



CHAMPIONS CHAT

Your Champions Circle Newsletter

Tricia's Thoughts

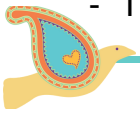
Hello Champions!

This will be my last Champions Chat so I wanted to take a moment to say thank you to all of you who have supported Fear 2 Freedom and especially me during my 3 years as Executive Director! It has truly been an honor and a privilege to lead this organization and I am so proud of all we have accomplished! I am excited to join the Board again and become a Champion like you! I will still continue to be very involved with F2F, so I look forward to continue working with you and helping F2F do amazing things! I am very excited for you all to get to know and engage with our new CEO, Virginia Woodward. I am very confident that she will take what we have done and move us even further. I hope you will join me in welcoming her and supporting her however you can!

With much gratitude and joy,

- Tricia

*Thank!
You!*



Rosemary Tribble and Tricia Russell hosting our May 20, 2021 Virtual Gala Celebration. In case you missed it, the link to the video can be found by clicking the Gala Event Link.

SAVE THE
date

10/22/21
Winery Event

3/19/22
10th Anniversary
Gala

Member Birthday & Anniversaries



July 11: Candy Snyder

July 15: Denise Brown

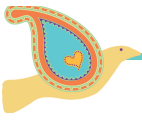
July 23: Susan Bryant

August 22: Brittney Drames

September 18: Sue Ivy

September 23: Brynn Beal

September 25: Mary Johnson



Christen's Corner

Coach Christen joined Executive Director, Tricia Russell for a Facebook Live in honor of Women's History Month. They discussed women's empowerment and tips & tricks to get past your self doubt. If you missed the video, you can replay on F2F's Youtube Channel with the link listed below. Be sure to Follow us on Youtube so you don't miss any new content by clicking the link below.



Impact Story

"The Kits have played a major role in the services that we provide. It's not commonly understood how much a survivor loses after an assault. These Kits have brought hope and restoration of healing to survivors. To see the change in perception is truly incredible. "

- Jessica Ripley, Community Response Coordinator, Avalon Center

Gala Committee Luncheon

On June 8, 2021 the committee came together to share lunch with Rosemary and introduce our new CEO, Virginia Woodward. We also met to discuss the upcoming October **Williamsburg Winery Event** scheduled for **October 22, 2021**. Click the link below for more details!



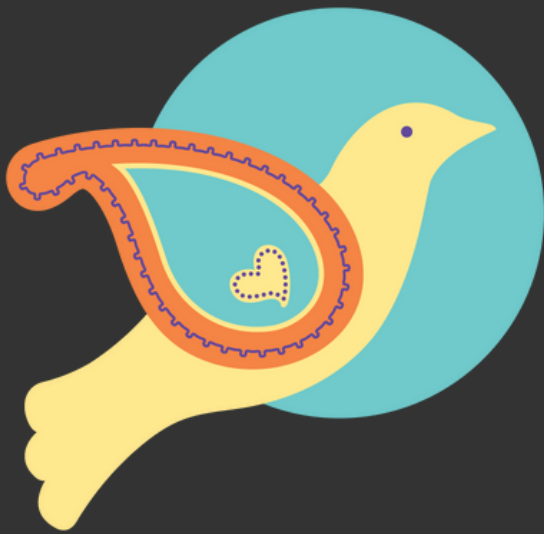
Connect with Us

We can't wait to hear your suggestions, inspirations and mission moments!

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

Upcoming Dates

- **July: TBD**
FB Live with F2F CEO and Kelly McGowan
- **August**
RedZone



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educate | support | empower

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