



Annual Report

July 1, 2021-June 30, 2022



FEAR 2 FREEDOM™

Helping restore hope and dignity to survivors of sexual assault while empowering students and communities to combat sexual violence.

FEAR2FREEDOM.ORG

Letter From The CHIEF EXECUTIVE OFFICER



Fear 2 Freedom's fiscal year was a rollercoaster ride of starts & stops, continued challenges & soaring success.

After 2 years of hybrid virtual programs, last fall the F2F team traveled to southwest Virginia for our first fully in person Hour 2 Empower program at Radford University since 2020. When another pandemic wave canceled all collegiate programs in January of 2022, our F2F team continued to demonstrate resilience in adversity. By March we returned to in-person events on campuses, including an unforgettable H2E with our founder, Rosemary Triple, at Christopher Newport University where over 400 students packed hundreds of F2F Kits for survivors.

Unfortunately, the pandemic has not changed the reality of sexual violence. When F2F started 11 years ago, every 2 minutes someone was sexually assaulted in our country. Now that number is every 68 seconds. Whether it's domestic violence/IPV, child abuse, sexual assault, or human trafficking, sexual violence can affect any of us.

As a non-profit organization we remain committed to our mission of restoring hope & dignity to survivors of sexual assault, while empowering students & communities to combat sexual violence in all its forms.

Since 2011 we have provided nearly 30,000 F2F Kits for survivors of sexual violence & empowered over 26,000 college students & community members through our transformative sexual violence prevention education programs. Those numbers are something to celebrate...

In March F2F hosted our 10th Anniversary Gala. Although a year late due to the pandemic, thanks to the incredibly hard work of our Gala committee & many volunteers along with dedicated sponsors, table hosts, & paddle raise participants, our March Gala was a soaring success - the best ever!

None of our work is possible without the compassionate generosity & dedication of our donors, supporters, partners, & volunteers - without YOU! On behalf of the F2F Team, thank you for Being The Change & Restoring The Joy for survivors of sexual violence.

A handwritten signature in black ink that reads "Virginia Woodward".

Virginia Woodward
CEO, Fear 2 Freedom



FISCAL YEAR HIGHLIGHTS

20 EVENTS HELD

prevention education programs

16 HOSTS

of F2F programs

2,177 ATTENDEES

empowered at F2F programs

2,203 F2F KITS

assembled & distributed

1,563 HOURS

logged by volunteers

30 PARTNERS

9 medical & 21 community



TENTH ANNIVERSARY GALA

Thanks to the hard work of our Gala Co-Chairs, Gala committee members, F2F Team & amazing sponsors & table hosts, our March Gala superseded our goals! Over 250 guests gathered in person at the Ferguson Center of Performing Arts for an unforgettable evening celebrating 10 years of F2F. Inspiration flowed throughout the evening! Highlights included a moving tribute from Paul Tribble to Rosemary Tribble, our founder, followed by a concert from recording artist Morgan James. F2F is incredibly grateful for the generosity of Gala guests who contributed over \$150,000 for F2F programs during the Paddle Raise.

And there were a few surprises...



FREEDOM STONES

Long before Rosemary Tribble founded Fear 2 Freedom she personally helped hundreds of survivors on their healing journeys. She gave small engraved stones to remind survivors on tough days that restored joy is possible. For F2F's 10th Anniversary we designed a Freedom Stone in Rosemary's honor as a new item for our F2F Kits. At the Gala our surprise brought tears to her eyes!

Freedom Bear may be a bit bulky to carry everywhere, but our new Freedom Stone fits in a pocket, purse, or wallet. When fear overwhelms, it can be pulled & used as a stress stone for survivors to know that it's possible to move from fear to freedom - as Rosemary did.

“
I exist to radiate joy and help those wounded find their joy.
 ”
 Rosemary Tribble, F2F Founder



CELEBRATING 10 YEARS!



FINANCIAL REPORT

Revenue & Support

Contributions & Grants	\$	255,354
Program Revenue		30,977
Special Events (net)		444,618
In-Kind		31,170
Other Revenue		34,551
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Total Revenue		796,670

Program & Operating Expenses

Program Services	\$	360,716
Fundraising		17,765
Management & Admin		60,480
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Total Expenses		438,961

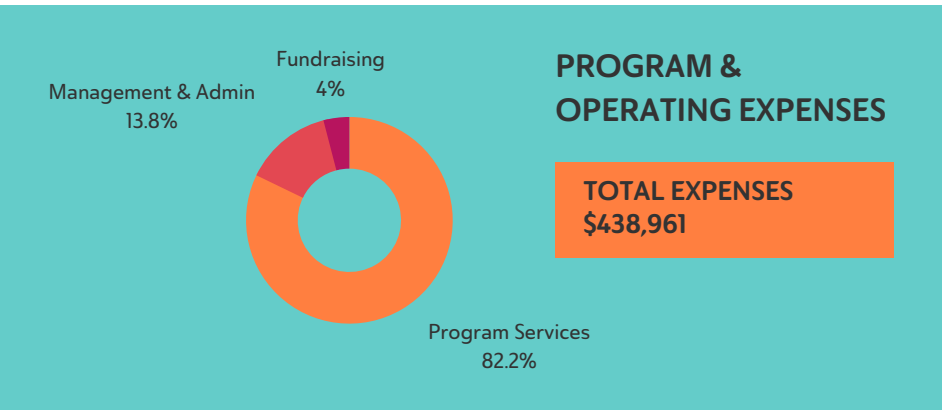
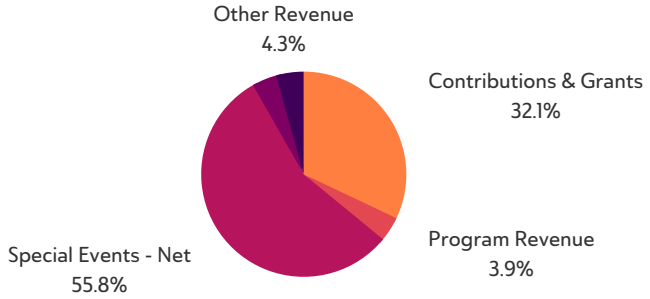
Net Assets

Beginning of Period (7/1/2021)	\$	296,967
Change in Net Assets*		(357,709)
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Total Net Assets		654,676

**Gala fundraising event is hosted every 3 yrs.
Proceeds from Gala are allocated across 3 fiscal yrs.*

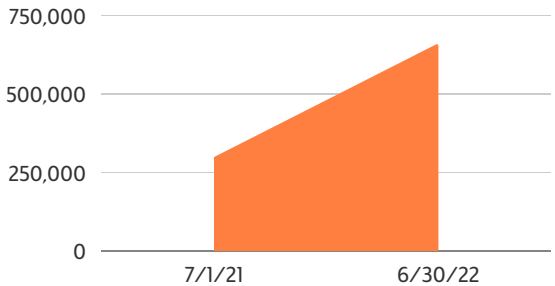
REVENUE & SUPPORT

TOTAL REVENUE
\$796,670



NET ASSETS

TOTAL NET ASSETS
\$654,676





PROGRAM OVERVIEW

F2F PROGRAMS

20

ATTENDEES

2,177

F2F KITS PACKED

1,504

Program Hosts

- Aura Management*
- Christopher Newport University
- Eastern Mennonite University
- Edward Via College of Osteopathic Medicine: Student Osteopathic Medical Association & Student OBGYN Association*
- Longwood University
- Medical Students for Choice, EVMS chapter
- Northern Virginia Community College
- One Love, UMD chapter*
- Oozlefinch Beers and Blending
- Radford University
- Regent University
- Tidewater Community College
- Virginia Commonwealth University
- Virginia Peninsula Community College
- Waters Edge Church
- Where Is The Line, CNU chapter

*new host



PROGRAM SUMMARY

After the programming and logistical challenges presented by the pandemic in previous years, the 2021-2022 fiscal year finally seems like we're getting back to a state of relative normalcy for F2F's sexual violence prevention programming.

We met our goal of hosting 20 educational programs where we educated 2,177 participants, over triple the total attendees we impacted last fiscal year. These attendees packed 1,504 F2F Kits for survivors in need, that's more than 6x the total kits packed at programs last fiscal year! 3 of these programs were with new hosts that brought our empowering prevention programs to their audiences for the very first time.

Reflecting on the growth we've seen this year, after a time of challenge, brings so much fulfillment for the work our team put in as well as hope for the blossoming of programs as we continue moving forward.

“

... I genuinely believe that this presentation will make me a more effective & supportive medical provider in the future. I learned an incredible amount & will take it into my practice. I was especially appreciative of the local support systems Fear 2 Freedom connected me with, like the local forensic examination centers in my area.

Zach, medical student at EVMS

”



COMMUNITY PARTNERS

2,203

F2F KITS
DISTRIBUTED

F2F KIT RECIPIENTS

- Artemis House
- Avera McKennan Hospital
- Beloved Haven
- Caritas
- Chesapeake Forensic Specialists
- Children's National Health System
- Dropkick Depression
- First Step, VA
- Freekind
- Freestate Justice
- Gloucester-Mathews Care Clinic
- Grow Foundation
- Haven New River Dan
- Newport News Commonwealth's Attorney's Office
- Newport News Police Dept DV Unit
- Norfolk Samaritan House
- Prince George County Family Justice Center
- Riverside Regional Medical Center
- St. Christopher's Hospital for Children
- St. Mary's Hospital Medstar
- Sentara RMH
- Southside Center for Violence Prevention
- University of Alberta Hospital
- UM Baltimore Washington Medical Center
- VCU Health System
- Water's Edge Church
- Where Is The Line at CNU
- Williamsburg House of Mercy
- Women's Resource Center of the New River Valley
- YWCA Richmond
- YWCA South Hampton Roads



F2F KIT OVERVIEW



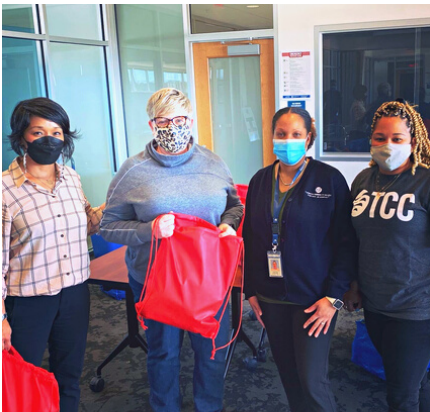
FREEDOM BEAR'S MIGRATION

Freedom Bear updated its passport to support survivors on their healing journeys at The University of Alberta Hospital (UAH) in Canada. Last spring UAH received 150 F2F Kits for survivors. At UAH specialized teams provide services, emotional support & education for people who have been sexually assaulted.

Meanwhile, south of the Canadian border Freedom Bear & 100 F2F Kits made their way to Avera McKennan Hospital in Sioux Falls, South Dakota, where dedicated staff serve the indigenous population of that region. Did you know that Native Americans are 2.5 times more likely to experience sexual assault than any other ethnic group in America?

"So long as mists envelop you, be still; be still until the sunlight pours through and dispels the mists – as it surely will. Then act with courage." - Chief White Eagle, Ponca Tribe

F2F is grateful for these new partnerships & (as always) our long term partners who help us support survivors on their healing journeys!



“

Since we began distributing F2F Kits in our organization, 100% of survivors said that F2F Kits improved their experiences. I recall reconnecting with a survivor outside a courtroom and she still had the note from her F2F Kits inside her wallet. It is empowering to say the least!

Jennifer Knowlton, CEO of
Chesapeake Forensic Specialists

”



DONORS

Supporters listed below made gifts of \$100 or more during FY 21-22

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Supporters listed made gifts of \$100 or more during FY 21-22

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- Anne & Gus Edwards

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- Charlotte & Gil Minor, III
- Mary & Larry Pope
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Special Thanks To **OUR GALA COMMITTEE**

Our 10th Anniversary Gala was a huge success with the hard work of so many, especially our Gala Committee.

"My heart is touched by the compassionate generosity from each of you who helped make our 10th Anniversary Gala an unforgettable evening. I am forever grateful for your partnership with Fear 2 Freedom and for you joining us in the fight to combat sexual violence. Together we are making a difference!" - ROSEMARY TRIBLE



10TH ANNIVERSARY GALA COMMITTEE

Gala Co-Chairs:

Susan Bryant, Claire Jacobs &
Tricia Russell



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