



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

DECEMBER 2021

MESSAGE FROM THE CEO

As holiday music fills our hallways, it's the season of "good cheer" as we welcome in a New Year. For many – especially survivors of sexual violence – this season is anything but cheerful. It's a tough time that must be endured.

If you have friends and loved ones who are survivors, this is a good time to reach out, to listen and be attentive. Healing is a journey that takes time. Give your loved ones space to be authentic. Maybe you need to dial back your cheer a bit to let a survivor make baby steps toward joy. Restoring joy is not an easy endeavor, especially at the holidays when good cheer goes into frenetic mode.

Joy is something so much deeper than good cheer. Joy comes from a place of internal grit that perseveres. Joy hopes. Joy believes. Joy overcomes (one step at a time.) Joy cries when needed. Joy endures. Joy is a courageous choice, as our founder Rosemary Tribble has shared countless times.

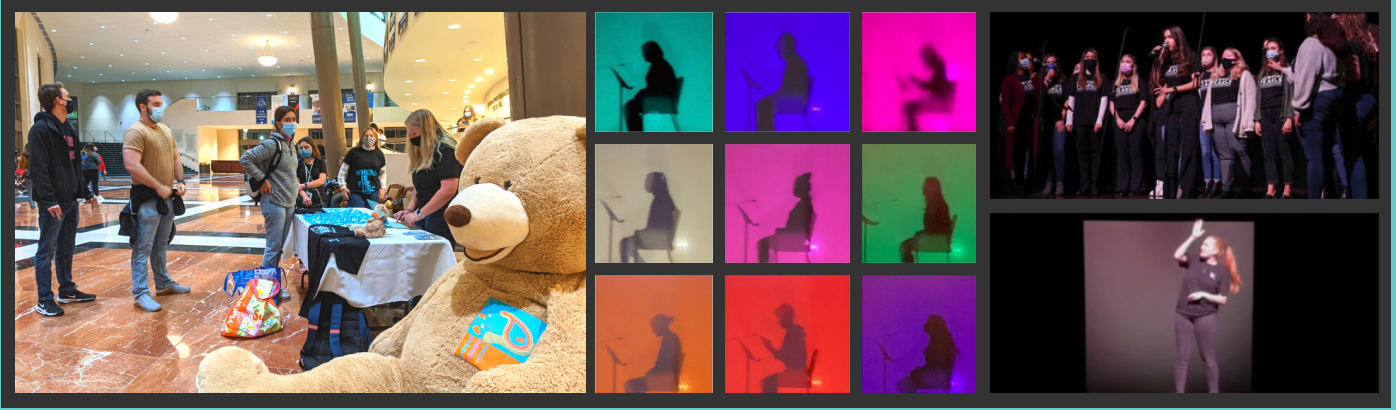
This holiday season I wish all of you JOY, the courageous kind that perseveres.



IN-PERSON HOUR 2 EMPOWER

In November the F2F team rolled to Radford University in southwest Virginia for the first fully in-person Hour 2 Empower since the beginning of COVID-19. After F2F's Director of Programs, Lauren Brennan, shared Consent 101, over 150 students thoughtfully packed 250 AfterCare Kits to help restore joy for survivors of sexual violence and abuse at the Women's Resource Center of New River Valley.





POWERFUL STORIES

It can take months, years even, to reach a point in their healing journey where it's possible for survivors to share their stories. The F2F team was privileged to support CNU's WITL chapter's Shadow Event in November at the Ferguson Center. Rosemary Tribble provided an introductory video, followed by 9 student survivors who shared stories anonymously behind a screen to an audience of 200 students. What a powerful evening of courage, overcoming, & restored joy!

GIVING IS POWER

Have you heard? Fear 2 Freedom now offers two monthly giving platforms designed to meet the financial means of our donors:

Power of 10

Are you looking for a budget friendly way to give monthly? No worries, we have you covered. Check out our Power of 10 giving circle. Over the course of one year, your \$10/month gift is what it costs Fear 2 Freedom to support 6 sexual violence survivors in their healing journeys with iCare Kits.

The impact doesn't stop there. An iCare Kit not only impacts the life of a survivor, but also the volunteer who packed the kit as well as the community partner distributing the kit. That's 18 lives changed over the course of a year for just \$10/month! Increase your monthly donation and increase your impact!

Pillars of Change

F2F's new Pillars of Change monthly giving circle allows our donors to choose their giving impact in varying levels. Ranging between \$30-\$500/month, our donors now can select monthly gifts based on impact measures that will help Fear 2 Freedom sustain our mission. Join an elite group of difference makers dedicated to supporting survivors of sexual assault and empowering students to Be The Change against sexual violence.

JOIN FEAR 2 FREEDOM'S COMMUNITY OF MONTHLY DONORS



Builder of Hope

\$30/Month

Cost for F2F to provide 1 AfterCare Kit to a survivor of sexual violence



Agent of Change

\$60/Month

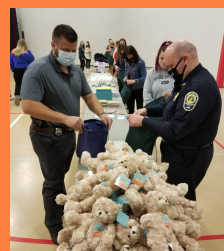
Cost for F2F to supply 3 iCare Kits to community partners serving survivors



Dove of Peace

\$100/Month

Amount for F2F to cover costs of clothing items for 10 survivors enduring the forensic exam



Freedom Warrior

\$250/Month

Cost for F2F to offer prevention and outreach opportunities through program support



World Changer

\$500/Month

Cost for F2F to fund 1 virtual H2E program for up to 200 attendees

MORE WAYS YOU CAN SUPPORT F2F

1. Host a Facebook Fundraiser

Recruit your family and friends to support even more survivors by hosting a Facebook fundraiser.

2. Host a Donation Drive

Host a donation drive to help us fill our F2F Kits and support survivors.

3. Shop AmazonSmile

Next time you shop on Amazon, use the URL smile.amazon.com and select Fear 2 Freedom as your beneficiary.

4. Shop Our Online Store

Fear 2 Freedom has a collection of books, clothing, and accessories available for purchase.

5. Join Kroger Community Rewards

Simply login and link your Shopper's Card to Fear 2 Freedom using NPO# DW049. Set up your account today at: kroger.com/i/community/community-rewards

6. Shop CharityChoice Gift Cards

CharityChoice allows you to donate the gift of charity to F2F on behalf of others. See all gifting options by visiting: charitygiftcertificates.org

Every Action Makes An Impact



Brew for Good!

Shout out to everyone who celebrated Brew for Good with us on December 1st!

A special THANK YOU to Seth Caddell & Sarah Stout of Coastal Fermentory + Glenn Allen of Pie and Flame as well as their amazing teams for investing in F2F and raising over \$500 to support survivors of sexual violence. Cheers to delicious specialty brews, mouthwatering pizzas and great company! It was a pleasure Doing Good with you all.

Also, THANK YOU to Troy Clifton for stopping by to present a \$3,000 check on behalf of Priority Automotive Charities! F2F is truly grateful to be honored as a beneficiary of the 2021 Priority Charity Bowl.

RESTORING THE JOY

Clarifying what we're seeking

Restoring the joy is a big part of what we strive to do here at Fear 2 Freedom. It's also something most of us wish to fill our holiday season with. However, what are we actually striving for when we seek out joy? Oftentimes the ways in which we attempt to bring joy into our lives are misplaced and short lived as they're actually in service of temporary happiness instead. If we want to invite joy into our lives, first we must understand what it really is.

Understanding the differences

Although we may think of and use the terms "happiness" and "joy" in the same contexts, they're actually quite different. Happiness is an emotion, and as we know, emotions are temporary feelings. Joy, on the other hand, is a state of mind and therefore can be much longer lasting. Happiness is dependent on others and fluctuates in response to external conditions (a good/bad day, a relationship, material goods, etc.). Joy is sourced from within ourselves through unconditional kindness, appreciation, and contentment.

Cultivating our joy

Understanding what joy truly means can bring us clarity as to why our attempts to spark joy haven't been all that successful in the long term. In a culture that emphasizes quick routes to temporary happiness, how can we cultivate joy? Here we'll lay out 3 regular practices for doing just that:

Social Media

- Do your best to reduce the amount of time you spend scrolling social media. This would mean setting aside social-media-free blocks of time or limiting your use to just a few times per day. Whatever you choose to do, giving your mind a break from the materialism and competitiveness on those platforms can be beneficial. When you are on social media, work to curate your feed towards those accounts that help you feel uplifted and whole.

Mindfulness

- Throughout your day, take moments to bring your full attention to the senses and emotions you're experiencing. Be sure to meet whatever you're feeling (good/bad/neutral) without judgement. Allow whatever comes up to be there without trying to ignore or change it.

Gratitude

- During at least one point each day, pause to reflect on what you're feeling grateful for, no matter how big or small. Whenever you can, try sharing a message of appreciation with someone. This can be aloud, in writing, or through a simple act of kindness.

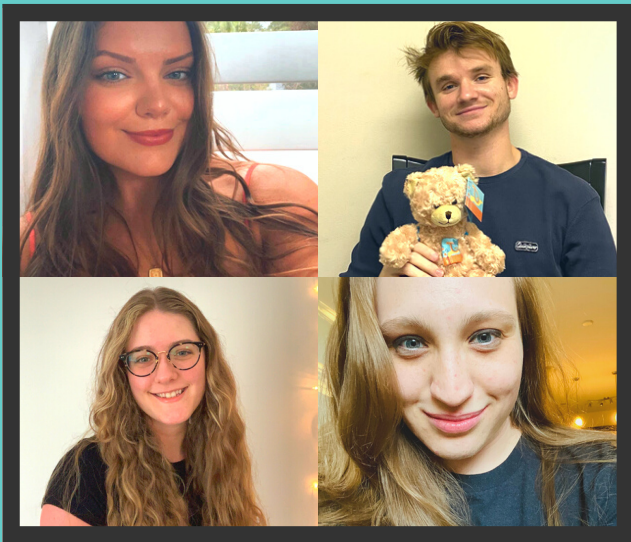
Joy is an amazingly powerful and restorative state that can overflow in so many positive ways in our own lives as well as the lives of others. By tuning into our inner selves without judgement, taking moments for gratitude, as well as connecting with kindness to ourselves and others, we can cultivate a lasting state of innate joy in our lives.



COMMUNITY PARTNER SPOTLIGHT

Forensic Nurse Week Shout-out

We celebrated this year's Forensic Nurses Week on Nov 8-12 to honor our amazing Forensic Nurse partners. Through knowledge, skills, and expertise, forensic nurses demonstrate an ongoing commitment to quality, patient-centered care while addressing the acute and long-term health consequences of patients impacted by violence. In 2021, the year of the nurse, we salute your dedication and commitment to your patients and our communities!



THANK YOU FALL 2021 INTERNS!

Another semester completed with the dedicated service of our Fall 2021 Interns. Special thank you shout-out to Teagan, Christine, Brooke, and Trevor! Your initiative and strong work ethic allowed us to accomplish so much this Fall semester & you will be missed. Thank you for your countless volunteer hours and commitment to empowering your peers and supporting survivors!



CONSIDER DONATING A
GIFT OF JOY

DONATE A GIFT OF JOY

As we say good-bye to 2021, consider giving a year-end Gift of Joy to a survivor of sexual violence. Our AfterCare Kits help restore joy to survivors who have completed the Physical Evidence Recovery Kit (PERK) exam through gifts of clothing and toiletries along with our patented therapy tool, Freedom Bear. For just \$30, you can share a Gift of Joy with a survivor. Increase your gift and spread even more joy this holiday season. Make a difference with your year-end giving. Wrap up 2021 with a Gift of Joy.

SAVE THE DATE



Facebook Live with Rosemary Tribble

JANUARY 2022

Tune in to hear from F2F founder Rosemary Tribble as she discusses joy with F2F CEO, Virginia Woodward. Further details coming soon to our social media pages

Public Hour 2 Empower

WEDNESDAY | FEBRUARY 16, 2022 | 12:00PM

Learn about the realities of intimate partner violence and have an opportunity to take action to support survivors in this condensed, virtual version of our H2E program. This educational event is FREE and open to the public.

Fear 2 Freedom Gala

SATURDAY | MARCH 19, 2022 | 6:00PM

Join us at F2F's 10th Anniversary Gala evening celebration & concert featuring recording artist and actress Morgan James.



DASHBOARD

JULY-NOVEMBER 2021

908 
AFTERCARE
KITS

303 
ICARE KITS

11 
PROGRAM
EVENTS

1,557 
ATTENDEES
IMPACTED

892 
VOLUNTEER
HOURS

1 
NEW
HOSPITAL

3 
NEW
PARTNERS

7 
TOTAL
PARTNERS

\$139,750 
FUNDS
RAISED
*includes gala

\$21,500 
GRANTS
RECEIVED

