



CHAMPIONS CHAT

Your Champions Circle Newsletter

A few words from Virginia...



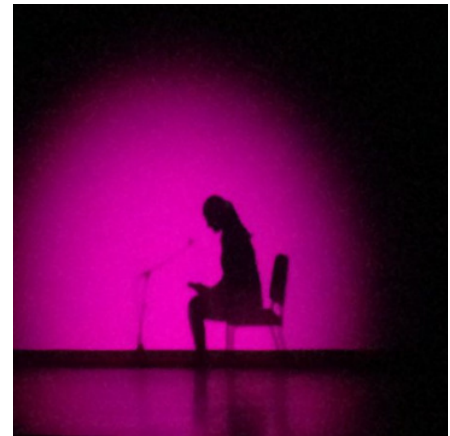
As the month of January comes to a close, 2022 may not have started out quite as planned. We may have thought we were over the worst of the pandemic, but COVID-19 (& variants) still pose challenges – big ones! So many things out of our control have disrupted our plans, our work, and our lives.

Meanwhile sexual violence continues unabated.

At times like these, Rosemary's example of enduring joy – the restored kind that can't be easily stolen away – gives me hope. As Champions I encourage you this New Year to take a page out of Rosemary's book. Let's keep moving from fear to Freedom in 2022!

Courageous Moment...

In November CNU's WITL hosted their Shadow Event where 9 student survivors shared their stories anonymously behind a screen. Hearing their stories – the horror, fears & tears of what they endured – overwhelmed my heart. Yet, their willingness to share inspired me (& the 200+ event attendees gathered there) as a courageous step on the path from fear to freedom in their journeys of healing.



Champion Inspiration

“Don't be afraid to be afraid. Courageous people are often afraid. In fact, that's why they need courage in the first place! Have the courage to go beyond your fears. Have the courage to go beyond shoulda-coulda-woulda.” Maria Shriver

Ways you can support F2F!

JOIN FEAR 2 FREEDOM'S COMMUNITY OF MONTHLY DONORS

 <p>Builder of Hope \$30/Month</p> <p>Cost for F2F to provide 1 AfterCare Kit to a survivor of sexual violence</p>	 <p>Agent of Change \$60/Month</p> <p>Cost for F2F to supply 3 iCare Kits to community partners serving survivors</p>	 <p>Dove of Peace \$100/Month</p> <p>Amount for F2F to cover costs of clothing items for 10 survivors enduring the forensic exam</p>	 <p>Freedom Warrior \$250/Month</p> <p>Cost for F2F to offer prevention and outreach opportunities through program support</p>	 <p>World Changer \$500/Month</p> <p>Cost for F2F to fund 1 virtual H2E program for up to 200 attendees</p>
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Monthly Giving.

In December F2F launched a new monthly giving plan on our website. As a Champion you can help us further our mission by joining & promoting our Pillars of Change monthly giving platform. With giving levels ranging between \$30-\$500/month, you can now select a monthly gift based on desired levels of impact. Please invite your friends to join a group of difference makers dedicated to providing fundamental monthly support for F2F AfterCare and iCare Kit packaging and distribution, H2E program support and outreach.

10th Anniversary Gala.

We are getting excited for our upcoming Gala on March 19th, 2022 at the Ferguson Center for the Arts. After 2 years in the planning, we are looking forward to celebrating 10 years of Fear 2 Freedom. The evening will include heavy hors d'oeuvres, wine, and a concert by Recording Artist Morgan James. We will celebrate the courageous leadership of our beloved founder, Rosemary Tribble, while we raise critical funds to sustain our mission.

If you haven't signed up yet, Corporate Sponsorship and Table Host opportunities are still available. Visit F2F's website for host & sponsorship forms.

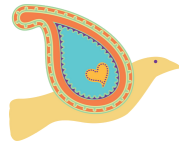


Facebook Live with Rosemary Tribble.

Mark your calendars for February 9th, 2022 at 1:00pm for this month's Facebook Live with our CEO, Virginia Woodward, featuring our fearless founder, Rosemary Tribble. You won't want to miss this! Virginia and Rosemary will be discussing topics such as enduring joy & the history of Fear 2 Freedom in preparation for our 10th Anniversary Gala.

Public Virtual H2E.

Join F2F's Director of Programs, Lauren Brennan, on February 16th, 2022 at 12:00PM for a virtual Hour 2 Empower educational program on the essential components of prevention and response to Intimate Partner Violence (IPV). Registration is free and open to the public. Sign up today!



Connect with Us

We would like to to hear your suggestions, inspirations and mission moments! Give us a shout out on social media:

Facebook: @Fear2Freedom
Instagram: @fear_2_freedom
fear2freedom.org
getinvolved@fear2freedom.org

Upcoming Dates

- **February 9 @ 1:00pm:** Facebook Live with Rosemary Tribble
- **February 16 @ 12:00pm:** Public F2F Hour 2 Empower on IPV
- **March 19, 2022:** 10th Anniversary Gala at the Ferguson Center