

**WOMEN'S SUPPORT FUND**

*Will you join us in transforming the lives of women around the Gallatin Valley and beyond?*

We can all feel overwhelmed, stressed, anxious, and in need of some TLC. Finding Freedom provides **FREE SUPPORT** to anyone looking for greater emotional, spiritual or relational health.

***This month, we want to give special attention to women - women who need:***

- help recovering from trauma
- support with relationship difficulties
- tools for depression or anxiety
- peer support in a time of crisis or emotional illness
- empowering for more growth in their spiritual life

***Women's Weekend Away***

We have welcomed 60+ women to our Weekend Away this month, many for the first time, many with scholarships. Our ongoing Support Fund allows us to continue to help women recover and grow into greater emotional health.



**\$150**

supports a woman to get started on her journey into healing and wholeness



**\$350**

sponsors a woman for several one-on-one appointments to help her begin to see breakthrough in her healing journey



**\$500**

contributes to the cost of maintaining *The Landing* as a safe place for women to meet one-on-one, in small groups and in community

*Every contribution makes a difference...*

# Together, we can offer transformative change to the women of our communities...

## DID YOU KNOW

- 34% of adults in Montana reported anxiety or depressive disorder last year.
- Montana has the 2nd highest rate of children receiving mental health care across all states.
- Montana has been in the top 5 suicide rate for all age groups for the last 30 years. The youth suicide rate is double the national average.
- Montana has only 27% of the mental health practitioners needed.

## HELP IS URGENTLY NEEDED

Everyone can feel overwhelmed and stressed due to trauma, job situations, family events, etc. This begins to affect the entire family at some point. That is where we come in. Finding Freedom provides FREE and SUSTAINABLE community-based support to those in desperate need.

## IN 2023 FINDING FREEDOM SUPPORTED

- 1,323 in-person and online one-on-one sessions to identify the triggers and vulnerabilities of poor mental health, creating personalized 'homework' for their road to recovery.
- 68 people with weekly small groups to create friendship, support, and accountability in their healing journeys.
- 417 people with resource for improved health and well-being (176 new this year).
- A total of 6,027 attendances at our various events and activities throughout the year.
- 100+ people volunteering to support others and expand *The Landing* as a safe place to find greater healing.
- 5,000+ people in local communities – partners, children, extended family, friends, colleagues, church members and more – who have been impacted by the improved emotional, spiritual and relational health of those close to them.
- Peer support and a chance to belong and participate in therapeutic community, with an optional Christian faith dimension to anyone who might find that helpful.

## YOUR GIFT MEANS WE CAN GIVE

Your financial gift helps us offer mental health and well-being to anyone in need without the burden of financial cost. It lightens the load for healing to begin. ***Would you consider partnering with us with a regular or occasional tax deductible donation so that we can continue to provide these free services to our Gallatin County area and beyond?***

## Ways to give...



SCAN  
QR CODE



### MAIL A CHECK TO

Finding Freedom, 2419 E Cameron Bridge Rd,  
Bozeman, MT 59718



TEXT 'GIVE' TO  
406-306-7373

Name \_\_\_\_\_

Address \_\_\_\_\_



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

Email \_\_\_\_\_

***THANK YOU for your donation - every woman who receives help joins us in thanking you for your generosity!***



The Landing | 2419 East Cameron Bridge Road | Bozeman, MT 58718  
406-570-7040 | [www.findingfreedom.solutions](http://www.findingfreedom.solutions)

Finding Freedom is a registered 501(c)(3) nonprofit organization (Tax ID # 82-3389364)