

# 2018 ANNUAL REPORT



**LIVING  
ASPEN™**

**RESTORING JOY**

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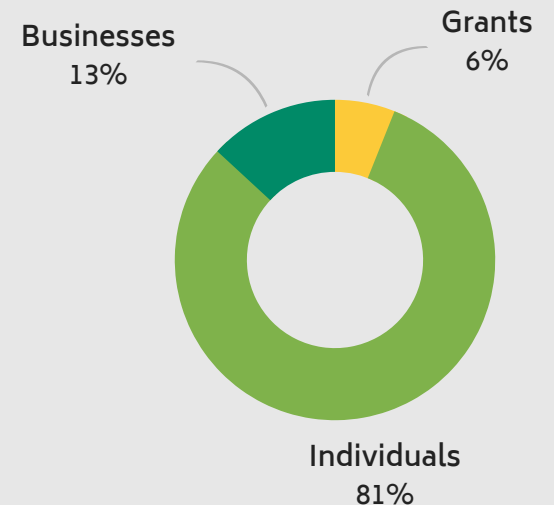
## ACCOMPLISHMENTS AND UPDATES

- The Board of Directors welcomed Julie Anderson, serving as an Advisory Board Member.
- Two board members completed a branding course, donated and led by Haylee Powers.
- "Blue Christmas" event - a faith experience of sorrow, loss and lament in the holiday season.
- Mother's Day fundraiser planting succulent gardens.
- Began weekly trauma-sensitive Yoga classes for abuse survivors, taught by Meredith McGaffic in studio space donated by the YMCA.
- Upcoming new program: Monthly support group meetings, led by Mary Whitman, LCSW.

## STATEMENT OF OPERATIONS

2017 Total Revenue: \$15,441  
2017 Total Expenses: \$7,248

### FUNDING SOURCES



Individuals:	\$12,441
Businesses	\$2,000
Grants:	\$1,000

Thank you to all of our donors!  
Your contributions have made it possible to increase programming, pay legal expenses, invest in supplies, training, and much more!

## VISION STATEMENT

Restoring joy and wholeness to women and men in a community of safe resources.

## MISSION STATEMENT

Helping women and men continue to heal from abuse by addressing the needs of body, soul, and spirit, in an integrated, self-directed process.



## CORE VALUES

Joy  
Resilience  
Empathy  
Mindfulness  
Trust

# THANK YOU

### VOLUNTEERS

Kenedy Brazzell  
Lottie Looney  
Ashley Anderson  
Wendy McKinney  
Carol Alexander  
Jessica Branaugh  
Brookelyn Siravo  
Samantha Meakins  
Laney Brazzell

### MAJOR DONORS

5340 Coffee & Events  
Susan M. Duncan Family YMCA  
Bad Bitch Branding

### 2ND ANNUAL GALA

Joyful Ballroom  
Tom Held & Regina Composanto  
La Pompe Jazz  
Biscuits and Berries  
La Patisserie Francaise  
5340 Coffee & Events  
Stephanie Romine

### BOARD MEMBERS

Cheryl Meakins  
Nikki Evans  
Mark Meakins  
Erika Lewis  
Julie Anderson

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## The Gifts of Imperfection Art Journaling Workshop

"I learned how important it is to forgive myself."

"I am enough just the way I am."

"I am a work in progress and it's beautiful regardless of how imperfect I am or how many scars I have from what I have overcome."

"Realizing that art is for everyone."

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