



# EmpowerMEnt

The Newsletter of Fear 2 Freedom Summer 2019

## Summer Days

It may be summer break for schools, but Fear 2 Freedom (F2F) is not slowing down! We're growing more than ever right now and we want to take this opportunity to thank our supporters and update you on our progress. We couldn't do what we do without our generous supporters!

This summer, we are working with three summer interns to get ready for what we hope to be a successful Fall. Our interns, Abby, Elizabeth, and Gillian, have helped us with recording our physical inventory, increasing our social media presence, and implementing our new donor database. We are so thankful for all that they do!

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## Fear 2 Freedom's Champions Circle Launch

On June 5, F2F launched our new Champions Circle. Our Executive Director, Tricia Russell, wanted to create a way for F2F donors to become more involved with the everyday functioning of the organization. The Champions Circle, which stands for Cheerleader, Healer, Advocate, Motivator, Positive, Inspiring, Optimistic, Nurturing, and Supporter.

This group will be comprised of dedicated women who want to spread F2F's mission. Sexual assault is not a woman's problem, but it hits closer to home for many women. F2F is looking for women who are passionate about combatting sexual violence, spreading awareness about our mission, and supporting survivors. The original Champions Circle is located in Hampton Roads, Virginia, but we have plans to grow. Tricia is already working to schedule a launch for the Washington, D.C. and Northern Virginia Champions Circle. As F2F grows, we want to have Champions Circle chapters all around the country.



One of the Champions Circle's main responsibilities will be to plan and host the Champions Luncheon, which will take place on October 30th. We are thrilled to announce that our speaker will be Confidence Coach Christen Schefchunas. She is a swimming coach and mentor to United States Olympic athletes, world champions, and NCAA champions. Executive Director Tricia Russell and Board Member Brittney Drames met with Coach Christen in Atlanta in June. We look forward to working with her more!

If you would like more information about the Champions Circle, or if you want to join, please email Tricia at [tricia@fear2freedom.org](mailto:tricia@fear2freedom.org).

## F2F in the Community

This summer, F2F has been fortunate to work with numerous community organizations. We are so grateful to have the support of community groups that believe in the importance of sexual violence prevention and awareness!

F2F was so thankful to receive a generous grant award from the Community Knights Foundation. This grant will allow us to distribute 90 AfterCare Kits to hospitals and community partners in the Greater Peninsula area. F2F was also awarded a grant from the Rotary Club of Newport News. We will use these funds to distribute 30 AfterCare Kits to survivors in our community.

F2F had the honor of being recognized by the Point 2 Priorities Program on May 6. Point 2 Running holds a weekly running club, and semi-regularly, the members participate in what they call the \$5 5K. Point 2 chooses a local nonprofit or charity, and every runner donates five dollars to that particular organization. F2F was able to spend a lovely early summer evening chatting with the runners, explaining the importance of F2F's mission.

F2F was also represented at the Lionsbridge FC Soccer Game on May 22. F2F could not have been as successful at the event without the help of our volunteers. F2F had a great group of volunteers. Thank you for spending your Wednesday evening with us! F2F gave out information, sold merchandise, and helped work in the beer tent. We had a great time watching the game and we greatly appreciate the support of a team with such a wonderful fan base!

F2F was also nominated to One Hour Heating and Air Conditioning's competition called One Hour Cares. F2F competed against two other deserving nonprofits to collect the most Facebook 'likes' to be entered into a drawing to win \$5,000. We were featured on WTKR Coast Live! to advertise the competition and our organization, and we even brought Freedom Bear along with us! Unfortunately, F2F's name was not pulled out of the hat, but we want to say thank you to everyone who 'liked' us and to everyone who helped us spread our mission!



## Upcoming Events

Mark your calendars! F2F is getting ready for a busy 2019-2020 academic year. If you see your alma mater listed and want to attend the event, reach out to Maddie Amos at [maddie@fear2freedom.org](mailto:maddie@fear2freedom.org). If you don't see your school listed and you want to suggest a college or university, let her know that as well!

**August 5, 2019**

Water's Edge Church, Yorktown, VA.

**August 27, 2019**

NASA Langley, Hampton, VA.\*

**September 19, 2019**

Radford University, Radford, VA.

**October 6, 2019**

University of Maryland, Prince George County, MD.

**October 7, 2019**

Regent University, Virginia Beach, VA.

**October 10, 2019**

J. Sargeant Reynolds Community College, Richmond, VA.

**October 14, 2019**

1st Advantage Federal Credit Union, Yorktown, VA

**October 16, 2019**

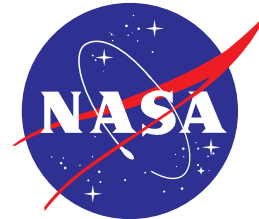
Lipscomb University, Nashville, TN.

*\*limited access to this event.*

## EmpowerMENT Story: *The Importance of Student Leaders*



“JMU Athletics was thrilled to host Fear 2 Freedom on campus as part of our Leadership Development Program. We know our student-athletes can be leaders in the goal to end sexual assault and Fear 2 Freedom allowed our athletes to see just how positively they can impact their teammates, friends and any survivor they may meet.” - Meredith Crawford, JMU Assistant Athletic Director for Student Athlete Leadership



**RADFORD  
UNIVERSITY**



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## Fear 2 Freedom Focus



We wanted to take this opportunity to shine a light on a member of our F2F community who has gone above and beyond to support our organization and our mission. Our first focus is Hailey Chohany. Hailey has taken on new responsibilities and remained a rock for the entire office. We couldn't have accomplished this much over the summer without her. As the Creative Director of Programs and Marketing, Hailey is largely responsible for the creative direction of Fear 2 Freedom's growth. Her work has brought new levels of excitement and social media engagement, and we can't wait to see what else she has in store.

## Get Involved!

We want to hear from you! If you are a survivor willing to share your story and inspire others, please contact us at [getinvolved@fear2freedom.org](mailto:getinvolved@fear2freedom.org). If you want to know more about F2F, donation options, upcoming events, or check out our online store visit our website at [www.fear2freedom.org](http://www.fear2freedom.org).



 *Fear 2 Freedom*  
*Champions Luncheon*

*Be the Change in someone's story*



**Champions Circle Luncheon, October 30, 2019**