



Annual Report

July 1, 2022-June 30, 2023



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



Here at Fear 2 Freedom we talk a great deal about Being The Change. We want to change the status quo of sexual violence in our country & communities. When Rosemary Tribble founded F2F in 2011, every 2 minutes someone in our country was sexually assaulted (why “2” is in our name). Now that number is every 68 seconds.

It takes extraordinary efforts from all of us working together to combat the reality of sexual violence on college campuses & in our communities. At the same time, our F2F Kits continue to meet an ever growing need, supporting survivors on their healing journeys through our community partners.

This Annual Report fiscal year, July 1, 2022- June 30, 2023, represents the extraordinary collaborative efforts of many people: our F2F Team, our Board of Directors, Champions, partners, schools, volunteers – & the extraordinary generosity of our donors, sponsors, grantors, & supporters.

In FY 22-23, our prevention programs impacted over 2,460 students & community partners in VA, DC, MD, OH & NY! We also crossed a major milestone. Since 2011, F2F has distributed over 32,000 F2F Kits for survivors of sexual violence. We also added a new Freedom Stone therapy tool to our adult F2F Kits.

I am awed by the extraordinary generosity we experienced this year. Faithful donors & new supporters stepped up with their resources, time, effort, & commitment. During Domestic Violence Awareness month, Verizon Wireless employees around the country sponsored \$2K in individual items for our F2F Kits. F2F’s Giving Tuesday was the best ever with contributions from 6 companies owned by a very generous donor. Our inaugural Champions Luncheon in Northern Virginia was a tremendous success! Over 200 guests joined us to Be The Change & then packed over over 100 F2F Kits for survivors.

Throughout the year our dedicated F2F team constantly contributed to our mission, but we can’t do what we do without YOU. Thank you for Being The Change & helping us Restore the Joy for survivors. As Changemakers all of your extraordinary efforts made this year possible.

Virginia Woodward
CEO, Fear 2 Freedom



FISCAL YEAR HIGHLIGHTS

23 EVENTS HELD

prevention education programs

21 HOSTS

of F2F programs

2,544 ATTENDEES

empowered at F2F programs

2,391 F2F KITS

assembled & distributed

1,292 HOURS

logged by volunteers

39 PARTNERS

10 medical & 29 community



PROGRAM OVERVIEW

F2F PROGRAMS HOSTED

23

ATTENDEES IMPACTED

2,544

F2F KITS PACKED

2,124

**new host*

Program Hosts

- CalvertHealth Medical Center*
- The Catholic University of America
- Central Virginia Community College
- Christopher Newport University
- Eastern Mennonite University
- Ferguson Enterprises
- Fordham University Feminist Alliance*
- Hiram College AmeriCorps Program*
- Longwood University
- Norfolk State University
- Northern Virginia Community College
- Old Dominion University
- Radford University
- Randolph College
- Regent University
- Tidewater Community College
- University of Mary Washington
- Virginia International Association of Forensic Nurses*
- Waters Edge Church
- Where Is The Line at CNU
- Williamsburg Community Chapel



PROGRAM SUMMARY

The 2022-2023 fiscal year saw F2F's sexual violence prevention programming back in full swing. We exceeded last year's event numbers to host 23 educational programs, which finally brings us back to pre-covid event levels .

During these programs we educated 2,544 participants who put their new knowledge into action by packing 2,124 F2F Kits for survivors in need. 4 of these programs were with new hosts that brought our empowering prevention programs to their audiences for the very first time.

The positive impacts these programs have go far beyond the survivors who receive these F2F Kits during one of their darkest times. They're felt by the event attendees who are empowered to take action to make a more compassionate world. They also make an impact on the direct service providers who dedicate their lives to this cause, and now have more tools for providing trauma-informed care to survivors.

We're so humbled to be able to be such a force for good, and this is all because of the hard work of our team as well as the continued support from you. Thank you!

“

We think the Freedom Bear is amazing. It gives them something to hold onto, to ground them during a traumatic experience.

Safe Harbor Staff

”



COMMUNITY PARTNERS

2,391

F2F KITS
DISTRIBUTED

F2F KIT RECIPIENTS

- Avalon Center
- Calvert Health Medical Center
- Catholic University
- Chesapeake Forensics
- Children's Advocacy Center of Portage County
- Children's Hospital of the King Daughters
- DC Forensic Nurse Examiners
- Doorways
- Fairfax County Victims Unit
- Freekind
- FRCMA DET Norfolk
- Fordham University
- Gloucester Mathews Care Clinic
- Hiram Americorps Program
- Laurens County Sheriff's Department
- LGBT Life Center
- Luminis Health
- Lynchburg General Hospital
- Mary Washington Hospital Center
- Menchville House
- New Alternatives
- ODU Women & Gender Equity Center
- Randolph College
- Rappahannock Council Against Sexual Assault
- Rauschenbusch Metro Ministries
- Riverside Hand in Hand Program
- Riverside Regional Medical Center
- Safe Harbor
- Safe House Project
- Samaritan House
- Sankofa Life Solutions
- Sentara Health
- Suffolk Pediatrics
- TownHall II
- Transitions Family Violence Services
- Virginia Beach Police Department
- Williamsburg Community Chapel
- Women's Resource Center of the New River Valley
- YWCA of Central Virginia



F2F KIT OVERVIEW



GRATITUDE FOR OUR PARTNERS

This year, we were honored to attend so many wonderful events. One highlight was our amazing time at Randolph College in April 2023. F2F was there for a kit packing event during President Sue Ott's inauguration. We were excited to see students pack 150 AfterCare Kits for two local partners and Randolph College. Both Lynchburg General Hospital and the YWCA of Central Virginia received 70 AfterCare Kits for children and adults and the remaining 10 iCare Kits stayed on Randolph College's campus. We are incredibly grateful for the opportunity to President Sue Ott for inviting us to her inaugural week and for her focus on serving the community.

Partners in this area provide services to so many people! There are six colleges and universities in the Lynchburg area. Due to the high population of students and young people, these partners remain incredibly busy providing services and education to all.

Luminis Health in Annapolis, Maryland also received 200 AfterCare Kits in April 2023 for children and adults. We are thankful for the generosity of Ferguson Enterprises for sponsoring the kits and having the amazing employees that helped pack the kits. Luminis Health has a dedicated staff of Forensic Nurse Examiners (FNE) that are able to use AfterCare Kits as tools to help support and provide comfort to survivors that come into their hospital.



“

Children counseling clients found the items to be very helpful and soothing, especially during their first session!

One client was so excited about the Freedom Bear and held on to it the entire session!

F2F Kit Partner

”

CHAMPIONS LUNCHEON

F2F's first Champions Luncheon in Northern Virginia was an incredible time of inspiration and compassionate impact! Over 200 guests gathered last April at the Westwood Country Club in Vienna, VA, during SAAM (Sexual Assault Awareness Month) to shine a light on the issue of sexual violence.



We are grateful to Virginia's First Lady, Suzanne Youngkin, for her compassionate remarks followed by Grace Nelson and Rosemary Tribble. When Lauren Bechtel Populus shared her survivor story, the spontaneous standing ovation given by all present is a forever testament of her courage and resilience.

We are happy to report that with NBC4 Susan Hogan's enthusiastic help during our Paddle Raise, along with the incredible generosity of event sponsors & hosts, we raised over \$100,000 for F2F's mission! Of equal importance, guests left the event transformed with a deeper understanding of SV issues & packed over 100 F2F Kits for survivors. A big thank you for an amazing, impactful event goes out to our event Chairperson, Kristen Shiveley, & our Champions planning committee: Mari Bonnemaision-Moore, Charlotte Chess, Brittney Drames, Grace Nelson, Tricia Russell, Linda Slattery, Rosemary Tribble, & Catherine Wood.

“

It doesn't take a superhero to be the change in someone's story-- all it takes is one act of kindness.

Rosemary Tribble, F2F Founder

”



NOVA COMES TOGETHER



FINANCIAL REPORT

Revenue & Support

Contributions & Grants	\$	189,634
Program Revenue		35,318
Special Events (net)		94,042
In-Kind		7,192
Other Revenue		10,868
<hr/>		<hr/>
Total Revenue		337,054

Program & Operating Expenses

Program Services	\$	367,740
Fundraising		20,559
Management & Admin		74,588
<hr/>		<hr/>
Total Expenses		462,887

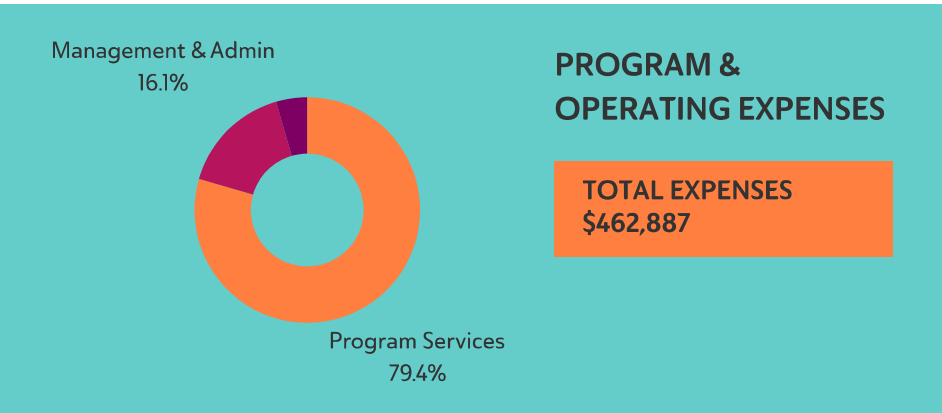
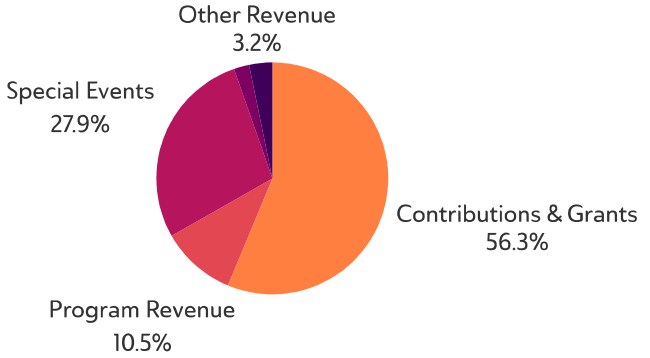
Net Assets

Beginning of Period (7/1/2022)	\$	654,676
Change in Net Assets*		(125,833)
<hr/>		<hr/>
Total Net Assets		528,843

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

REVENUE & SUPPORT

TOTAL REVENUE
\$337,054

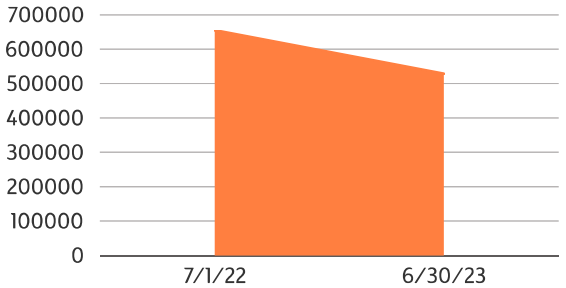


PROGRAM & OPERATING EXPENSES

TOTAL EXPENSES
\$462,887

NET ASSETS

TOTAL NET ASSETS
\$528,843





DONORS

FREEDOM BEAR CIRCLE

- Denise & Jess Brown*
- Steve Spain

DOVE CIRCLE

- Anne & Gus Edwards*
- Laurie & Bruce Jennings*
- Lars Lassen
- Todd & Elaine Stottlemeyer*
- Rosemary & Paul Tribble*

JOY CIRCLE

- Deb Cohen
- Bradford Edwards*
- Lynn Jacquez
- Terri & Matt McKnight*
- Lisa Odeh
- Fouad & Amanda Qreitem*
- Tricia & Scott Russell*
- Mitra Setayesh
- Linda & Jim Slattery*
- Barbara Williams-Skinner
- Jennifer Thornett*
- Mary & George Torggler*

EMPOWERMENT CIRCLE

- Paula Banatt
- Mari Ann Banks*
- Mari Bonnemaïson & Brooks Moore*
- Fran & Bryan Castellow
- Charlotte Chess*
- Anonymous
- Libby & Buddy David
- Fred Hagerman
- Ann Hand
- Kristie Harrell
- Sidney & Gene Jordan
- David & Shawn Long
- Joanna Mansour
- Joely Mauck*
- Kelly & Jim McGowan
- Zachary McKenelley
- Carlyn Menser
- Grace Nelson*
- Patsy Norton
- Jon Peterson
- Kristen Shiveley*
- Anonymous
- Ramona Tarkington-Deal & Robert Deal
- Virginia Woodward*

BE THE CHANGE CIRCLE

- Rachelle Aiken
- Leyla Becker
- Elaine Beeman
- Alexis Carter
- Stephen Cataldo
- Teresa Chalsma
- Alden Coe
- Victor Deal
- Sharri Dean
- Lea Ann Edwards
- Nancy Forbes
- Charlotte Graham-Clark
- Jeffrey Greene
- Katherine & Ronald Haggerty
- Kim Hinson
- Ann Hunnicutt
- Claire & Michael Jacobs
- Stacey Kincaid
- Cindy & Mark Kranich
- Katherine Lockwood
- Dawn Luecke
- Carol & George Madison
- Claire McCleery





**Sponsors & hosts for our Champions Luncheon*

BE THE CHANGE CIRCLE

- Barbara & Arthur McKenny
- Cindy & Thomas Meehan
- Robert Pennington
- William Pile
- Jeffrey Powell
- Amanda Qreitem
- Nashwa Rizkalla
- Grace & Steve Spain
- Joanie Stump
- Walter Williams
- Dwight Woodward

HOPE CIRCLE

- Anonymous
- Susanne Adams
- Cathy Aldrich
- Abby Anderson
- Traci Anderson
- Charlene Austin
- Ann Baise
- Gregory Bath
- Helen Bath
- Elizabeth Bliss
- DeAnn Boehm
- Theodora Bostick
- Venus Britt
- Julia Brock
- Candice Bryant
- Carol Carey
- Carolyn Chappell
- Daniel & Anna Chenoweth
- Linda Chrosniak
- Valerie Clark
- Jeff & Jacky Copeland Family Fund
- Heidi Cromwell
- Barry Culman
- Courtney Cumberland
- Jennifer Davidson
- Marilee Davis
- Mischelle Dean
- Leyla Deprenger
- Rhonda & John Dicarolo
- Julie Dixon
- Brittney Drames
- Susan Van Dyke
- Shelly Eagen
- Christine Edwards
- Melanie Erler
- Kathy Erstling
- Eric Eskola
- Penny Fischer
- Jessica Fitzgibbons
- Paul & Maureen Flanagan
- Andrew & Colleen Fox
- Deb German
- Lisa & Mark Gero
- Nicole Gillen
- Megan Gillis
- Susan & Rob Goetz
- Carla Goffe
- Ashley Greer
- Pooja Gupta
- Glenna & G. Anthony Hahn
- Fatuma Hashi



Supporters listed made gifts of \$100 or more during FY 22-23

HOPE CIRCLE

- Martina Heilemann
- Kylene & Matthew Henson
- Donna & Tom Herbert
- Kim Hinson
- Christina Hogan
- Missy Horowitz
- Chris Howe
- Susan Ippolito
- Sue Ivy
- Navid Kaviani
- Sylvia Kelty
- Nancy & Kendall Jones
- Mary Kennedy
- Xenia Kerstanski
- Theresa & Vincent Joseph
- Bettie Joy
- Judi Kay
- Kim Klimkiewicz
- Jen Koberg
- Bonnie & Jeffrey Laibstain
- Susan Langlie
- Nancy Lawson
- Bettina Lee
- Leslie LeRoy
- Charlotte Lesando
- Christina Liesegang
- Eda Lucas
- Susan Lucidi
- Lucille Maloney
- Patricia Mangas
- Lisa Martin
- Tempe Martens
- Susan McCaskill
- Daria McGeehan
- Erin McGovern
- Sean McMahan
- Kathy McRoberts
- Christina Michael
- Andrew Monroe
- Susan Motiff
- Wongani Mtika
- Nko Mutangana
- Mary Jo Myers
- Carolyn O'Connell
- Cheryl O'Connor
- Jaime Orlando
- Mary & David Peebles
- Sharon & Elwood Perry
- Kathleen Pfost
- Christina Pisani
- Linda Poe
- Thora Pollak
- Lauryn Pomeroy
- Mary & Larry Pope
- Brooke & John Potthast
- Penny & Lawrence Pulley
- Paula Reeves
- Courtney Riley
- John Riordan
- Julie Robinson
- Wendy Rosenblatt
- Maey Salazar
- Eva Santiago
- Margaret Anne Saunders
- Marnie Schaar
- Caleb Schutz
- Anna Scott
- Dede Sechser
- January Serda
- Eve Shapiro
- Jane Sibley
- Gaby & Jason Slattery
- Nedra Smith
- Jacquelyn Stone
- RJ Thacher
- Adelia & J Lynn Thompson
- Molly & Tim Trant
- Cristin Toutsis Grigos
- Bonita Townshend
- Fran Usher
- Elsa Willis
- Stephanie Wilson
- Carolyn & Frank Wolf
- Dana Wozny
- Susan & John Yates
- Elizabeth Young
- Rachel Zurich



Supporters listed made gifts of \$100 or more during FY 22-23

CORPORATE SUPPORTERS

**Supporters who made contributions
to our Champions Luncheon*

FREEDOM BEAR

- Riverside Health System

DOVE

- 149 Warwick Court LLC
- Ash & Kay LLC
- Fairfax City Self Storage*
- Huntington Ingalls Industries*
- Spain Commercial Inc
- Spain Properties LLC
- Todd & Elaine Stottlemeyer Charitable Trust*

JOY

- CJ Lake, LLC*
- Deb Cohen Real Estate*
- ION International Training Center, LLC*
- Paisano's*
- Peterson Development Companies LC*
- Preston's Pharmacy*
- NFL Alumni Association*
- Washington Fine Properties*

EMPOWERMENT

- Coastal Fermentory
- Northwest Federal Credit Union
- Orange Theory Fitness
- S & T Commercial Cabinets LLC
- York River Flooring

BE THE CHANGE

- Alpha Phi of Christopher Newport University
- CarMax

HOPE

- Prosper Insurance employees
- Country Club of Fairfax (honor: Laurie Jennings)
- Wasserhund brewing Company



GRANT MAKERS & FOUNDATIONS

HERO

- Frank Batten, Jr.

FREEDOM BEAR

- Ferguson Enterprises, Inc/Ferguson Cares
- Langley for Families Foundation
- Newport News Shipbuilding
- Randolph D. Rouse Foundation, Inc.

DOVE

- Priority Automotive Charities

JOY

- Southeast Virginia Community Foundation SEVACF

EMPOWERMENT

- Gloucester Community Foundation

BE THE CHANGE

- Community Knights
- Matthews Community Foundation

IN KIND CONTRIBUTIONS

- Benny Cantiere's
- The Butcher's Son
- CD West & Company Real Estate

- Merrifield Garden Center*
- Nothing Bundt Cakes*
- Siobhan O'Brien Photography
- Verizon Wireless Employees

FREEDOM STONES

When F2F's CEO first started with F2F, she shared how two engraved stones our founder Rosemary Tribble gave her 20+ years ago meant so much to her. On tough days they remind her that restored joy is possible. Since then many other survivors have shared how they treasure the stones she gave them!

This year to honor Rosemary, we added a new item to our F2F Kits: a Freedom Stone. These Freedom Stones are now featured in all of our adult F2F AfterCare & iCare Kits. Freedom Bear may be a little awkward to take everywhere with you, but our new Freedom Stone fits in a pocket, purse, or wallet.



When paralyzing fear or despondency overwhelm hearts, survivors can pull out their Freedom Stones to use as stress stones until the feelings pass. These special stones also serve as a reminder that it's possible to move from fear to freedom, something Rosemary showed us how to do!



FY 22-23 HIGHLIGHTS





VOLUNTEER HIGHLIGHTS

In the spring F2F received a shipment of 5,000 Freedom Bears for our F2F Kits. What makes Freedom Bear extra special (& a trademarked therapy tool) is the magic paper in its backpack. Survivors can write their fears, worries & pain on these slips of paper to tuck away in Freedom Bear's heart. When they're ready to let go of their fears - months or years later - they can watch these slips of paper dissolve in a glass of water, a tangible release.

F2F can't do what we do without our volunteers! Each of our 5,000 new Freedom Bears required assembly. Magic paper needed to be cut into 50,000 precise slips to tuck (10 each) into Freedom Bear's backpack, then put on each Bear. Over 50 volunteers worked tirelessly the whole month of June to cut, tuck & assemble before our Annual Inventory Day on 29 June. On June 28th a group of committed High School volunteers got us to our goal - just in time!

Seeing groups of volunteers fill our offices & warehouse all month & then turn out for our Annual Inventory day, truly was a kaleidoscope of mission moments!

“

Freedom Bear helps those wounded identify and process the 'terrible thing they are trying to forget' and begin the healing process.

Rosemary Tribble

”





BOARD OF DIRECTORS

Rosemary Tribble *(founder)*

Fran Castellow *(president)*

David Long *(vice president)*

Kelly Martin McGowan *(secretary)*

Dan Chenoweth *(treasurer)*

Sue Ivy *(past president)*

Mari Bonnemaision-Moore

Denise Brown

Alexis Carter

Dr. Brittney Drames

Katherine Haggerty, NP

Claire Jacobs

Holly Jones

Tricia Russell

Kristen Shiveley

Steve Spain

Molly Trant

Walter Williams, Jr.

Elizabeth Young, RN BS SANE-A

Rene Bowditch *(emeritus)*

Carol Downey *(emeritus)*

Linda Slattery *(emeritus)*

OUR TEAM

F2F STAFF

Virginia Woodward
Chief Executive Officer

Kadetra Cooper
Chief Operating Officer

Lauren Carrasco-Kyllonen
Director of Programs

Isabella Notvedt
Partnerships & Logistics Coordinator

Abigail Sams
Development Coordinator





CONNECT WITH US



@fear2freedom



@fear_2_freedom



fear 2 freedom

FEAR2FREEDOM.ORG