



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

APRIL 2023

MESSAGE FROM THE CEO

As cherry blossoms erupt with spring colors leaving petals of joy all over our cars and sidewalks, there's a lightness in the air after the dark winter months. But, for many survivors of sexual violence, dark clouds overwhelm bruised hearts navigating the healing journey.



April is Sexual Assault Awareness Month (#SAAM). As we raise awareness of sexual violence this month - & every month here at F2F - this is a time to consider what it means to be sexually assaulted, especially for survivors.

The statistics remain horrifying. Every 68 seconds someone is sexually assaulted in our country. 1 in 5 women and 1 in 16 men will experience sexual assault in their collegiate years. Intimate Partner Violence (IPV) & child abuse numbers continue to increase.

I'm sure many of you have loved ones, colleagues & friends who are survivors. It's hard sometimes to know what to do. How can we support the survivors in our lives?

During SAAM, here's a 2 minute video to help you support the survivors in your life.

BELIEVE. LISTEN. COMFORT. SUPPORT. REMEMBER.

"I believe you. I'm here for you however & whatever you decide to do."

MISSION MOMENT: A MESSAGE FOR SURVIVORS

Know that you are not alone. On my personal healing journey I encountered survivors like Rosemary Tribble who gave me hope. Hearing their stories gave me courage to keep going. When fear decimated my forward momentum, I remembered how they overcame their fears, how they moved from victim to survivor, really and truly healed. I can attest that over time my journey took me from victim to survivor, from the crippling constraints of fear to the place of freedom where restored joy is possible.

Just remember to give yourself the time & space & grace to heal.



Virginia Woodard

SEXUAL VIOLENCE AWARENESS MONTH

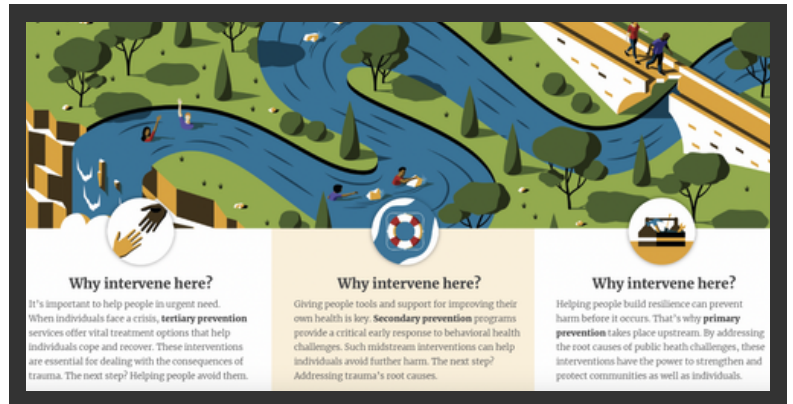
What's The Focus For SAAM?

NSVRC's theme for #SAAM2023 is "Drawing Connections: Prevention Demands Equity". So what does that actually mean? It's about recognizing how sexual violence is inextricably linked to so many other forms of oppression. It's about understanding that, in order to truly prevent SV, we must also address the ways in which oppressive systems contribute to cycles of violence & put up barriers to accessing support & healing. It's about using this broader understanding to inform what we do, so that we're taking actions that promote equity over equality.

Why Does This Matter?

To help illustrate the importance of addressing oppression, here's an anecdote commonly used in prevention work:

- 3 people are walking along a riverbank when they notice that there are people caught in the river, shouting for help.
- 1 person starts pulling people to the shore & another begins caring for those who've been pulled out.
- The 3rd person walks further upstream to investigate the cause of this, then begins helping prevent people from falling into the river at all.



While helping people get out of the situation & treating them afterwards are both important, they're only addressing the symptoms & can soon become overwhelming if the flow of people in need never slows. The focus of primary prevention is to move upstream & reduce the number of people being victimized in the 1st place.

There are many forms of oppression (sexism, ageism, racism, ableism, heterosexism, classism, etc) that influence systems which, in turn, put those who are marginalized by them at greater risk. Being able to trace the symptoms back & address those root causes is what's going to help us have the most impact in ending all forms of violence.

What Can We Do?

Tackling whole systems can sound overwhelming or like it's someone else's job (politicians, professionals, etc), but even as individuals there are actions we can take:



- Reflect on the ways oppression shows up in systems, relationships, as well as our own thoughts & actions.
- Educate ourselves on the importance of promoting equity (not fairness) as process for reaching true equality.
- Bring others into the conversation. Listen to perspectives/experiences that differ from your own. Point out & question instances of bias/oppression when you notice them.
- Get involved with organizations/groups whose work focuses on equity & primary prevention.

Want to learn more about this year's theme & get involved in #SAAM2023? Visit NSVRC's website (linked below) & be sure follow F2F on social media so you can participate along with us.

SUPPORTER SPOTLIGHT

Making our mission possible

Join us in sharing appreciation for a few of our recent supporters. Our mission is made possible through their partnership & generosity.

Waters Edge Church

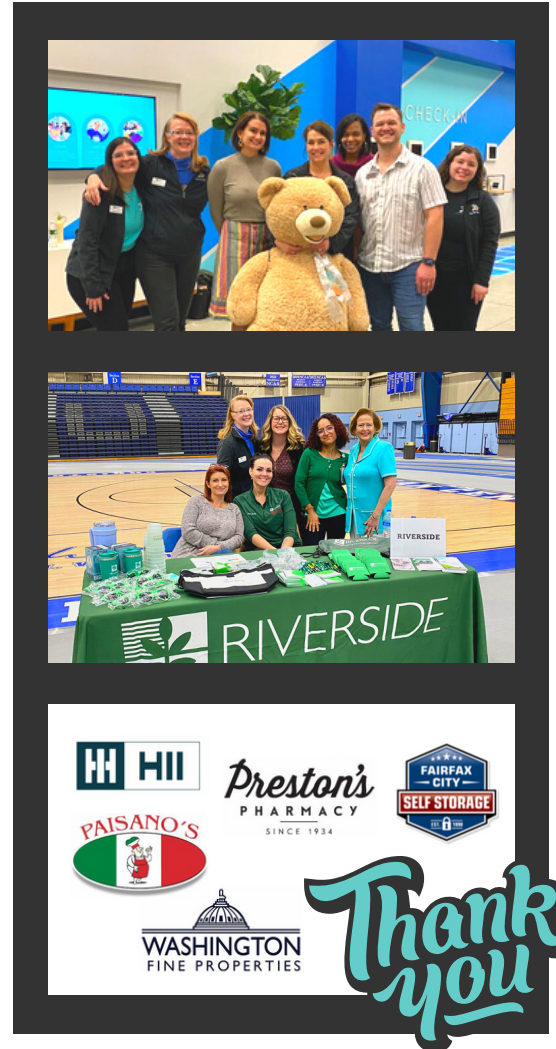
Thank you Waters Edge Church for hosting a wonderful Hour 2 Empower in February! Over 100 attendees helped pack 290 F2F AfterCare & iCare Kits for survivors of sexual violence. Thank you for Being the Change!

Riverside Regional Medical Center

A shoutout of gratitude to Riverside Health System for sponsoring AfterCare Kits at our recent Hour 2 Empower at Christopher Newport University. Students packed 220 AfterCare Kits for the forensic unit at Riverside Regional Medical Center in Newport News. Sponsors like Riverside are helping students restore the joy for survivors & combat sexual violence on campus.

Champions Sponsors

We are thankful and grateful for our Champions Luncheon Sponsors! Thank you to our Dove Sponsors - Fairfax City Self Storage and HII Unmanned Systems. Thank you as well to our Joy Sponsors - Washington Fine Properties, Paisano's, and Preston's Pharmacy. Sponsors like you are making a difference to raise awareness and make a difference in survivors' lives during Sexual Assault Awareness Month.



Champions Luncheon

WEDNESDAY | APR 26, 2023 | 11:30AM

Get excited for our 2023 Northern Virginia Champions Luncheon!

F2F is proud to host a luncheon for champions, friends, & colleagues to commemorate Sexual Assault Awareness Month. On April 26th hear from F2F Founder, Rosemary Tribble, & First Lady of Virginia, Suzanne Youngkin, to highlight survivors' healing journey from fear to freedom.

For more information, visit our website. We look forward to seeing you there!



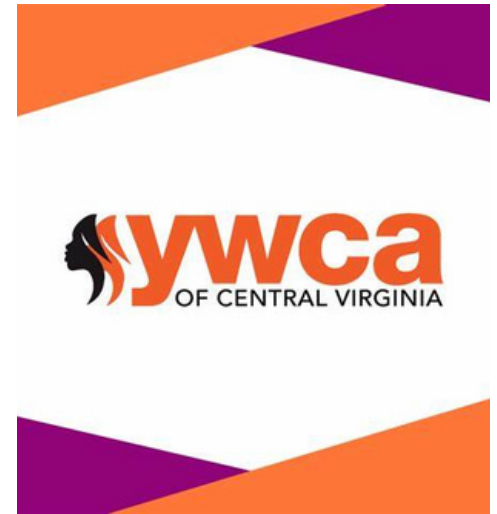
BOARD SHOUT OUT

F2F Board member Dr. Brittney Drames serves with the medical care team at Suffolk Pediatrics, an affiliate of CHKD in Suffolk, Virginia. As a pediatrician, several years ago Brittney began incorporating F2F's iCare Kits into her practice to support the survivors she sees on their holistic healing journeys. Last month, Suffolk Pediatrics received a new order of F2F iCare Kits! F2F is grateful for this partnership!

COMMUNITY PARTNER SPOTLIGHT

YWCA of Central Virginia

F2F is grateful for our close partnership with the YWCA of Central Virginia. They are doing amazing work in bringing much needed resources to the Lynchburg area. There are few places for survivors of sexual violence, so the YWCA of Central Virginia helps restore hope to the lives of so many people. They have initiatives to support survivors of sexual assault, domestic violence, and many other important causes. We have partnered with the YWCA of Central Virginia this year with the Water's Edge Church H2E in February. There, participants packed 150 iCare kits for children and adults! We also are partnering with them for Randolph College's H2E this month. There, students will pack 70 AfterCare kits for this amazing organization. F2F would like to thank the YWCA of Central Virginia for bringing awareness and direct services in an area that really needs it and our continued partnership!

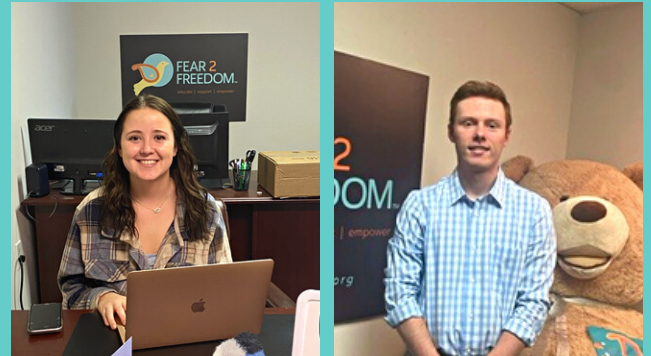


VOLUNTEER SHOUT OUT

F2F is astounded by the support of all of our volunteers! After having dozens of CNU students assist with preparations for their H2E in March, we we're truly astounded by the amazing help & initiative of our volunteers.

However, F2F would like to especially thank Karrington Wilson for her continued support over the past few years. Karrington is a senior & is studying economics at CNU. We are so grateful for the valuable help she gives us & the many hours she spends supporting our mission.

F2F is excited to hear of the wonderful things she does once she graduates!



THANK YOU SPRING INTERNS

Thank you Spring 2023 interns for an amazing semester that has come to an end way too quickly. Caroline Branch served as the Marketing & Grants intern, & worked tirelessly on her assigned tasks & displayed her creativity on social media projects. Fisher Hallett served as the Partnership & Logistics Intern, & added so much value with his "can do" attitude & ability to adapt to the flexibility needed in that role.

We cannot thank you both enough for all your hard work this semester & know you will do great things in the future.

Check the link below for upcoming summer & fall internship opportunities.

EVENT HIGHLIGHTS

Hour 2 Empowers

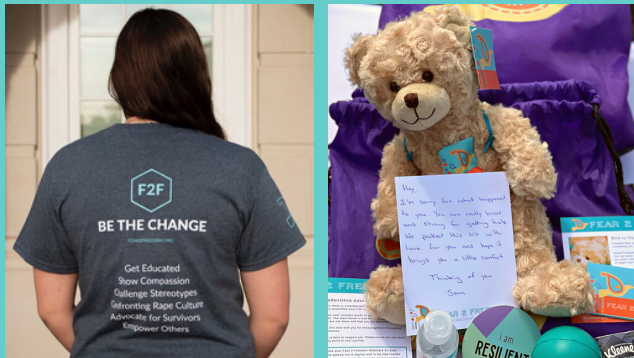
F2F hosted several H2Es the last few months!

In February 100 participants at Water's Edge Church packed 290 F2F Kits for survivors at YWCA of Central Virginia, Safe Harbor, & Sankofa Life Solutions in Michigan.

In early March attendees at the Williamsburg Community Chapel packed 100 F2F Kits for the Gloucester Matthews Care Clinic & the Avalon Center in Williamsburg, VA.



On 3/29 CNU hosted an H2E where Chancellor Paul Tribble & F2F founder Rosemary Tribble addressed 380 students who packed 220 AfterCare Kits for Riverside Regional Medical Center's forensic unit & 40 iCare Kits for Menchville House in Newport News. WTKR even came out for news coverage of this event! Click the link below for the full story.



SAAM SHOPPING

Want to show off your support this SAAM?

F2F would like to invite you to visit our merchandise store. During the month of April stop by our store and pick up a "Be The Change" t-shirt or an F2F Kit for either yourself or someone you know.

Thank you in advance for your support of such an important mission.



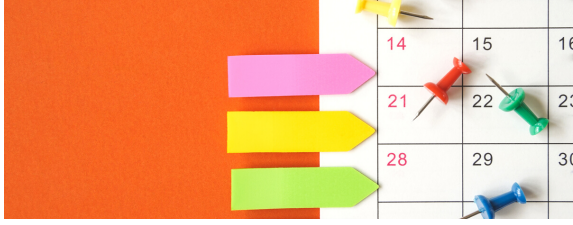
GIVE LOCAL 757

Mark your calendars for Tuesday, April 25th for Give Local 757 Day!

F2F appreciates the faithful support from local donors from the Southside all the way to Richmond. Our SV prevention programs impact students at local colleges & universities while hundreds of our F2F Kits support survivors at hospitals, domestic violence shelters, women's resource centers in the 757 region.

Show your continued support by making a donation.

SAVE THE DATE



Walk In Their Shoes

SATURDAY | APR 15, 2023 | 9:00AM

Join us at The Center for Sexual Assault Survivors' annual awareness & fundraising walk. More details can be found on their website.

Give Local 757

TUESDAY | APR 25, 2023 | ALL DAY

Mark your calendars for Give Local 757 Day! F2F appreciates the faithful support from local donors from the Southside all the way to Richmond. Our SV prevention programs impact students at local colleges & universities while hundreds of our F2F Kits support survivors at hospitals, domestic violence shelters, women's resource centers in the 757 region. Show your continued support by making a donation!

Drink Beer Do Good

WEDNESDAY | MAY 17, 2023 | 5:00PM

Come join F2F at Coastal Fermentory! Drink a few brews & do some good! 10% of all proceeds & 100% of staff tips go to support F2F!



@fear2freedom



@fear_2_freedom



fear 2 freedom

