



EMPOWERMENT

THE NEWSLETTER OF FEAR 2 FREEDOM

FEBRUARY 2023

MESSAGE FROM THE CEO

February is a time we think of love, especially on Valentine's Day. But there are all types of love to celebrate this month! Here at Fear 2 Freedom, February is our Donor Love month. Because, guess what? Without our donors (grantors, corporate sponsors, supporters, partners, volunteers) we cannot do what we do. The investment of time, treasure and talent is not something we take for granted, especially in these challenging times!



F2F recently welcomed two new team members: COO Kadetra Cooper at the end of October, and Development Coordinator Abigail Sams at the beginning of January. Last month F2F also promoted Isabella Notvedt to Partnerships & Logistics Coordinator. As always, with gratitude for the amazing job Lauren Carrasco-Kyllönen has done as our Programs Director the past 3+ years.

With this team in place, I look forward to all we can do together to support survivors of sexual violence on their healing journeys.

COURAGEOUS MOMENT: SELF LOVE

It's hard to love others if you don't have the courage to incorporate self-love in your own life. I'm not talking about egotistical, self pontificating, superficial love. No, this self-love is the gentle kind that says, "I am going to give myself room to breathe, to grieve, to heal, to be ME."

That can be inordinately hard for survivors of sexual violence when the blame game, fears & insecurities loom large. During this month of love as you seek to support survivors in your life, or continue your own healing journey, let the gentle voice of love in: I am enough. I am valuable. I am worthy of love.



"Lighten up, laugh, and love yourself. We are not perfect... Life is going to throw us some curveballs. Live life with a lighter touch. Allow yourself a good laugh. Let loose the joy inside you."

- Rosemary Tribble

Virginia Woodward

TEEN DATING VIOLENCE AWARENESS MONTH



Our Can't Miss Q&A Series

Teen Dating Violence Awareness Month (TDVAM) is a time to shed light on a prevalent issue that often goes unrecognized. It is also an opportunity to take time to listen to teens' perspectives & highlight their voices. This is why we're so excited to share that we're collaborating with Miss Virginia's Teen 2022, Ayana Johnson, all month long. We asked Ayana a series of important questions about teen dating violence to get her insight. We're sharing her thoughtful video responses on our Facebook & Instagram Reels throughout February. Don't miss your opportunity to learn about this issue from a teen's perspective. Connect with us on social media (linked below) to tune in.

Want To Learn More?

Regularly communicating about relationships with teens & young adults can help them identify healthy behaviors to look for in partners, as well as recognize when unhealthy behaviors are present. Approaching this topic can be intimidating for many of us. To help with this, we put together examples of ways you can incorporate these themes into your regular conversations in our previous TDVAM newsletter (February 2022). Click the link below to get these essential tips & open up dialogue with the teens in your life.

DONOR SPOTLIGHT

Making our mission possible

Join us in sharing some love with a few of our recent donors. Our hearts are full & our mission is empowered by their generosity.

Spain Commercial + Giving Tuesday

Thank you to Spain Commercial for making Giving Tuesday our best ever! With over \$20K in gifts, Spain Commercial has empowered F2F to promote healing for survivors and impact students and community members through our Hour 2 Empower programs. Thank you Spain Commercial for Being The Change!

Love for our Grantors

Here's a shout-out of thanks for several recent grants from Langley for Families (\$12K), Newport News Shipbuilding (\$12K), & Ferguson Cares (\$10K). These grants will provide F2F AfterCare & iCare Kits for survivors of sexual violence along with supporting Hour 2 Empower programs to equip students at local colleges to Be The Change - to combat SV in all its forms. In addition, these grants support F2F's new Freedom Stones that serve as a tactile therapy tool for survivors. Small enough to fit in a pocket, survivors can hold on to these stones wherever they go as a reminder that Restored Joy is possible!

Wasserhund Brewing Company

Thank you to Wasserhund Brewing Company for hosting a fundraising event for F2F! We are grateful to have you as a community partner as we support survivors on their healing journey.



FUNDRAISER SHOUT OUTS

New Year New You Campaign

A huge thank you to Bettina at Bleevable Prana and Rylan at BGR8 Fitness for hosting trauma-informed yoga classes to give survivors a safe space to heal.

Their compassionate generosity & willingness to help Restore the Joy in survivors' lives are inspiring!

Orange Theory Fitness

A huge shoutout of thanks to Paula Banatt & Norfolk OrangeTheory Fitness for their December fundraiser supporting F2F programs!

They raised over \$1700 for F2F! This incredible generosity will help Restore the Joy for survivors of sexual violence.



EVENT HIGHLIGHTS

Hour 2 Empowers

This past semester F2F brought education and awareness about sexual violence to communities across Virginia through our innovative programming.

During Norfolk State University's H2E, we were moved by Dr. Tonya Shell's powerful speech to her students on the importance of sexual violence education.

At NOVA's Medical Education Campus, we were able to speak directly to the next generation of healthcare workers and share tools they will need to support survivors in their work.

The Regent University H2E was so special. The entire F2F staff came together to take part as a team. The dedication of RU's dedicated volunteers assisting with the entire event was inspiring to be part of.

Old Dominion University's H2E was wonderful, with a committed group of students working together to pack over 150 F2F Kits for survivors!

F2F was also amazed by the engagement of Radford University students. Even representatives from local law enforcement came out to take part in this event.



Shadow Event

Each year, F2F's Where is the Line club puts on a Shadow Event. This event highlights the stories of a few courageous students willing to speak their truth about their experiences as survivors of sexual violence. These students speak behind a screen and use a voice modulator to maintain anonymity. We are so grateful that our founder, Rosemary Tribble, was there to offer comfort and support to this year's speakers. We are continuously impressed with the leadership shown by Where is the Line members!

COMMUNITY PARTNER SPOTLIGHT

Women & Gender Equity Center at ODU

F2F would like to thank the Women & Gender Equity Center (WGEC) at Old Dominion University (ODU) for their involvement in an amazing Hour 2 Empower. The WGEC staff and interns were completely engaged with the set up for the F2F Kit packing and educational part of the H2E. Staff even assisted with the Kit packing themselves! They received 35 of the 150 packed F2F Kits to provide them to their students as needed. We hope ODU's WGEC will be able to use our Kits to support and comfort survivors of sexual violence and trauma at ODU. Thank you again to ODU's Women & Gender Equity Center and all of our partners in 2022! Our partners are essential to support our mission! By receiving our Kits, they continue to Be The Change by bringing hope and dignity into the lives of survivors.

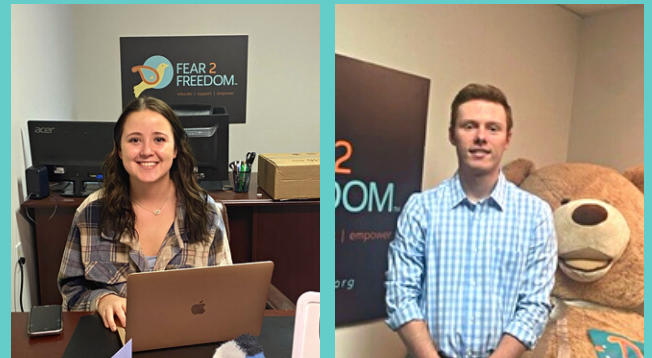


VOLUNTEER SHOUT OUT

We are always excited to see what our volunteers can do!

Together, eight CNU volunteers assisted Fear 2 Freedom with packing for Hour 2 Empowers at ODU and Radford. In total, CNU volunteers prepped over 300 AfterCare and iCare kits in addition to helping keep our warehouse clean and tidy.

We are always blown away by the generosity of our volunteers. They give so much of their time to help support our cause! We could not do what we do without our volunteers. They are truly the backbone of Fear 2 Freedom.



WELCOME SPRING INTERNS

After an overwhelming response to our Spring Internship opportunities we were gifted with two talented students from Christopher Newport University.

Caroline Branch is a Junior majoring in Communication Studies with a concentration in Marketing has joined us as the Marketing & Grants Intern.

Fisher Hallett is a Junior majoring in Economics with a desire to work in the nonprofit sector has joined us as the Partnership & Logistics Intern.

We thank Caroline & Fisher for helping us "Be The Change".

F2F TEAM UPDATES



Welcome Kadetra & Abigail!

In late October, F2F welcomed Kadetra Cooper as our new Chief Operating Officer. With over 20 years of corporate & nonprofit experience, Kadetra is a huge asset for our team! She holds a BS in Business Administration from Old Dominion University, an MBA from Strayer University & is a Certified Nonprofit Professional (CNP.) Kadetra's leadership gifts, tenacity & commitment to our mission provide a foundational addition to F2F.



In January, Abigail Sams joined F2F as our Development Coordinator. A recent graduate of Christopher Newport University with a BA in Political Science, Abby served F2F every semester since the fall of 2019, including 3 internships! Her creativity, passion & dedication to our mission is a welcome addition to our team.



CHAMPIONS LUNCHEON

April is SAAM: Sexual Assault Awareness Month. F2F will be hosting our Northern Virginia Champions Luncheon on April 26, 2023 at 11:30 AM at the Westwood Country Club in Vienna, VA.

A survivor herself, our founder Rosemary Tribble invites you & your friends & colleagues to join her for a luncheon focusing on the inspirational journey from fear to freedom – where restored joy is possible. Attendees will also have the opportunity to pack F2F AfterCare & iCare Kits.

Join us on April 26th to help Be The Change!



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.

Volunteer Shifts

F2F offers a number of volunteer opportunities in our office and warehouse. If you are interested in volunteering please contact us at getinvolved@fear2freedom.org or sign up via the link below.

