

OUT OF THE DARK

GRATITUDE REPORT 2023



OUT OF THE DARK
End Abuse. Empower Women.



*But I will sing of your strength, in the morning I
will sing of your love; for you are my fortress, my
refuge in times of trouble.*

Psalms 59:16 NIV



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A NOTE FROM THE CEO

It is an honor to present Out of the Dark's 2023 Gratitude Report. Our board, leadership team, and volunteers are thankful for the opportunity to help women who have been traumatized by domestic violence and other relationship abuse, and are in need of healing. We hope all our readers celebrate with us the impact we are making on this, many times, hidden group in our community. Many women turn to us to help them get their lives back, to learn from their experiences (and ours), and to turn things around to begin living a life filled with peace instead of chaos. Children cannot thrive when their parents cannot thrive. Entire families are affected when domestic abuse is present in the home.

After leaving abusive relationships, we help survivors work on their safety, security, employment, strengthening bonds with loved ones, and various other challenges that arise. They need to heal and we help them on their healing journey so that it will be an easier and faster process than we had experienced. If they happen to still be in that toxic relationship, we help boost their confidence so they can see more clearly through the fog of their daily life as we provide them with information on how others have recovered successfully from similar situations and have regained their life, spirit, independence, and cherished relationships. We also go with women to court proceedings, including obtaining orders of protection. Out of the Dark fills a unique gap where those who have experienced feeling trapped in abusive relationships, without any hope, can gain empowerment and knowledge from those who have been there. We operate with an entirely volunteer staff and all our services, including supplies and materials, are free to our clients. The success of these hurting women who experience healing and gain strength from our program is very heartwarming to witness and we are very thankful to God for allowing us to do this work.

Since Out of the Dark started its services in September 2021, over 40 women have attended our weekly support group meetings. Most of them have completed the 16-week faith-based program. The book "Overcoming the Narcissist, Sociopath, Psychopath, and other Domestic Abusers" (a Bible-based examination) by Charlene Quint aids in the reinforcement of our discussions during support groups. We hold these meetings nine months out of the year, taking a break for summer, however, we still help them during the summer and are available for any of the other services we provide.

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Sincerely,

Loraine Garcia-Godfrey, CEO/Executive Director



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A LOOK BACK AT 2023

☀️ We started off the year with a very generous donation from our philanthropic friends at Hops for Humanity in January. They very graciously chose to support Out of the Dark as their charitable organization and donated \$5,000 to help us run our services. We are incredibly grateful to them.

☀️ In February, we held our first art therapy class. Our members had such an enjoyable time, as they painted beautiful winter scenes taught by Cynthia, a wonderful artist. Art is known to be a positive, therapeutic activity for trauma victims during their healing process. Enjoying a fun painting class together also strengthens the feeling of community for the women attending. We had a fantastic turnout!

☀️ In March, I published an educational book on financial abuse called “A Beacon of Light: Escaping the Darkness of Financial Abuse.” Out of the Dark uses this book as a tool during lessons on this specific type of abuse which occurs in 99% of all domestic abuse cases.

☀️ Out of the Dark held its 2nd Annual “Heel 2 Heal” 5k Walk/Run Fundraiser & Community Awareness Event at Mallard Lake in Bloomingdale, Illinois in May. The walkers, runners, and volunteers all had a fun time. We raised much-needed funds and increased awareness of domestic abuse in the community.

☀️ In October, we held our first candle-lighting event. We gathered to pray for and honor those who have lost their lives during domestic violence, those who have lost loved ones to it, and those still going through the trauma. We believe no one has the right to silence their partner and when someone speaks out about their abuse, they should be treated with respect.

☀️ Overall, 2023 was a year of continued growth as we added a support group facilitator and social media manager to the leadership team and continued adding new clients. We would love to be able to reach many more hurting women as domestic violence is such an epidemic. Remember, evil flourishes in the dark, so we must shine a light for the victims, survivors, and their children.

We work to Uncover Strengths, rather than Dwell on Loss.

This foundational principle, on which we operate Out of the Dark, keeps our clients looking forward to their future with hope.

We are a 501(c)3 nonprofit organization
EIN # 85-3632774

2023 HIGHLIGHTS



2023 HEEL 2 HEAL 5K RUN/WALK



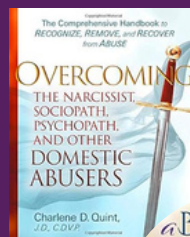
THERAPEUTIC ART CLASS WINTER SCENE



CANDLELIGHT VIGIL TO HONOR AND REMEMBER

\$5,000 DONATION HOPS FOR HUMANITY

EDUCATIONAL CURRICULUM



**WE THANK YOU, OUR SUPPORTERS, FROM
THE BOTTOM OF OUR HEARTS! YOUR
SUPPORT ALLOWS US TO CONTINUE
SERVING WOMEN IN NEED OF HEALING**

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