

We love the flexibility of people participating in whatever way suits them best, but we also want you to have a sense of the wider community of Finding Freedom and Rapha Journey. We are all pressing into life-changing emotional, spiritual and relational health. *Here's what you've been a part of in 2025...*

Finding Freedom had an amazing number of people we engaged with as clients, donors, visitors and more. *This is a 38% increase since 2024.*



### INDIVIDUAL SESSIONS

**1,496 sessions with 284 people**  
(1,179 SESSIONS WITH 200 PEOPLE IN 2024)

*The first connection people often make is a conversation with Peter or Susan. In addition to sessions, they offered at least 850 other moments of support, including an additional 45 people.*

*The heart of our work is encouraging people to meet in groups, to share stories, to learn from each other and offer meaningful support.*



### MEN'S GROUPS

**43 men meeting 793+ times**

**WEEKEND AWAY WORKSHOPS:**  
**89 men and women attended**



### WOMEN'S GROUPS

**41 women meeting 1,500+ times**

**Q&As:**  
**67 women meeting 426 times**



### VOLUNTEERING

**Total Hours: 2,297**  
**89 people offering...**  
374 hours peer support  
308 hours on *The Landing*  
1,248 hours for various gatherings

*Our community thrives on volunteer support. These figures are just what we know about - there has been so much more! 😊*



### DONORS

**100 occasional and regular donors in 2025**

*The number of individual donors has slightly increased, but the average size of donation and the number of regular donors has noticeably dropped in 2025. This is a significant priority for development in 2026.*



### OTHER COMMUNITY GATHERINGS

**254 people participated 828 times**



### INTERNATIONAL INTERACTION

**91 people with 119 sessions and 461 other event attendances**

*We are delighted to continue to support people from the UK and elsewhere, through men's and women's Q&As and an online discussion forum.*

*Our statistics run from October 2024 - September 2025. Finding Freedom is a non-profit organization with a fiscal sponsor (Fiscal Sponsorship Allies) so that all donations can be tax deductible.*

**Would you like to make an end-of-year gift or setup a regular gift for next year?**

**Every gift helps others find freedom and creates more giving!**



SCAN QR CODE



**GIVE ONLINE AT**  
<https://findingfreedom.solutions/give/>



**MAIL A CHECK TO**  
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