



**STRONGER  
FAMILIES®**

**2025  
IMPACT  
REPORT**



# A LETTER FROM OUR CEO



Dear Stronger Families Supporters:

This year marks my 16th year of serving as the CEO of Stronger Families. It has been an honor to see what next-level generosity can allow a vision to become. With your amazing support, we have impacted lives around the world and throughout our nation together.

Many don't know how the curriculum came to be and I wanted to share with you briefly:

When Karissa and I were newly married, we were committed, faithful, and hardworking, but we struggled. Long hours at my work (80+ hour work weeks), different expectations and styles of communication, family systems that were wired differently--it left us both feeling frustrated. Distance quickly crept in. I was so set on performing and being a provider that I left Karissa behind too often. She became hurt and started to shut down. We were in trouble in our relationship.

One night, a few years into our marriage, while holding our newborn son, Karissa told me we needed to talk. She sat me down and, with tears on her face, said, "I love you, but I don't think I can do this anymore. I'm not happy. I'm very lonely." I felt the same way. We knew something had to change.

Luckily, what we do have in common is that we are overachievers, stubborn, and we both have a strong faith. We turned to our faith, chose each other again, and started to do the hard work to rebuild. Out of that season of new learnings and hard-won growth, we began to write a curriculum to help others. We took our pain and gave it purpose.

Today, that curriculum is called OXYGEN. We teamed with leaders in the military and first responder world and tirelessly refined the program so it would meet the unique needs of our heroes. We created a multi-science assessment to pair with it to help better diagnose the roadblocks in relationships, reveal personality and motivations, and teach others how best to communicate. OXYGEN is now one of the most widely requested programs in the Army. The team here at Stronger Families has served first responders, corrections, dispatch, nurses, commanders, chaplains, and showed up for battalions and departments across the nation. We have worked with Army, Space Force, Air Force, Coast Guard, National Guard, Special Forces, and others.

# TURNING PAIN TO PURPOSE

So, why did we choose the focus of Stronger Families mission to be those who serve?

- 1) Our team became aware of a crucial need in the communities of those who serve for immediate support.
- 2) Someone we loved lost their relationship amidst multiple deployments and we watched their pain up close.
- 3) A 2-star General introduced us at Joint Base Lewis-McChord in Washington State to help their soldiers and families.
- 4) We have a deeply held appreciation for the sacrifices of those who serve and recognize the toll of service.

The rest is history.

Today, Stronger Families OXYGEN program and workshops have reached over 110,000 service members, veterans, first responders, and their families nationwide. These are just direct attendees. Many more have benefited from the impact: spouses, children, extended family, and workplace communities.

Every meaningful mission needs willing participants to bring it across the finish line.

You are the champion in this story. I could share hundreds of testimonials from this year alone that would highlight how you have changed a hero's life and impacted their family. Your support has helped restore relationships, heal families, and change legacies. Together, we are changing the script by taking brokenness and replacing it with empowerment and hope. We are offering real-life proven tools to help build bridges for our heroes in their relationships, ultimately helping mental and physical wellness in the process. We have also seen lives saved because of the hope found in our programs.

All of this has been possible because of you. Thank you for standing with us for our heroes and their families. We are proud to team with you in this crucial mission.

For Our Heroes,



**Noel Meador | CEO**  
**Stronger Families**



# A LETTER FROM OUR BOARD CHAIR

Dear Stronger Families Supporters:

I recently spoke with a police chief whose city experienced a protest that turned violent. In the aftermath, his officers faced criticism from every side. Yet, what stood out most was how deeply they still cared about protecting their community, even while carrying the weight of risk and scrutiny. This commitment also took them away from their family during this volatile week.

We see this same sacrifice in the service members who defend our nation. Both first responders and military families carry heavy burdens, and strong families are essential to sustaining their service and keeping them strong mentally, spiritually, and emotionally to best serve our community and country.

Because of you, Stronger Families can come alongside our heroes with practical tools, encouragement, and relationship support that has truly changed lives. Many families are together today because of this work we are doing together. My wife, Vivienne, and I have supported Stronger Families for the past 16 years and we are in awe to see all that has been accomplished from the goodwill of others and with God's help.

This work is made possible not only by your generosity, but by a small and mighty team who tirelessly advances this mission every day. I am especially grateful for the leadership of Noel and Karissa Meador, whose commitment ensures that our support leads to real life change, and for the SF staff who give their heart, time, and talent to make a difference in the lives of those who serve.

Thank you for standing with us. Your partnership is strengthening families, supporting those who protect our communities and country, and helping to build a safer, stronger future for us all.

With Gratitude,



**William R. Gevers | Board Chair**  
**Stronger Families**



# BOARD OF DIRECTORS

- **William Gevers:**  
**Board Chair** & President of Gevers Wealth Management
- **Vivienne Gevers:** Real Estate Investor
- **Julie Dillon:** Operations Director, PypeServer Inc.
- **Troy Brown:** CEO, 5.11; Development Advisory Cadre member
- **Keni Thomas:** Bronze Medal of Valor Recipient, US Army Ranger (Ret.), Author, & Award-winning Recording Artist
- **Greg Erickson:** Broker, John L Scott Snohomish

## DEVELOPMENT ADVISORY CADRE



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Scott Miller**

FOUR-STAR GENERAL



**Karissa Meador**

CDO  
STRONGER FAMILIES

# VISION + SUPPORT =MISSION



# 110,833

## SERVED BECAUSE OF YOU



**2,624**  
OXYGEN EVENTS  
SINCE 2011



**110,833**  
LIFETIME BENEFICIARIES



**12**  
COUNTRIES



**11,949**  
BENEFICIARIES  
SERVED IN 2025



**255**  
OXYGEN FACILITATORS  
CERTIFIED IN 2025



**76**  
MILITARY  
INSTALLATIONS



**48**  
STATES / TERRITORIES



**Pentagon  
Approved**



**MORE THAN 2,000  
TRAINED FACILITATORS  
IN OUR PROGRAM**

## OUR VISION

CHANGING THE LIVES AND LEGACIES  
OF THOSE WHO SERVE AND PROTECT



*"We are so grateful for Stronger Families. We found hope and support in ways we didn't even realize we needed at the retreat. Thank you!"*

*-First Responder couple,  
OXYGEN attendees*



## OUR MISSION

TO OFFER LIFE-CHANGING  
RELATIONSHIP SKILLS TO MILITARY,  
VETERANS, AND FIRST RESPONDERS  
TO HELP KEEP THEM STRONG AND  
THRIVING, AT HOME AND WORK.



# **“STRONGER FAMILIES SAVED MY MARRIAGE.”**

*“This saved our marriage. Coming into the retreat, divorce was on the table. Now, we decided to take it off the table. We found tools that really worked and helped us.”*

**-Tabitha A.**

*“We have been gradually improving our relationship in reference to communication and conflict. The OXYGEN retreat gave us ideas and ways to improve our relationship and better understand ourselves as individuals.”*

**-Kaylee L.**

*“Our relationship will absolutely be better going forward with the tools we got from this weekend. I wish this was a requirement for all first responders. I truly believe if all first responder couples went through this retreat, the high divorce rate in our community would decrease drastically. Thank you for all you guys are doing!”*

**-Olivia R.**



*“Being a spouse of my firefighter husband, I got so much out of this event. I highly recommend ALL couples attend this retreat as a tool in their toolbox to better their marriage. While my husband got heaps of information, I received just as much for myself. It takes both people in a relationship to be healthy in order for it to be a solid marriage. We both have to seek to better ourselves daily and this event was one more piece to make us that much more resilient. This was one of the best experiences we have ever had together.”*

**-Carleigh L.**



**CHANGING THE LIVES AND  
LEGACIES OF THOSE WHO  
SERVE AND PROTECT**



*"Initially I expected a casual weekend, but found out the OXYGEN seminar was more emotionally impactful than I realized. The story shared by Nick (the SF Training Manager) really triggered something unexpected in me. Because of this retreat, I have started talking to a counselor about my experiences as a first responder. The Stronger Families retreat was the catalyst to this huge change in my life."*

**-Rex O.**

MORE THAN  
**60%**

OF FIRST RESPONDERS REPORT  
STRUGGLING WITH MENTAL HEALTH

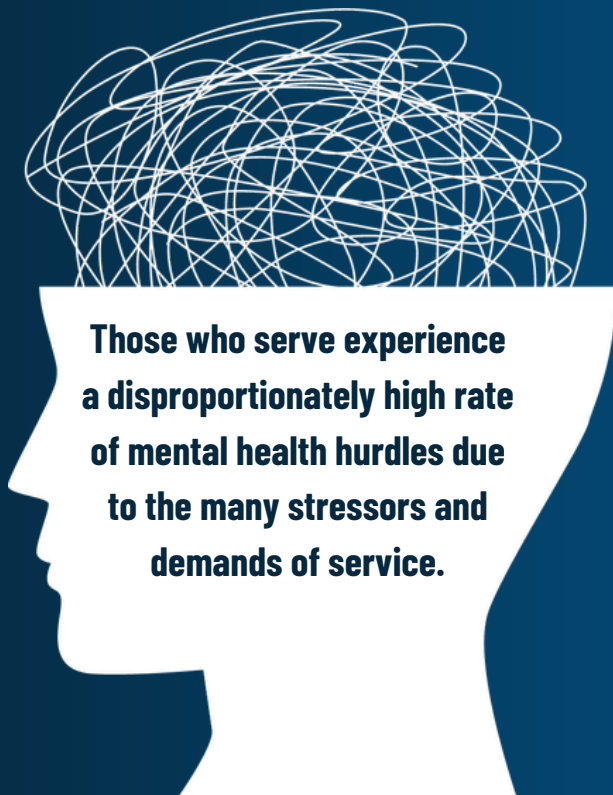


**SUICIDE IS THE SECOND LEADING CAUSE  
OF DEATH FOR ACTIVE-DUTY MILITARY  
AND VETERANS UNDER THE AGE OF 45**



SOME FIRST RESPONDER  
DEPARTMENTS REPORT A

**70-80%  
DIVORCE RATE**



Those who serve experience  
a disproportionately high rate  
of mental health hurdles due  
to the many stressors and  
demands of service.

## **“CAN WE TALK?”**

*During a training this year, a service member pulled our Training Manager, Nick, aside and shared something he had never told anyone before. More than 30 years ago, he had attempted to take his own life. **Hearing Nick’s story and learning about Stronger Families was the first time he didn’t feel alone.** Because of the support offered, he found connection, resources, and hope. And, most importantly, he felt understood.*

*Moments like this happen at every retreat and training. Our heroes are tired and carrying many unseen burdens. **At Stronger Families, lives are changing, relationships are healing, and heroes and their families are becoming stronger.***

# STRONGER FAMILIES IN THE COMMUNITY

## SHOT SHOW VEGAS

Our team was invited to head to Vegas this year to participate in Shot Show. Thousands of first responder and military leaders attend this event. We made some incredible connections and learned of new opportunities and needs that we can help with. Thank you 5.11 for the invite!



## PROSTAR GOLF EVENT

Stronger Families was honored to be one of the charity recipients of the ProStar Insurance Golf Tournament at the Mill Creek Country Club for the 2nd year in a row. This fun event brings businesses and leaders together for a day on the course to do good and have some friendly competition. We are proud to team with this amazing group of leaders.

## SEAHAWKS & STRONGER FAMILIES

**SALUTE TO SERVICE  
2025 RECIPIENT  
THANK YOU SEAHAWKS!**



# PARTNERED IN PURPOSE

**“Our heroes represent courage, commitment, and sacrifice—not only the service members, but their spouses and families.” -Candice**

Many business leaders and companies have made the mission of Stronger Families their own. We are blessed to have the best supporters who partner with us in purpose. It takes a village to carry out a mission; we are grateful for ours. Here is one of our partner’s story:

## **Candice Szarzec | Owner The Petal and the Stem**



### **How did you learn about Stronger Families and get connected?**

I was introduced to Stronger Families through community connections and events and I immediately resonated with the heart behind what they do. Once I learned more about their programs and how they support military couples and families, I knew I wanted to be involved and find ways to contribute using my passion for floral artistry.

### **Why does giving back matter to your business?**

Life changed overnight. After becoming a widow in 2007 with two small boys, I found myself in a new state, starting completely over. No community, no plan, and a lot of uncertainty about our future. In the middle of that grief and rebuilding, flowers became something more than just beautiful arrangements. They became a way for me to create, to heal, and to provide for my family. What started as a small step forward slowly grew into my floral company. Every arrangement I make carries a piece of that journey — resilience, love, and the belief that even after loss, something beautiful can still grow.

### **What is your favorite thing about partnering with SF?**

The Petal and the Stem isn’t just about flowers. It has been about rebuilding a life for me and my boys, one stem at a time. Creativity is such a gift and I believe it should be used for more than just creating beautiful florals—it should create impact. Giving back is a core value of my business. My favorite thing about partnering with Stronger Families is the people. The team and supporters are so passionate, genuine, and mission-driven.

### **What do our heroes mean to you?**

To me, our heroes represent courage, commitment, and sacrifice—not only the service members, but their spouses and families. They carry so much responsibility and often face unique challenges. They deserve to be supported, celebrated, and cared for.

### **You have partnered with Stronger Families for 9 years. Why do you support the mission?**

I support the mission of Stronger Families because I deeply believe in standing behind the people who serve our country and their loved ones. Military families sacrifice so much, often quietly and behind the scenes. Being able to contribute in even a small way, through my creativity and my business, means a lot to me.

### **What should people know about your business?**

In addition to floral design and events, I hand batch my own custom candles, laser design items throughout the store, create my own jewelry, and have a plant creation station so customers can come in and build their own plant sculptures. My fiancé also crafts handmade furniture. The store is a family passion. Additionally, we offer fun floral workshops so our customers can learn the art of design.



5.11 

# Hope for Heroes

Gala and Live Auction

STRONGER  
FAMILIES®



OCTOBER 18, 2025



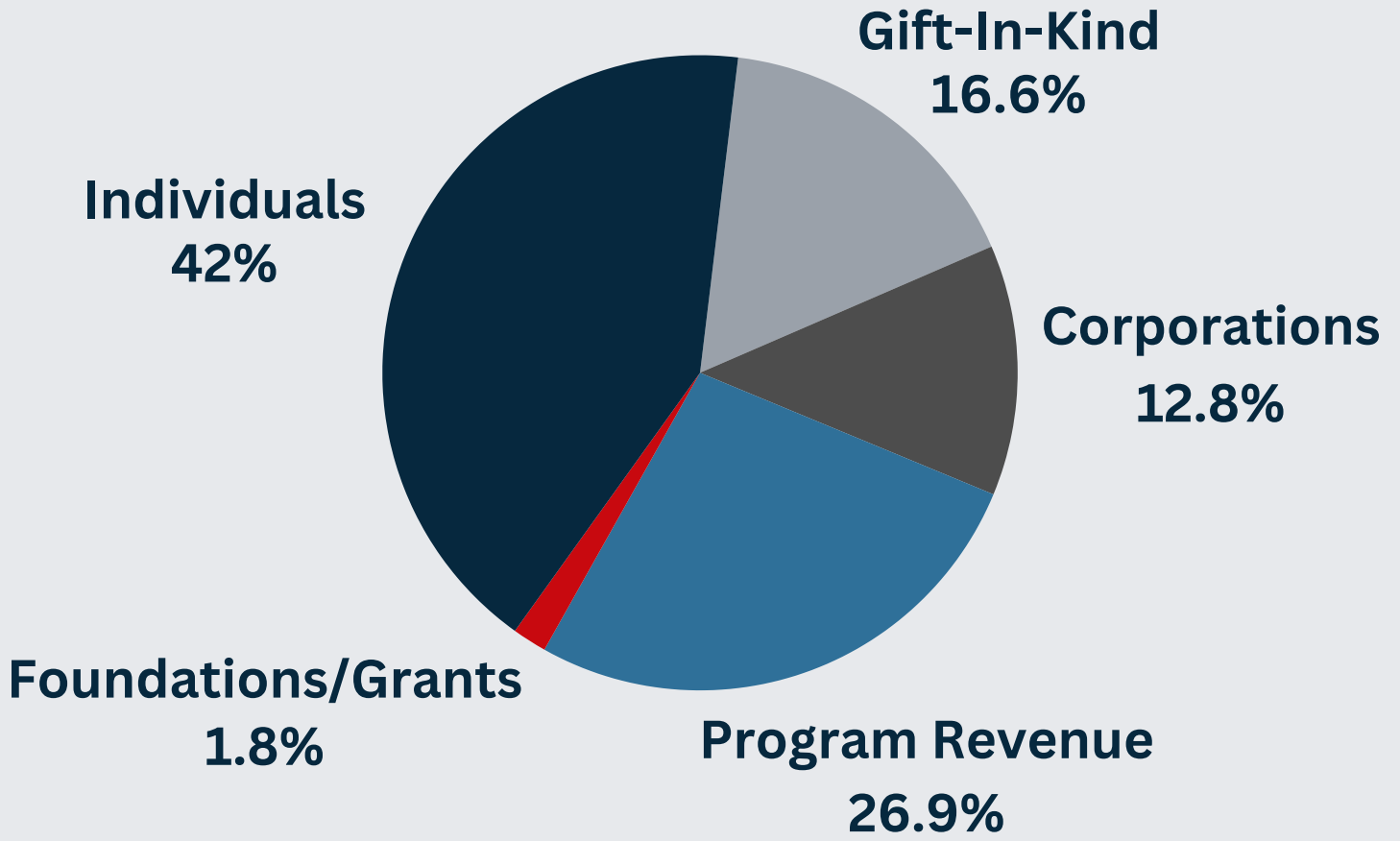
## 2025 CONTRIBUTIONS

Individuals	\$958,748
Corporations	\$291,150
Program Revenue	\$613,732
Foundations/Grants	\$40,000
Gift in Kind	\$378,239
<b>TOTAL CONTRIBUTIONS</b>	<b>\$2,281,870</b>

## 2025 EXPENSES

Program Services	\$1,510,621
Fundraising	\$602,262
General/Admin	\$52,744
<b>TOTAL EXPENSES</b>	<b>\$2,165,628</b>

# 2025 GIVING





# Hope for Heroes

Gala and Live Auction

**SAVE THE DATE**  
OCT. 17, 2026



**SPONSORSHIPS  
AND TABLES  
AVAILABLE NOW**

**CONTACT:**

**Engage**  
**@StrongerFamilies.org**

# THANK YOU SPONSORS



POPACH GROUP



## FOUNDATIONS/GRANTS

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Costco

Puyallup Tribe of Indians  
Seattle Foundation

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AMBASSADOR,  
GIVE MONTHLY:**



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