

FreeFrom's Survivor Led Peer-to-Peer Financial Support Groups

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Our Approach

We envision a world where survivors have **sustaining income, savings and credit with which to build wealth** and the resources to support individual, intergenerational and community healing.

To that end, we are taking **a holistic approach** using technology, peer-to-peer networks, training programs for shelters, policy advocacy, social enterprise models and cross-sector solutions.

Peer-to-Peer Financial Support Groups

Survivors come together in a peer-to-peer setting focused on achieving financial freedom and building community while sharing and receiving resources that encourage healing, safety, financial security, and overall well-being.

How to start a group

- Survivors find 2-8 survivors in their community
- Contact Em Jackson at em.Jackson@freefrom.org to let them know their interest, location, how many will be participating, and receive their welcome materials, which includes a Guidebook we created that has optional group discussions, activities, and resources
- Group chooses their start date for their onboarding with the FreeFrom staff member

Program Design

- Hands off
- Flexibility
- **Trusting survivors** to navigate their healing and providing support
- Reaching ALL survivors, regardless if they stay or leave
- Offering groups nationwide
- Continuously innovating to meet survivors where they are

Activity: Money & me

Pre-session work

- Gather a pen/pencil and journal

Materials needed

- Pen/pencil and journal

Action

- Answer the reflection questions individually then come back together and discuss thoughts and feelings as a group

Reflection questions

- What does financial freedom look like to you?
- Have you ever felt financially free?
- What are some examples in your life when you have felt financially free?
- What did that feel like?
- Briefly explain your earliest experience or memory of money.
 - Who was involved?
 - Where did it take place?
 - What type of emotions did you and those around you feel?
 - Did this experience shape your future thoughts and feelings in regard to money?
- Was saving encouraged in your household?
- Was your family making ends meet? If so or if not, how did that feel?
- Did money seem to bring stress, contentment, anxiety, happiness, etc? What were those feelings?

Now take some time to think about a more recent experience to money:

- Who was involved?
- Where did it take place?
- What type of emotions did you and those around you feel?
- How is this different or similar to your earliest memory?
- What does this experience tell you about where you might be now?



What's Next?

- Continue to grow and maintain groups
- Continue Virtual Meet-ups
- Create a Skills Matching Program
- Build out an in-house Savings Matching Program
- Focus groups
- Next edition of the Guidebook
- Begin developing program materials for the children of group members

Thank You!

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FREE
FRM

The logo for 'Free From' features the word 'FREE' in a light blue, sans-serif font above the word 'FRM' in a dark blue, bold, sans-serif font. A stylized white leaf or feather icon is positioned between the two words, overlapping the 'R' in 'FRM'.