Happy Holidays! This is my favorite time of the year. As my family will tell you, I have a tendency to go a little overboard, and I intend to do the same this year. 2020 has been a year unlike any other for most of us. For some, it has been a devastating year. In this time, we are grateful for loved ones and for the compassion we are able to provide to others. We are so grateful for the generosity and support of our life-changing work with survivors of sexual violence! We are hoping for peace and joy in 2021.

At Fear 2 Freedom, we have transitioned our prevention education programs to a virtual platform and have offered them as complimentary to reach more students. We continue to pack and send our F2F Kits to hospital and community partners all over the United States. We might not physically be on campus, but the care, compassion, and work of our mission doesn’t stop. Students need to be empowered, and survivors need to be supported. We will continue to reach these individuals, whether in-person or virtually.

2020 IN REVIEW

While 2020 has been an unusual and often difficult year, your consistent support allowed us to create new and innovative ways to further our mission. Because of YOU, our important work moved forward in the following ways:

- Transitioned all of our prevention education programs to a virtual platform
- Added 10 new hospital and community partners for our F2F Kit Distribution program
- Built partnerships with YWCA locations in 3 new states
- Developed a partnership with the Newport News Police Department Domestic Violence Team to provide F2F Kits to each precinct
- Surpassed 27,000 F2F Kits distributed since 2011

Most importantly, you allowed us to provide nearly 1,300 survivors with F2F Kits, gifts of hope & compassion.
Freedom Bear is more than a cute face. He can be a powerful healing companion for survivors. Holding onto Freedom Bear can provide a physical source of comfort during difficult times such as medical, legal, or counseling appointments. He can also be part of a therapeutic exercise. Write a fear on his special paper, place it in his heart pocket for him to carry, then when ready place the paper in hot water and watch those words disappear as the paper dissolves.

Do you have loved ones that need a little extra support right now? Bring a healing companion into their life by introducing them to their very own Freedom Bear: fear2freedom.org/f2f-store
10 FOR 10 IN F2F’S 10TH YEAR

10 years of restoring hope and dignity to survivors deserves a special celebration! In honor of 10 years of supporting survivors, F2F is proud to announce 10 for 10: a monthly giving program and an easy, affordable way to change lives.

Just $10 a month will provide hope and healing in the form of F2F AfterCare Kits to four survivors in F2F’s 10th Year. For less than the price of two cups of coffee per month, you can provide support to survivors in the community.

Donors also have an option to create a team of 10. If you create a team of 10, your combined support will sponsor one of F2F’s signature Hour 2 Empower programs, impacting up to 900 people: 450 students and 450 survivors. Be one of the first ten teams to sign up, and you’ll be a Charter 10 for 10 Team, with special access to meetings with Tricia Russell, Executive Director, and Rosemary Trible, Founder.

Visit fear2freedom.org/10for10 to sign up today!

If you have any questions, please contact Director of Development, Kristin Ritchey, at kristin@fear2freedom.org.

Chesapeake Forensic Specialists (CFS) has been an incredibly important partner to F2F since our organization was founded. The CFS team is made of Sexual Assault Nurse Examiners (SANE) available 24/7 to provide forensic exams to victims of sexual assault throughout the Southside (Chesapeake, Norfolk, Portsmouth, Suffolk, and Virginia Beach). CFS refers patients to community and law enforcement resources, providing opportunities to further their healing process. CFS is the only stand-alone SANE program in Virginia.

Jennifer Knowlton, Director of CFS, said, “Victims experience many fears after a sexual assault, like the fear of not being believed, fear of retaliation for reporting, fear of the criminal justice system, and now the added fear of going to a hospital due to COVID-19. CFS provides forensic exam services outside of the traditional hospital emergency room setting.” F2F is so grateful for the support that CFS can provide for survivors, and we are thankful for our ten year partnership!
To engage our online supporters and our incredible partners, we hosted our first FB Live session with Mary Kate Andris, Executive Director of the YWCA South Hampton Roads. We discussed signs of abuse and ways to help others and seek resources. We invite you to join us on our upcoming live sessions!

- **December 17**, F2F Donors
- **January 11**, Transitions Family Violence Services and the Department of Homeland Security
- **January 28**, Transitions Family Violence Services and the Virginia Attorney General