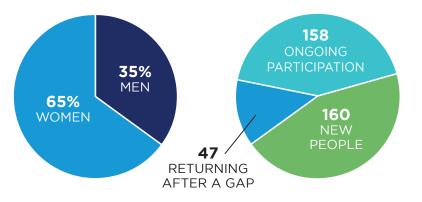
We are proud to have made a direct contribution to the emotional, spiritual and relational health of 365+ people in 2023. That is an estimated 5,015+ family, friends and colleagues who also benefited. We have a vibrant community, in-person and online to maximize accessibility.

2023 g/a



Growing in healing involves sharing healing with others.

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At least 20% of our community volunteered in the last 12 months to provide support veteran with PTSD to others in the community. That is **79 people** on at least 850 occasions. grieving woman for their distressed child marriage suicide pastor getting help save their of thoughts overwhelmed trying to with ent Dar man struggling

couple

woman in despair about her relationship with God

Rather than focus on individual sessions, we encourage numerous small group moments, where people can encourage each other and healing becomes contagious. Everyone chooses their own program to best suit their needs.

ČĚČĚČĚČĚČĚČĚČĚČĚČE 1800 ATTENDANCES AT WOMEN'S SMALL GROUPS

442 ATTENDANCES AT MEN'S OPEN GROUPS

242 ATTENDANCES AT WOMEN'S Q&As

1102 ONE-TO-ONE SESSIONS

327 ATTENDANCES AT COMMUNITY EVENINGS

11 314 ATTENDANCES AT OTHER COMMUNITY EVENTS

1867 HOURS OF WORKSHOP ATTENDANCE

Would you like to make an end-of-year gift or setup a regular gift for next year? EVERY DOLLAR HELPS US HELP OTHERS.





GIVE ONLINE AT https://findingfreedom.kindful.com



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