

2021



STRONGER
FAMILIES

IMPACT REPORT

STRONGER FAMILIES®

What an honor to serve with you in 2021 in the mission of Stronger Families!

This year has taken a toll. For many heroes' families, it has been excruciating and exhausting. As I've worked in these communities, the stories have been heartbreaking. I know living it has been much harder.

Your incredible support has offered rest, refreshment, and healing for thousands. Wide-scale impact has occurred in families, departments, battalions, and in our communities at large. **You have helped us continue to move the mission of Stronger Families forward.** Thank you.

It is a great honor to partner with you to serve the families of our nation's first responder and military community. We at Stronger Families couldn't be more grateful. I wish we could show you the thousands of faces and the families and children you have given hope to this year. Since I can't do that, this is a quote from Army couple Carlos and Tasha: "We came to this OXYGEN seminar going through a divorce with lawyers. We had been completely separated for 5 months with 2 young children. This has taught us so much."

In 2021, together, we served 8,525 heroes, in 41 states, and we now serve in 9 countries.

Our 5-year goal is to reach 20% of the military and 5% of first responders in the United States. It is a big vision. One that will take the support of many incredible people and businesses to make it happen. I know we can do it because you continue to show up for our heroes and refuse to let them walk alone.

Carlos and Tasha left that seminar this year together, hand in hand. Their family intact.

You did that. You truly are making stronger families.

And, friends, we are just getting started. Great things are in store for 2022!

Grateful,



Noel Meador
President & CEO



I am pleased and excited to share that Stronger Families had immense impact in another pandemic driven year. Let me start with a sincere thank you to Noel Meador, CEO and President, and the entire staff of Stronger Families. Noel's leadership, drive, and passion for Stronger Families is truly amazing. These traits are echoed in the staff. They keep the mission driving forward. A mission that is greatly needed.

This past Monday my police officer daughter sent me a note. Two of her friends are retiring from the force due to PTSD. I know them both personally. Great people, amazing officers. Due to all the stressors of these past few years, they reached their max and lost their coping skills amid all the demands.

There are so many other similar stories to this. **The pressure of the past few years has been unrelenting on our heroes and their families.**

That is where Stronger Families comes in. Our heroes and their families need access to support and hope like never before. Our OXYGEN program is making a paramount difference.

2021 was a big year for us. We impacted thousands of heroes and their families. The team changed and pivoted delivery methods. They added brand new curriculum to ensure that our heroes have what they needed in this very hard time. As for the Board of Directors, we put together a very aggressive 5-year strategic plan. Our 5-year BHAG (big hairy audacious goal) is in full motion. **We have set out to impact 20% of our military and 5% of first responders in the next 5-years.**

We are very grateful to have you join us in this mission. Thank you. **You are the reason we can reach military, veterans, and first responders with life-changing relationship skills.** Your amazing support of Stronger Families makes it all possible.

Standing with you,



Doug Sackville
Board Chair
Retired CEO



HEROES SERVED

Our vision is for healthy and thriving families to be a reality in every community.
Stronger Families reach into the military and First Responder communities
continues to grow and diversify, and we are just getting started!

SF REACH RECORD

58,845

OVERALL REACH

76

INSTALLATIONS

1,717

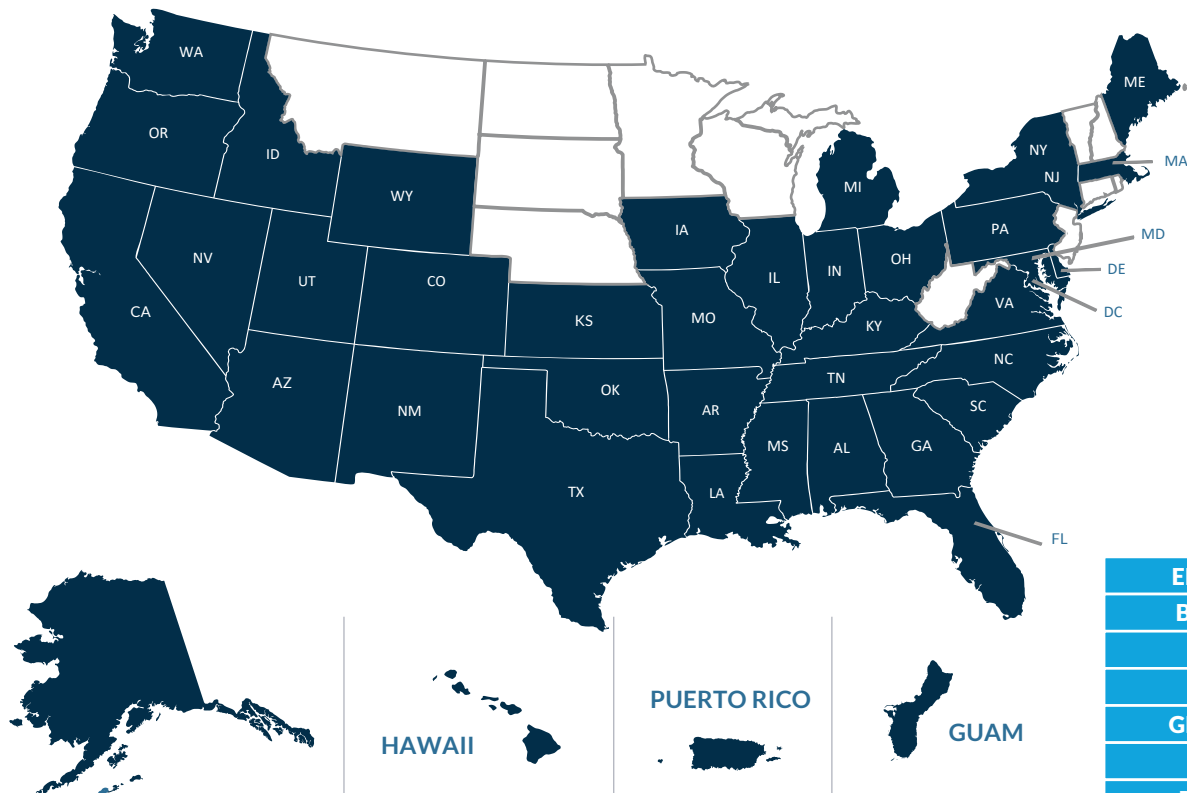
OXYGEN EVENTS

41

STATES/TERRITORIES

10

COUNTRIES



PUERTO RICO

GUAM

**ALSO
SERVING**



ENGLAND
BELGIUM
JAPAN
KOREA
GERMANY
ITALY
POLAND
KUWAIT
BAHRAIN

CONTRIBUTIONS 2021



Contributions

<i>Individuals</i>	<i>\$754,634</i>
<i>Corporations</i>	<i>\$112,750</i>
<i>Program Revenue</i>	<i>\$401,835</i>
<i>Foundation /Grants</i>	<i>\$231,800</i>
<i>PPP</i>	<i>\$195,850</i>
<i>Gift-In-Kind</i>	<i>\$115,905</i>

Total Contributions **\$1,812,774**

EXPENSES 2021



<i>Program Services</i>	<i>\$1,426,651</i>
<i>Fundraising</i>	<i>\$315,872</i>
<i>General/Administrative</i>	<i>\$22,511</i>
Total Expenses	\$1,765,034

YEAR IN REVIEW

Our mission is to bring life-changing relationship skills to military, veteran, and first responder families so they can be strong and thrive. Because of your support, lives have been changed, relationships are healed, and families are back together.

2021 AT A GLANCE

224

OXYGEN EVENTS

8,525

HEROES SERVED

135

FACILITATORS
CERTIFIED



←
**STRONG BONDS
VIRTUAL CERTIFICATION
COURSE - MAY 2021**

→
**ALASKA FIRST
RESPONDER RETREAT
- NOVEMBER 2021**



←
**SEMINAR SERVING
FORT POLK, LOUISIANA
- DECEMBER 2021**

BEAUTY IN THE BREAKDOWN

Military Couple: Candy and James

Years of military life, deployments, and living in different states. All the pain that accompanies long distance left them wondering, how could they make their marriage work?

Shortly after they began dating, Candy moved out of state. Their relationship was forced to continue from afar. Even after getting married in 2018, their work kept the couple separated in different states – James in Kansas and Candy in Texas.

They finally moved in together and were able to enjoy life under the same roof for one whole month. Then James was sent overseas and was stationed in Korea for two years. When he returned home in 2021, they didn't know if their marriage could be salvaged.

James heard about the OXYGEN Retreat through his Chaplain and signed them up immediately. **A last-ditch effort to save their marriage.**

In one weekend, Candy and James were able to break down walls, engage in hard conversation, and learn practical, yet life-changing relationship skills. Not only did the OXYGEN Retreat provide hope and next steps to healing, but it shed light on areas that had been hiding in the dark for too long.

Here's a note from Candy and James to you, the community that saved their marriage and brought healing, through your support of OXYGEN Retreats and Stronger Families:

"Dear Stronger Families and those who make OXYGEN possible,

We've never been anywhere together without family, friends, or work obligations. This seminar was like a mini honeymoon for us. It allowed us to escape our daily lives, ignore our to-do-lists, our responsibilities, outside distractions, and just be with each other.

Our ability to communicate, understand, listen, do things for each other, share moments, laugh, love and run errands, are all a completely new experience. I feel like my cup is finally being filled and that I'm able to help fill his cup, too. Waking up together has gone from being in different beds and barely giving good night kisses to cuddles, open honest conversations, laughter, harmony, and peace.

The OXYGEN seminar really opened our eyes, hearts, and minds to see each other for the good again and not the pains and wounds caused over the years. It helped me reflect on myself and what I need to do to improve, things I wasn't aware of that have made a huge change.

I am so grateful for the retreat and what it did for me. **I've woken up from my anger, pain, and frustrations and can finally see the man I fell in love with again. There was a dark cloud over us of bad experiences and memories in our marriage.** Now, we see the beauty of our love and marriage. I'm reminded of all the hopes, dreams, and awesome memories that pulled me towards him in the first place."

This retreat changed the course of our marriage and made us fall back in love again!

We have never had a better relationship. After this ONE weekend. The OXYGEN retreat should be required, especially in our military community.

YOU SAVED OUR MARRIAGE.

Thank you again for everything. Thank you for pouring out such compassion, support, and understanding for military marriages. God bless you and everyone who made this possible!"

- **Candy and James**



FULL CIRCLE GENEROSITY

Dual First Responder Couple: Tiffany and Jeff

Tiffany and Jeff met while working for the Kirkland Police Department.

In 2019, Tiffany took part in one of our first ever Taste of OXYGEN trainings for First Responder Peer Support leaders. She walked away with the strong belief that “this material is what is missing for First Responder families.”

In 2020, Tiffany called Stronger Families CEO, Noel Meador, to inquire about teaching a Taste of OXYGEN at an upcoming Kirkland Police family night. Little did she know, Stronger Families had also scheduled a First Responder OXYGEN retreat for Bellevue, WA and Noel invited her and Jeff to attend as a couple. They attended this donor-funded retreat and felt that the curriculum was life-changing for their relationship.

Through the investment of those that give to Stronger Families, Tiffany went from being a recipient of the OXYGEN program, to teaching it, and now has joined the team as our SF First Responder Assistant Director. Hundreds of heroes have been impacted because of this full circle generosity. Generosity that changed two heroes’ lives, then a department, and now hundreds of other heroes—all funded by our tribe of leaders and community members that believe that our heroes that serve sacrifice greatly. They shouldn’t lose their families as well.

“As a dual first responder couple, the relationship challenges we face are amplified. When you head out on shift, there is a responsibility to make sure you make it home every night. Being a First Responder there is real potential every shift that you might not. This weighs heavily on all First Responders but especially for our family because there is a worry for both of us. The hardest moments are when Zella (our 5-year-old daughter) asks me to stay home with her. As a first responder, we tend to spend more time with other people’s families than our own. That is hard.

At the OXYGEN retreat, this was something I shared with my husband, Jeff. He wasn’t aware of the fact that Zella had said this to me so often. This came out by using one of the new tools we learned in the communication section. It made all the difference. This one tool, the Coupleogue, has become an integral part of our communication.

We are so grateful for this program and Stronger Families.

After serving as counselor for a few retreats to support First Responders, attending myself, and then helping lead our team in Kirkland for the wellness block with the department, it became clear—I’m very passionate about the mission of Stronger Families. This led me to join the Stronger Families Team in 2021.

The mission of Stronger Families is not just an operational key to success for a department but a belief that is in my very soul. It has been like going to work with my other family who thinks and breaths the same goals that I have. Saving marriages and families for First Responders!

Joining the team at Stronger Families has allowed me to help strengthen other First Responders’ families just like mine. This mission couldn’t be more personal to me. Thank you for helping us expand and for continuing to provide support for the families that need it most.”

-Tiffany Trombley
SF First Responder Assistant Director



THANK YOU!



You make Stronger Families what it is.

Your passion for our heroes. Your desire to tell others who we are and invite them in. And, your incredible generosity.

You have joined us in our belief that no hero should lose their family because they don't have the support or knowledge to know how to keep it strong.

Thank you for standing in the gap for our heroes and being there to offer hope to their families in the hard moments. They give so much for us.

***It is a great honor to link arms with you and
give back to those who serve.***

"The statistics demonstrating the benefits to children of being raised in healthy, loving homes are unmistakable and enduring. This is why we support Stronger Families. They provide resources and encouragement that strengthen the families of those that serve— those who face extremely hard challenges due to the sacrificial careers they have chosen, on our behalf. We are blessed to invest in Stronger Families and grateful they carry out the mission with love, dedication, and passion."

Dennis Trittin
Retired Senior Portfolio Manager, Russell Investments



"The family is under assault. Society is ill-equipping people to help keep relationships strong. Many families are lacking the tools to know how to stay connected. I am passionate about restoration and teaching practical tools. My faith tells me that if I invest in others, blessing will come through it. Noel and Karissa and Stronger Families meet the needs of military and first responder families in big ways. I believe in this mission. They give hope by offering relational skills to those who serve. I'm proud to support Stronger Families."

Lara Germino Dunn
Weichert Realtors--Pillar Northwest, Owner and Broker



OUR HEROES CIRCLE

Protecting the Families of those who Protect Us

PLATINUM (Over \$20,000)

The Bellevue Collection
Don & Mindy Nelson
Steven Blair
Charles & Diane Bundrant
Chad Duncan
Eric & Randi Johnson

GOLD (\$10,000 - \$19,999)

Alegis Construction
Hope Village Church
Nintex
Romac Industries
Trident Seafoods Corp
Joseph & Mary Bundrant
Randy & Judy Clark
Dave & Deanne Devries
William & Vivienne Gevers
Gordon & Cheryl Granger
Larry & Monica Keatts

Rufus & Pat Lumry
Team Nelson
Kerry & Kathy Olin
Robert & Jodi Olson
Omar Rivas
Chris & Kristina Shaffer
Brett & Teresa Smith
Eric & Kathryn Stelter
Dennis & Jeanne Trittin

SILVER (\$5,000 - \$9,999)

East West Bank
Zorko Electric Inc.
Litho Craft Inc.
Heritage Bank
Jerry & Tina Brown
Todd & Heather Burgess
Jason & Wendy Chappell
Wyatt Cook
Jim & Shannon DuBois
Mike & Leslie Dunn
Craig & Evon Hartmann
Matt Henn

Thomas Jonez
Brandi Kruse
Luke & Tenneall Madsen
Ken & Malia McCabe
Kris & Rosemary Peterson
Lincoln & Tricia Popp
Chris Randall & Karen Herold
Doug Robeck & Val Rose
Dominique & Stephanie Ruybal
Doug Sackville & Carey Early
Andrew Skeen
Mitch & Christine Soule
Kim Vachris

BRONZE (\$1,000 - \$4,999)

Denali Benefits
Gevers Wealth Management
Ronald Blue Trust
Tom & Kathy Absher
Tim Amato
Andrea Bach
Luke & Michelle Bakke
Graham Barker
Charles & Karen Batishko
Mark & Leslie Behrends
Roger & Terri Blier
Todd & Kayla Bosteder
Vien Bui
Noah & Peyton Bundrant
Lawson & Leanne Bundrant
Lori Comstock
Jerod & Paige Curley
John Curley
Kelly & Julie Dillon
Dean & Gail Douma
Alan & Traci Edmonds
Steve & Deborah Enos

Kenneth & Pat Farmer
John & Shannon Flavin
Matthew Dunn & Lara Germino Dunn
Thomas & Analise Gonsales
Gary & Nicole Hartnett
Daniel Hodo
Barry & Joan Horn
Geoff & Teresa Hunt
Gregory & Anne Hurley
Kyle & Cindy Kruse
Matt & Shelly Larkin
Carl & Bonnie Larsen
Rich & Sara Loudon
Greg Lynch
Stephen & April MacDonald
Sean & Donna Martin
Paul & Susan McBride
Jessica McNeil Clapp
John Olerud
Troy & April Pollock
Bob & Patty Richie
Jordan & Alexa Sanberg

Eric & Sandra Scroggins
Tim & Lauri Sears
Jacoline Stewart
Peter & Vickie Talbot
Tristen Teramoto
Maurice & Hayley Terrill
Keni Thomas & Heidi Marshall
Katherine Thompson
Kent & Christel Vanderweide
Rose Marie Wrung
Mark and Jan Yokers

Grants and Foundations
Frank & Judith Marshall Foundation
Murdoch Foundation
Tulalip Foundation
HIS Foundation

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