 Freedom Gala

Empower Us

Fear 2 Freedom wants to hear from you. If you are a survivor willing to share your story to help and inspire others, please contact us.

If you know of a group or organization working to stop sexual violence in their community, please let us know. We would like to reach out to them.

If you want to know more about Fear 2 Freedom, our work, donation options, or upcoming events, please send us an email at getinvolved@fear2freedom.org. We also encourage you to forward this newsletter to friends, family, co-workers, and anyone else who wants to know more about us.

Fear 2 Freedom Staff

Abby Grimes
Logistics & Community
Engagement Director

Jocelyn Harrison
Senior Director of Programs

Brent Holliday
Marketing &
Communications Director

Muriel Millar
Chief Operating Officer

Tricia Russell
Chief Development Officer



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 **FEAR 2 FREEDOM**

888-453-3059
PO Box 6104
Newport News, VA 23606
fear2freedom.org

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