



2022 IMPACT REPORT

**STRONGER
FAMILIES®**
Oxygen for Your Relationships



Noel Meador
President & CEO

What an amazing 2022!

After some rough years as a country, we all teamed together and made a huge impact for our heroes. I am continually amazed by your steadfast commitment to give back to those who serve.

Your generosity impacted heroes across the nation and around the world this year. Here is just one of the stories that shows the power of what we are doing together through the work of Stronger Families:

"We were done. We fought all the time. Our kids were being impacted by our tension and we were miserable. As a leader, I wasn't willing to reach out for help and I was ashamed, if I'm honest. Then someone told me about the OXYGEN seminar that was coming on base. We went and to say it helped is an understatement. We are signing up now to go again to the seminar. We realized we had been raised in families with very unhealthy communication and we were doing those exact same things in our family. We do weekly date nights now and go through the curriculum to stay strong. Stronger Families is the reason we are together today still." ~ Sergeant, US Army

Thank you for jumping in to give back to those who serve.

In July of 2021, the Stronger Families Board of Directors challenged the staff to think bigger. A great vision was born. We are on a mission to serve 200,000 Military and 48,000 First Responder families within 5 years.

Because of your phenomenal generosity in 2022, we were able to crush our goals:

- We had our best Hope for Heroes Gala ever. **We acquired over 300 new donor partners in the mission** (individuals and companies) and **raised 20% more than 2021.**
- Our goal for 2022 was to serve 8,750 families. **Your support allowed us to reach 10,058 families with our retreats and workshops.**
- We set out to serve 940 First Responder couples. **Your next-level support allowed us to serve 2,369 heroes in the First Responder community alone—a 252% increase in our impact over the previous year.**

Karissa and I, and the Stronger Families team, are honored to stand alongside you as we push forward to rally around our heroes and their families.

The work of Stronger Families is saving lives, healing relationships, and restoring families across our nation and around the world. Families are together today that were broken, because of you. Heroes that were struggling found hope, because of you. We could not do this work without your support.
Thank you!

We are just getting started.

For Our Heroes,

Noel Meador

Noel Meador
President & CEO



We had an exceptional year at Stronger Families. Once again, you helped us serve heroes throughout the nation and changed the lives of heroes, their spouses, and their children. We impacted departments and battalions both in the US and abroad.

I feel an immense pride when I share what Stronger Families is doing. Some aspire to do great things and have great ideas and visions. At Stronger Families, we put our mission into action and are committed to changing lives. We are boots on the ground.

Under Noel Meador's leadership, we continue to reach our lofty goals and strategic vision to reach 20% of the military and 5% of the First Responder community before 2026. This year we officially brought Karissa Meador onto the staff as our Chief Development Officer. In just 11 short months, she and her team increased our development funds by 20% over the prior year. The entire team at Stronger Families gives all that they can to push this mission forward with their time and talent. Thank you to the staff of Stronger Families for making the mission happen.

As we head into 2023, I end my term as Board Chair. Thank you for allowing me to be a part of this dynamic team and crucial mission. My daughter is a police officer in Hillsboro, OR. This cause is very close to my heart. Stronger Families is not only helping those who serve in their relationships and families but also, helping with mental health struggles and isolation. Stronger Families creates curriculum and creates environments that help our heroes feel less alone. These professions are not easy. I say that as my own child was hurt in the line of duty and I have walked through a year of helping her heal.

There are few organizations that help First Responders, Veterans, and Military members negotiate the divide between the stress at work and the demands at home—Stronger Families is doing just that. And we are not only helping heroes; we are saving lives.

Thank you for your support of Stronger Families.

Proud to support our Heroes,



Doug Sackville, Board Chair



Doug Sackville
Board Chair & Retired CEO

YEAR IN REVIEW 2022

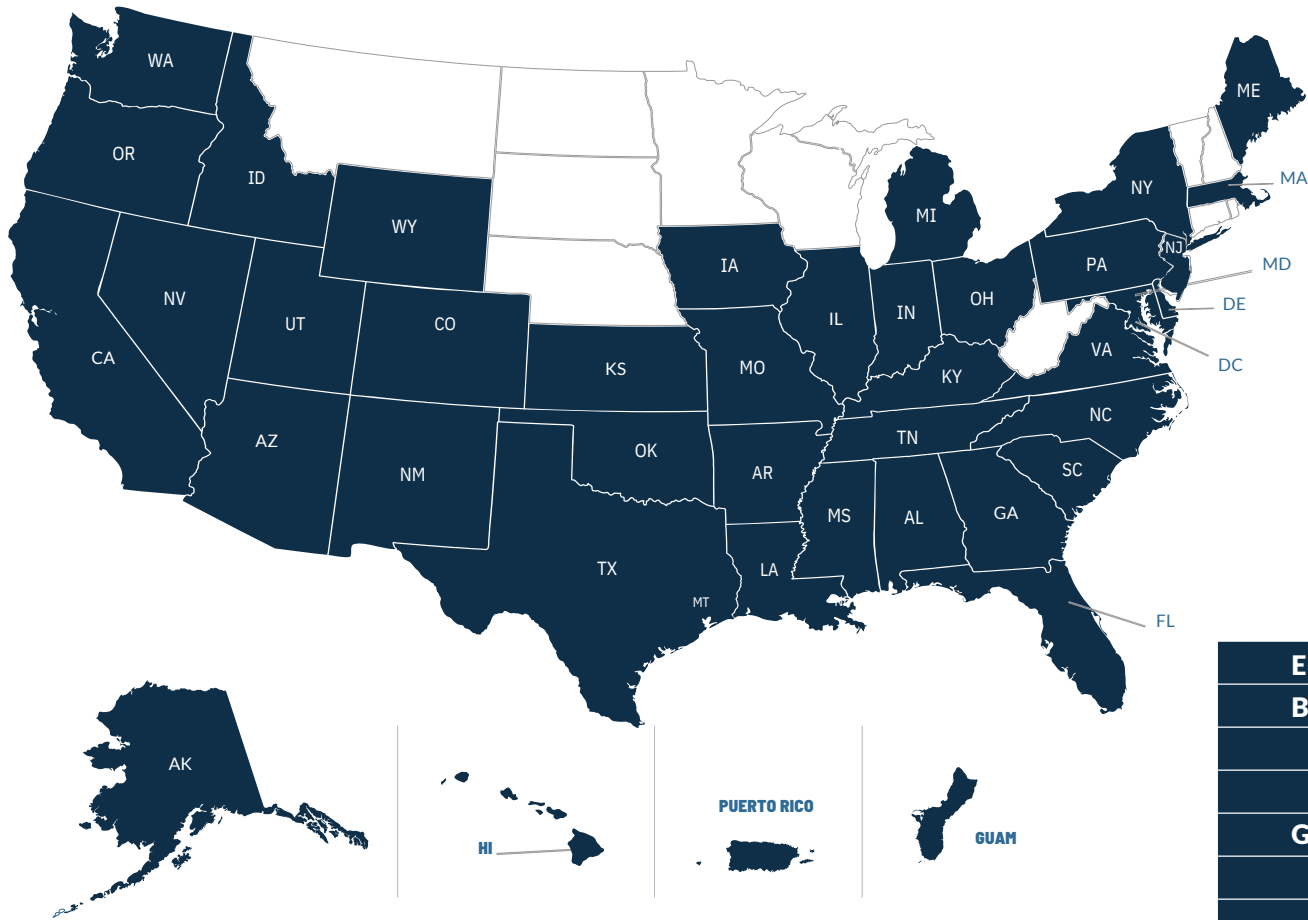
AT A GLANCE

172
OXYGEN EVENTS

259
FACILITATORS CERTIFIED

10,058
HEROES SERVED

HEROES SERVED



**ALSO
SERVING**



ENGLAND
BELGIUM
JAPAN
KOREA
GERMANY
ITALY
GUAM
POLAND
KUWAIT
BAHRAIN

VISION: Healthy relationships and strong families in every Military, Veteran, and First Responder community.



259

**OXYGEN FACILITATORS
CERTIFIED IN 2022**



71,711

LIFETIME BENEFICIARIES



11

COUNTRIES



10,058

**HEROES SERVED
IN 2022**



1,913

**OXYGEN EVENTS
SINCE 2011**



42

**STATES /
TERRITORIES**

PAYING IT FORWARD

Military and First Responder Family: Pete and CJ Lawrence

As a combat Veteran and a Police Officer, Pete Lawrence has seen his share of trauma. He began his journey in the Marines. During that time, he experienced an attack on his convoy and witnessed firsthand the tragic loss of one of his best friends. An IED exploded and the vehicle behind him was blasted above the telephone poles and came back down. The Humvee was aflame, and his friend was trapped inside—Pete was unable to get to him to help. He helplessly watched as his friend died in that fire. **After this moment, Pete was left with deep wounds mentally and emotionally.**

After this tragedy and Pete's military career ended, his passion to help others led him to become a Police Officer. Yet, all the years of witnessing danger, death, and trauma began to take their toll. Many symptoms of PTSD began to show themselves: nightmares, sweats, numbing out, isolation. But he wasn't initially aware that this was what he was struggling with.

CJ, Pete's wife, felt like it was her. She didn't understand what was happening to her husband and why their marriage was suffering. **Pete became more withdrawn and less available. He was fighting his own war inside. A war that left him feeling like he was drowning. CJ wondered if she was the problem. Both were hurting and felt alone.**

Pete and CJ Lawrence were invited to a Stronger Families OXYGEN retreat in Bellevue, WA. This weekend was life-changing for them. They received tools to help their relationship and to communicate through the pain. Light bulbs went off. Through the curriculum and conversations at the OXYGEN retreat, communication and connection began to be restored in their marriage. They found hope.

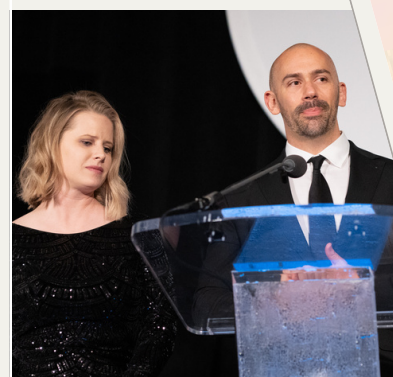
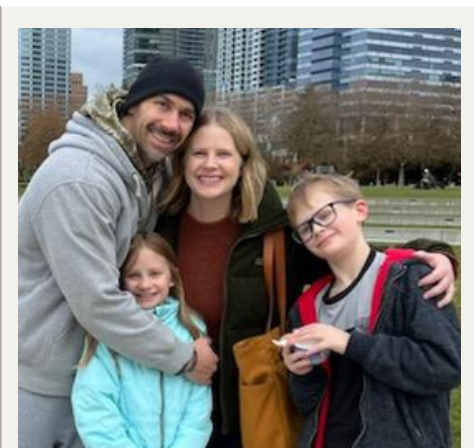
Pastor Rick Warren once said, "Experience is not what happens to you. It is what you do with what happens to you. Don't waste your pain. Use it to help others."

The Lawrences have chosen to do just that. They have jumped on as volunteers with Stronger Families and share their story of healing regularly at OXYGEN retreats across the country. Their pain has become their purpose.

Many see those who serve as valiant warriors for our country and community. Yet, we can forget the battle they face when they head home. And, the battles they fight inside. When they leave the service, the purpose they once had as a service member is gone. Many feel lost. Their spouse watches a movie unfold that they were never given the script to. Warriors and spouses can feel very alone. Many couples feel lost and alone in their struggle.

Your support of Stronger Families is not only offering hope, healing, tools, and skills to help heroes and their partners navigate the work/home struggle—it is saving lives. We have had testimonials of individuals who had considered ending their lives before they came to one of our events. Their relationship struggles were a part of their internal war and they felt completely alone. **Through your generosity in 2022, heroes were given HOPE and COMMUNITY. You gave them the best gifts— connection and healed relationships.**

Pete and CJ are one of 75,000+ couples we have impacted together to date through the work of Stronger Families. You make this possible. **Thank you for paying it forward to those who serve and protect our communities and country.**



BY THE NUMBERS

CONTRIBUTIONS 2022

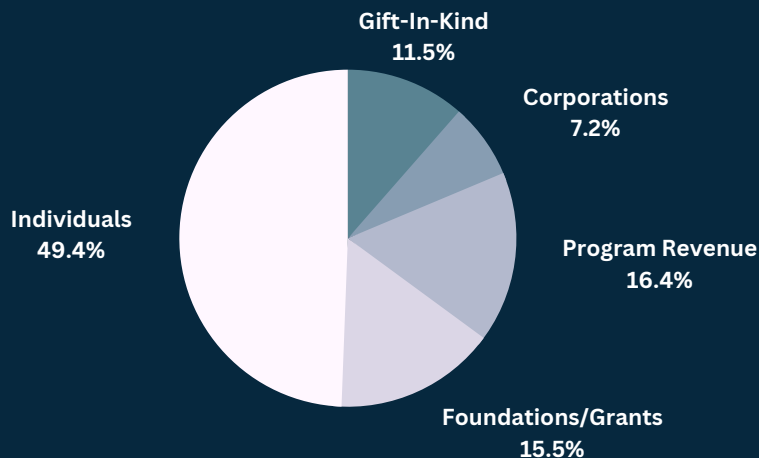
Individuals	\$919,775
Corporations	\$134,549
Program Revenue	\$305,340
Foundation/Grants	\$289,000
Gift-In-Kind	\$213,205

Total Contributions **\$1,861,869**

EXPENSES 2022

Program Services	\$1,823,240
Fundraising	\$143,993
General/Administrative	\$60,842
Board Approved Funds from Reserve*	-\$236,334

Total Expenses **\$1,791,741**



90%
OF DONATIONS WENT
DIRECTLY TO HEROES
IN 2022

YOUR GENEROSITY AT WORK



Taste of OXYGEN Single Soldiers | Ft. Irwin, CA



7th ID Brigade JBLM Retreat | Bellevue, WA

* In 2022, the Board approved Reserve Funds to be used in order to serve more heroes.



First Responders | Atlanta, GA

Corrections Officers | Anchorage, AK

YOUR GIFTS IN ACTION



Police | Spokane, WA

First Responders | Bellevue, WA



**Keynote speaker,
Steve Largent**

THANK YOU



There's nothing more gratifying than giving back to those who commit their lives to support others. First responder and military families need us; when we help them we help everyone. Stronger Families is greatly impacting those who serve and it is an honor to join with them and support their mission.

Carmen Best
Director of Global Security Risk Operations for Microsoft;
Former Seattle Police Chief

SAVE THE DATE: 2023 HOPE FOR HEROES GALA

October 28th | Hyatt Bellevue

Sponsorship and Table Host opportunities available!

Contact: Ellie.Calquhoun@StrongerFamilies.org



YOUR GENEROSITY CHANGES LIVES.

"Do all the good you can.
By all the means you can.
In all the ways you can.
At all the times you can.
To as many as you can.
As long as you can."

~ John Wesley

CHEERS TO GIVING BACK TO OUR HEROES!



Stronger Families is an organization we care deeply about. Our family is so important to us. We believe the family unit is the foundation for a happy and healthy life. Supporting Military and First Responder families with tools to build successful relationships and families does not only help them, but society at large. Stronger Families is an amazing organization that works tirelessly to support those who serve. We are proud supporters.

Eric and Randi Johnson
Stronger Families Board Members



PLATINUM (\$20,000+)

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Eric and Randi Johnson
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Protecting the Families
of those who Protect Us



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Vitali and Natalie Agapov
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- M.J. Murdock Charitable Trust
- BNSF Railway Foundation
- Kalispell Tribal Economic Authority
- Tulalip Tribes Charitable Contributions
- Costco
- Spokane Rotary Veterans Group
- Rockwall Women's League

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NINTEX



THE
WALLS

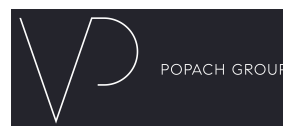


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[un]
DIVIDED



As a journalist for more than a decade, I've witnessed the selflessness that officers display every single day - and the toll that it can take on those who love them. Especially in today's political climate, first responders and their families need to know they have a place to turn to when the stressors of the job come home with them. I am proud to support Stronger Families, both personally and through the [un]Divided Podcast, because our heroes need to know we have their back.

Brandi Kruse
Host of [un] Divided

[un]
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