



**FAITH
FREEDOM**
Life
A JOURNEY TO HEALING

2025 IMPACT REPORT

PROGRAM and COMMUNITY HIGHLIGHTS

- Expanded Faith Freedom Life's **Inner Healing Support Groups** focused on healing, connection, and spiritual growth.
- Partnered with **A Better You Counseling** to provide sponsored individual and group therapy sessions.
- Sponsored women to attend the **Women's Rejuvenation Retreat** focused on healing and restoration.
- Supported **families impacted by incarceration** through holistic care, resources, and community support.
- Continued addressing the **visible and invisible impacts of incarceration** through trauma-informed, faith-centered programming.

Learn how you
can get involved:

faithfreedomlife.org



TESTIMONIALS

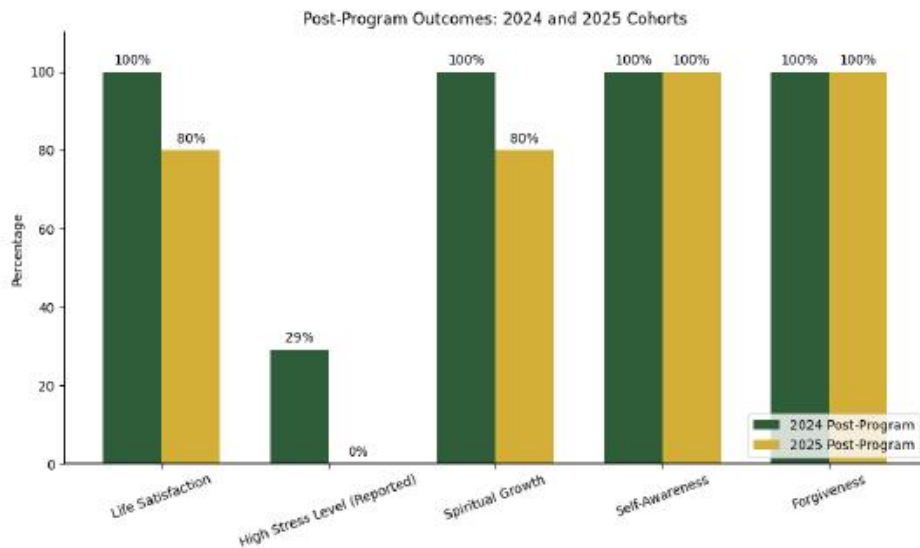
“Thank you so much for the connections and the space to be authentic.”

“This support group brought me back alive.”

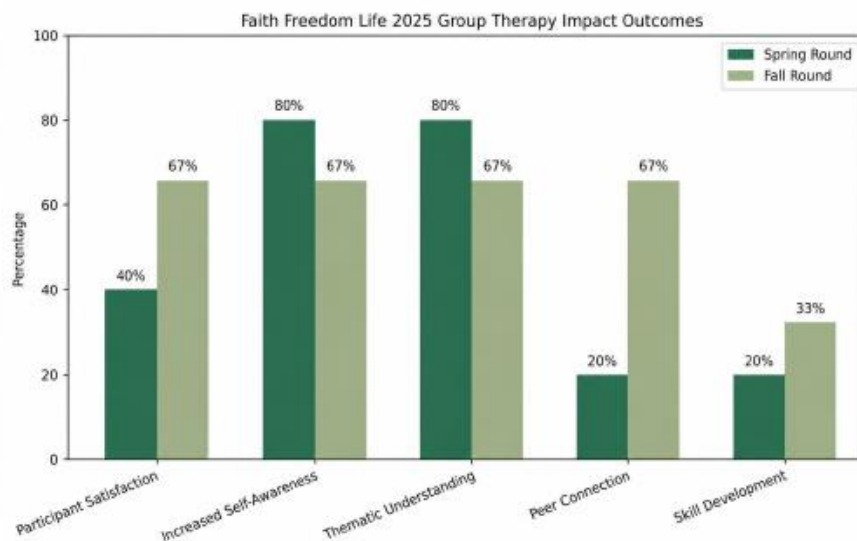
“Thank you for your care of us. You are helping me to overcome my wounds in the past.”

“It’s a miracle I’ve found a group that can relate to my situation. There’s no judgment, and I can be honest. It’s priceless to have this group of people. I’ve learned a lot through group therapy and from each other.”

See more testimonials at
faithfreedomlife.org/testimonials/



Faith Freedom Life support groups continued to foster meaningful growth in self-awareness, spiritual development, forgiveness, and overall life satisfaction. Participants reported increased emotional wellness and reduced stress, reflecting the impact of holistic healing and supportive community connection.



Faith Freedom Life's 2025 therapeutic group cycles created intentional spaces for healing, reflection, and emotional growth. Participants reported increased self-awareness, deeper thematic understanding, stronger peer connection, and practical skill development through shared experiences and emotional wellness support.

