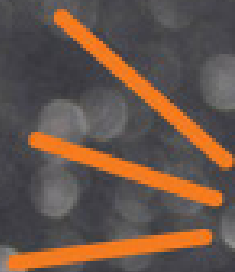


Breaking Free Foundation



ANNUAL REPORT

A look back at 2022



FINANCIALS + SUCCESSES + MORE



OUR MISSION

TO PROVIDE SURVIVORS OF TRAUMATIC LIFE EVENTS WITH THE TREATMENT AND SUPPORT NEEDED TO RECLAIM THEIR LIVES.

OUR VISION

TO BUILD A HOLISTIC HEALING CENTRE FOR THOSE TOUCHED BY TRAUMA. WE AIM TO BE ACCESSIBLE AND OFFER A VARIETY OF THERAPEUTIC MODALITIES FOR ALL WALKS OF LIFE. TRAUMA AFFECTS US ALL DIFFERENTLY, AND WE NEED DIFFERENT PATHS BUT WE ARE ALL HEADED IN THE SAME DIRECTION — TO HEALING.



HELPING IS HEALING.

WHAT WE DO

We aim to make trauma healing accessible to everyone, regardless of economic status. Healing is possible, and the tools and resources to help should be available to everyone.



TRAUMA THERAPY GRANTS

The main focus of the *Breaking Free Foundation* is to help make trauma healing more accessible for everyone. One of the ways in which we are doing this, is through our Therapy Grant Program.

Applicants who are approved, will receive a \$750 grant, paid directly to a vetted, trauma-informed therapist with a psychology designation. We ensure the therapists we work with are accredited and specialize in trauma therapy. By paying them their full rate, we can also support the professionals in this field as well. Candidates can re-apply for a second grant as well.



FREE MEET-UPS

Our twice-monthly meet-ups are one of our most successful programs and one that we are very proud of. Members of the BFF team lead a group conversation about trauma and healing. We hold one meeting in Calgary, Alberta and one online.

People come to participate actively or simply as a listener, as these are safe spaces to connect with BFF and the trauma and healing community. Participants in the group have seen incredible growth and gain insights from their peers on how to cope, move forward and even thrive in their lives. Our meetings are held in donated space: Centre for Wholeness & Wellbeing.



THE VICTOR WALK

The Victor Walk is an annual national awareness movement powered by an "Orange Wave of Courage". The Victor Walk gives a voice to those affected by the trauma of childhood sexual abuse and rape. Our first Victor Walk in 2013 was a huge success nationwide, and since then we have been working to keep the momentum high with the community we've built up together. The Victor Walk gives a voice to those who have been affected by trauma throughout their lifetimes and shifts people from victim to VICTOR.



TESTIMONIALS FROM PEOPLE WE HELPED IN 2022.

"I cannot express how grateful I am to have received this [therapy] grant. It has honestly provided me a lot of financial relief during a time when I really needed the help. Additionally, the therapy sessions have been incredibly helpful in my own recovery process." — Katelyn

"I cannot thank you enough for your support and clear communication throughout the [therapy grant] process. You gave us bright spots of hope and support during a hard time." — Cathy

"Finding BFF and their monthly meet-ups came at a time when I was searching for support. It has been very important in my healing journey to find a peer group because trauma can be very isolating. Having a safe place to talk, listen to others, and learn has helped take a big weight off and be a place to overcome." — Kim

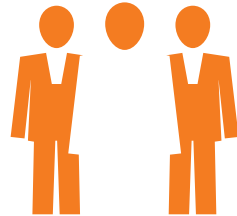
**" Accepting, non-judgemental.
They REALLY get it. Thank you."
— N.V.**

2022 NUMBERS

VICTOR WALK EVENTS IN BRITISH COLUMBIA

5

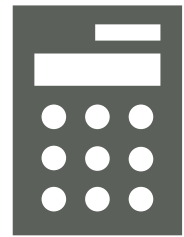
We took the Victor Walk to Kelowna, Vernon, Revelstoke, Golden and Canmore during July 2022.



15 MEET-UPS

We held 12 in-person trauma support meetings in 2022, with 3 special meetings at Rafter U7 Ranch.

THERAPY GRANTS: 122 RECIPIENTS



We doled out a record 120 Therapy Grants in 2022.

Our ability to give out Therapy Grants is limited only by our funding. We have a waiting list of 80 to 100 Albertans living with PTSD at any given time.

FUNDING SOURCES

Golf tournament fundraiser = **\$9,740**

Flames Foundation community grant = **\$25,000**

Unreceipted gifts = **\$11,955**

Donations from individuals and organizations = **\$45,029**



135

APPROVED AND VETTED TRAUMA THERAPISTS ARE CURRENTLY PART OF THE BREAKING FREE FOUNDATION THERAPY PORTFOLIO.

OUR EXPENSES



Admin = \$3,038

Merchant fees = \$1,904

Fundraisers = \$8,309

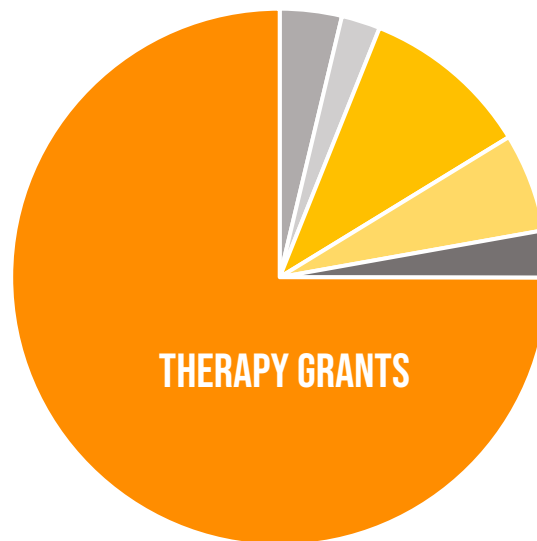
Bookkeeping = \$4,836

Legal = \$2,308

Therapy Grants = \$61,095

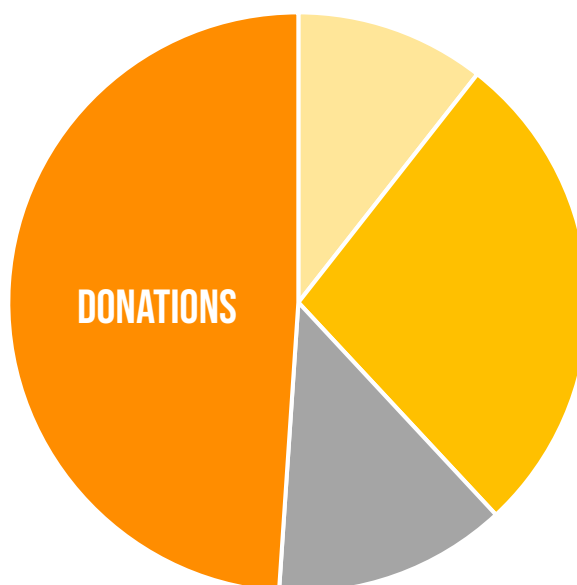
FINANCIALS 2022

FUNDING OUTPUT 2022



■ Admin ■ Fees ■ Fundraisers ■ Bookkeeping ■ Legal ■ Therapy Grants

SOURCES OF FUNDING 2022



■ Fundraising events ■ Gifts from charities ■ Unreceipted gifts ■ Donations

WAYS TO CONTRIBUTE

1

MAKE A DONATION

We are a registered charity (752865311 RR 0001). Donations over \$25 will receive a tax receipt. Donate online: www.breakingfreefoundation.ca

2

DONATE A CAR

If you are looking to donate a car, you can turn your vehicle donation into generous dollars to support us. Working on our behalf, Donate a Car Canada will accept your vehicle for donation — running or not.

3

SPONSOR A SIGNATURE EVENT

Every year, Breaking Free organizes three signature fundraising events: Poker Tournament, Victor Walk and Golf Tournament. There are many ways for you or your company to take part, from event sponsorship to buying tickets and more.

Supporting a signature event not only allows you and/or your company to give to us in a fun and meaningful way, but it also provides valuable opportunities to raise awareness and position your brand as a community partner.

To learn more, visit: breakingfreefoundation.ca.

4

HOST YOUR OWN FUNDRAISER

Have a great idea to host a fundraiser for a cause in your community? Consider making us your charity of choice and put on an event or initiative with the proceeds going to Breaking Free. We always recognize the amazing companies who fundraise for us.

MORE EASY WAYS TO SUPPORT

GIFTS/BEQUESTS

Leave a donation to *Breaking Free Foundation* in your will.

NAME A ROOM AT OUR FUTURE FACILITY

Purchase the naming rights to a room at our future healing centre as a way to honour a loved one or leave a legacy.

GIFTS OF LIFE INSURANCE

An affordable way to make a larger gift to *Breaking Free Foundation*.

NAMING RIGHTS

Naming rights on healing programs or rooms at the healing centre for gifts over \$10,000. Naming rights on the centre itself for a gift exceeding \$1-million.

DONATE SERVICES IN-KIND

Donate essential services like marketing, accounting or other business functions.

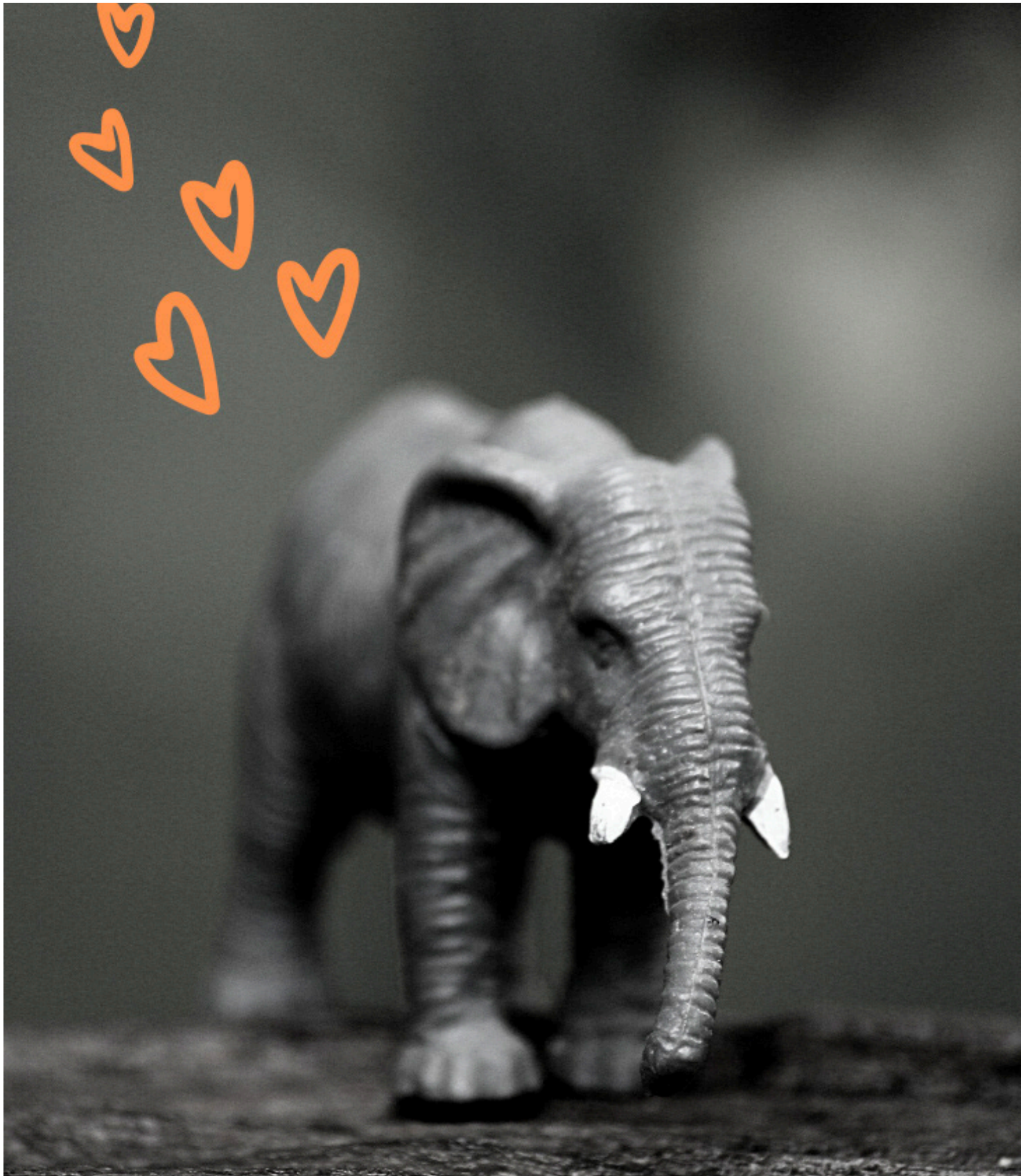
CHARITY OF CHOICE

Make *Breaking Free* your company's charity of choice for any fundraising activities. Or create a corporate donation matching program for your employees who donate to *Breaking Free*.

FRIENDSHIP WALL

Gifts of over \$5,000 will result in your name or company's name being placed on our future "friendship wall" in the healing centre, a place for us to recognize the people who have helped make our vision possible.

**DO YOU HAVE ANOTHER IDEA FOR HOW TO SUPPORT
BREAKING FREE FOUNDATION? LET'S TALK:
CONTACT@BREAKINGFREEFOUNDATION.CA**



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