

B E C A U S E  
**NO ONE**  
CAN DO IT ALONE



*Impact Report* | 2024

*Empowered*Network.

# A Letter From Our Founders

Positive change doesn't happen by chance - it is sought out by courage, cultivated through advocacy, and supported by the community. Every survivor who gets to a place of independence is better positioned to protect their children. It fills our cup to know there are 620 kiddos out there dreaming bigger because their mom's redefined resilience.

The work is not just about surviving hardship - it's about creating the life of your choosing. It's about the survivor who earned a CNA certification and, with access to reliable transportation, expanded her job search radius to maximize her wages. Today, she is a nursing assistant in a hospital, with a steady salary, benefits, and a path toward becoming an LPN. "I wouldn't have been able to do what I did without the help with expenses and an advocate providing direction," she told us.

It's about the mother who, despite a history of bad credit, worked with her advocate to find stable housing for her family. We covered the security deposit and provided a reference; she is now building credit for the future with an apartment in her name. In her words: "I can finally sleep at night."

These are not stories. These are lives changed. Futures reclaimed. And they are made possible because this community refuses to allow systemic barriers to define people's futures.

As we look ahead, we remain committed to pushing boundaries, building partnership, and ensuring that survivors have the opportunities they need to thrive.

Thank you for being part of this journey with us.  
**Because no one can do it alone.**

With gratitude,  
Kristy + Abby



*Board of Directors 2024*



The system is failing survivors,  
but we are not.

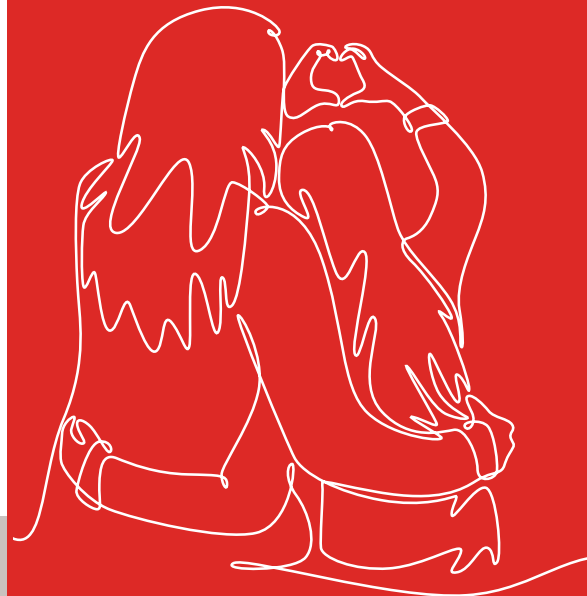
80% of human trafficking survivors in the U.S. are  
revictimized. When survivors go through Empowered  
Network, that number is under 1%.

Communities spend a projected \$5.3 million on every  
survivor trapped in the system. But that's nothing  
compared to what it costs them: their future.

## Community Impact.

When a survivor dismantles generational poverty and  
exploitation cycles, the community no longer needs to fund  
service and system support. When looked at collectively,  
Empowered Network's economic mobility program has an  
exponential impact on capacity and resources available  
within the entire philanthropic system.

The average wage increase of participants is greater  
than the cost of the program per member—  
a compelling benefit statement for the local economy!



## BRAINIAC CORNER

Highlighting academic  
accomplishments of EN members.



*Member killing it for the first semester!*

| 2024 Spring                     |       |
|---------------------------------|-------|
| Credit                          |       |
| Grade Details                   |       |
| Term GPA                        | 4.000 |
| BIOLOGY 006 - General Biology I |       |
| 5.00                            |       |
| Graded                          |       |
| A                               |       |
| 20.000                          |       |

*Congrats to a member for a great  
academic start!*

| Term: Fall 2023       |         |               |                                      |         |         |         |   |       |        |
|-----------------------|---------|---------------|--------------------------------------|---------|---------|---------|---|-------|--------|
| Academic Standing:    |         | Good Standing |                                      |         |         |         |   |       |        |
| Subject               | Course  | Level         | Title                                | Grade   | Credit  | Quality | R | Hours | Points |
| PHYS                  | 2020    | CR            | GENERAL PHYSICS II: ELECTROMAGNETISM | B       | 4.000   | 12.000  |   |       |        |
| Term Totals (Credit)  |         |               |                                      |         |         |         |   |       |        |
| Attempted             | Passed  | Earned        | GPA                                  | Quality | GPA     |         |   |       |        |
| Hours                 | Hours   | Hours         | Hours                                | Hours   | Hours   | Points  |   |       |        |
| Current Term:         | 4.000   | 4.000         | 4.000                                | 4.000   | 12.000  | 3.000   |   |       |        |
| Cumulative:           | 140.000 | 138.000       | 137.000                              | 136.000 | 408.000 | 3.380   |   |       |        |
| Unofficial Transcript |         |               |                                      |         |         |         |   |       |        |
| Term: Spring 2024     |         |               |                                      |         |         |         |   |       |        |
| Academic Standing:    |         | Good Standing |                                      |         |         |         |   |       |        |
| Subject               | Course  | Level         | Title                                | Grade   | Credit  | Quality | R | Hours | Points |
| PHYS                  | 2020    | CR            | HUMAN ANATOMY                        | A       | 4.000   | 0.000   | E |       |        |
| Term Totals (Credit)  |         |               |                                      |         |         |         |   |       |        |
| Attempted             | Passed  | Earned        | GPA                                  | Quality | GPA     |         |   |       |        |
| Hours                 | Hours   | Hours         | Hours                                | Hours   | Hours   | Points  |   |       |        |
| Current Term:         | 4.000   | 4.000         | 4.000                                | 4.000   | 0.000   | 0.000   |   |       |        |
| Cumulative:           | 144.000 | 138.000       | 137.000                              | 136.000 | 408.000 | 3.380   |   |       |        |

*Medical career paths are a common choice!*



# Survivors Redefine Resilience



Mel EB, affectionately known as, “The Most Powerful Mel EB” has transformed her harrowing experiences of physical, mental, and sexual abuse, including being kidnapped and trafficked, into a powerful message of life-changing empowerment.

As an award-winning motivational speaker, author, and radio personality on iHeartRadio, Mel EB continues to inspire countless individuals with her resilience and unwavering advocacy for women’s empowerment. Her upcoming book further solidifies her influence in the field.

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*Dear Empowered Network,*

*I sincerely want to thank you for the incredible support you’ve given me. You have been such a great help in encouraging me on my journey to becoming a nail technician and in pursuing the dreams I’ve had for myself. Your generosity and guidance have made a real difference in my life. I want to specifically thank my Advocate for being there for me. Your kindness and support have made this journey even more meaningful. Not only did I accomplish something as significant as graduating as a nail technician, but with your help, I was also able to purchase the tools and supplies I needed to launch my own business, so I’m not stuck with hourly staff wages! That freedom and opportunity is something I will always be grateful for. The impact you’ve made on my life goes beyond just financial assistance—you’ve helped build my confidence and given me a community that believes in me. Thank you for everything.*

*With heartfelt gratitude, Lauren\**

*\* Published with permission*

## Listen to Melanie Thompson’s podcast, Exit Wound!

Click on the hyperlink above or copy and past the below link into your browser:

<https://www.exitwoundpodcast.com/>

*I want to thank Empowered Network for showing me life can be a good experience. This world can be a very difficult place to navigate, however, the support I got from the program helped me have hope and keep dreaming. As I advanced in my career and life, my advocate empowered me to not judge a book by its cover and to stay true to myself. More than supporting my schooling, which honestly was my top goal, I gained a sense of my power and a support system.*

*-L.U.*

## Check out Lauren’s newest podcast episodes for Daughters of the Corner!



Click on the hyperlink above or copy and past the below links into your browser:

<https://www.amazon.in/Daughters-of-the-Corner/dp/B08KF5FNNQ>

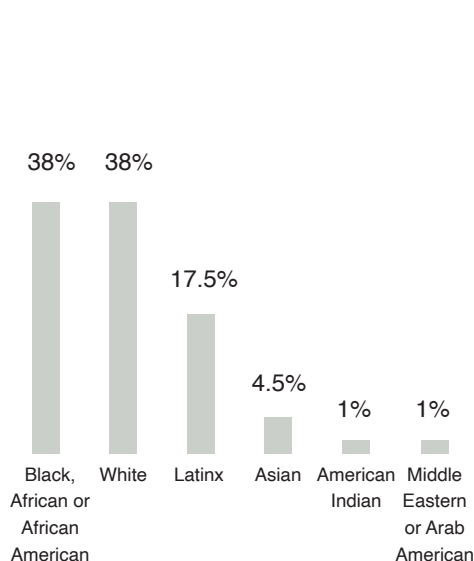
<https://sanctuary747nails.as.me/schedule/11289c7a>



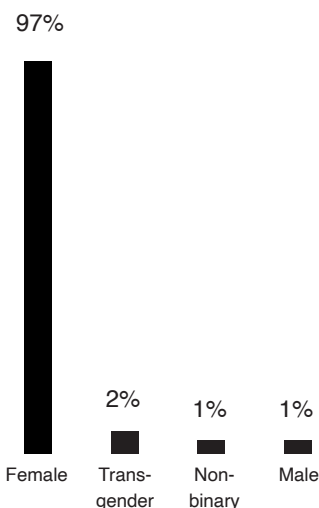
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# Empower Who?

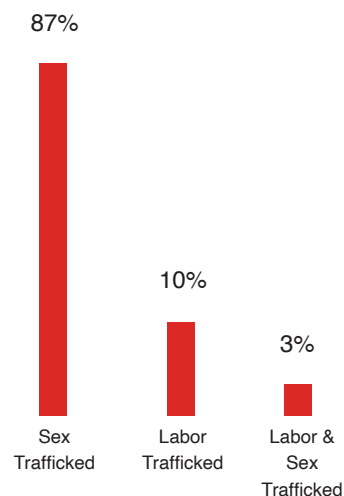
Empowered Network serves **trafficking survivors** who are **18+ years old**, with **67% identifying as women of color**. On average, program participants have **1 to 2 children** who are sub-beneficiaries.



Racial Demographics



Gender Demographics



Trafficked Status

## Demographic

Average Age

34

## Origin

American-born

76%

Immigrant

24%



*"Empowered Network has helped me grow in many ways -spiritually, emotionally, relationally, financially and physically.*

*Upon going through the program and graduating, I have become emotionally mature and feel more stable."*

*I have become more confident in my skills and abilities, among other career gains.*

- EN member speaking her resilience into reality



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**Empowered**Network.

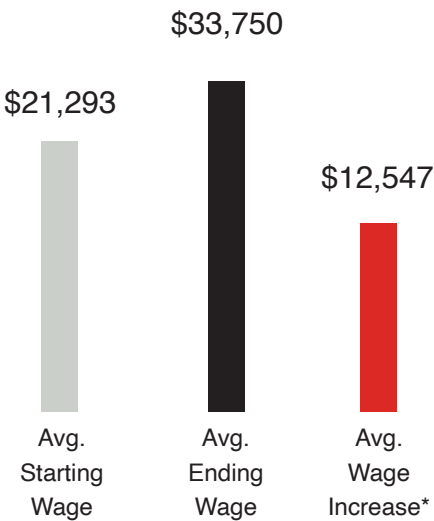
# Claiming Stability, Cultivating Strength: 2024 Impact

Empowered Network is **successful every time a survivor reaches independence**, ending generational cycles of exploitation and releasing the community from funding a perpetual service/system cycle.

| Community Size         | Alumni | Active | Total      |
|------------------------|--------|--------|------------|
| Program Participants   | 290    | 142    | <b>432</b> |
| Children Beneficiaries | 406    | 214    | <b>620</b> |

*"I want to thank Empowered Network for showing me that life can be a good experience."*

- EN Alumni



## 2024 Wage Statistics

\* For reference, the 2025 Federal Poverty Level (FPL) for households of three is \$26,650 annually.



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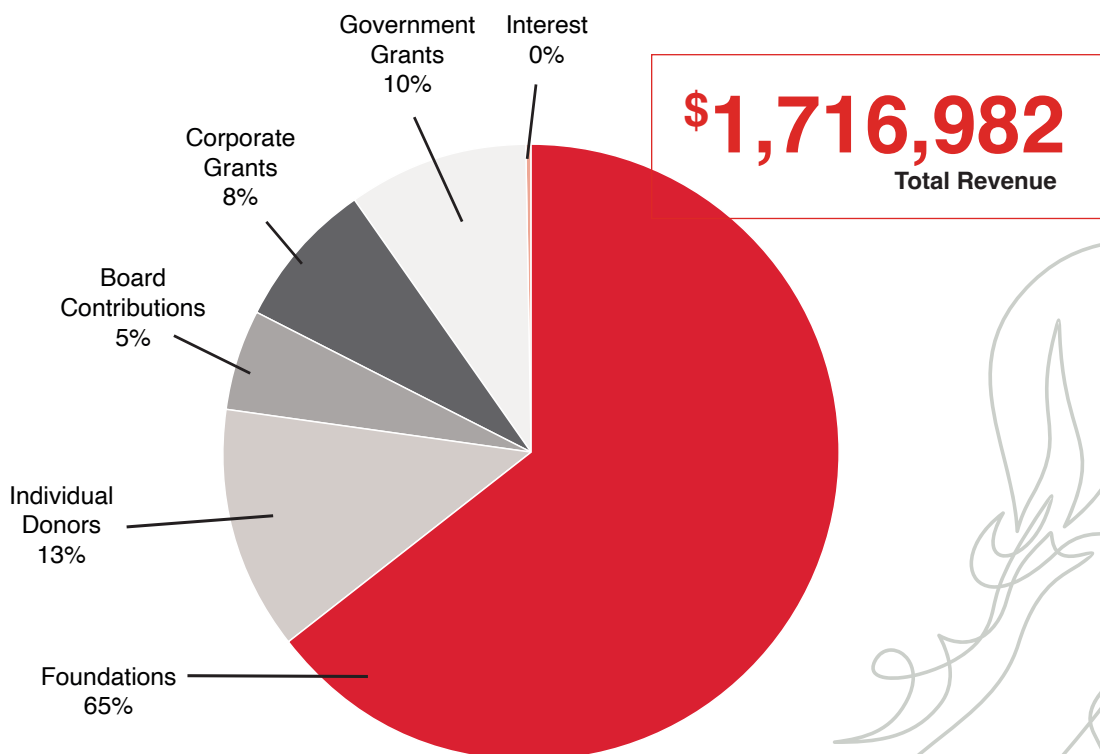
**Empowered**Network.

# Investing In Survivor Success

Considered an innovator within the movement, EN is honored to be a selected member of The Jensen Project, The Life Story Initiative (Rockefeller Philanthropy Advisors), AHLA's No Room for Trafficking Survivor Fund, Arbor Rising, and the Catalyst Community.



*In 2024, U.S. Department of Health and Human Services (HHS) announced Empowered Network as a Phase 1 winner of the HHS Innovation Challenge to Prevent Human Trafficking Among Women and Girls.*



**\$172,276**

General Expenses

**\$1,771,594**

Program Expenses

89% of all expenses are spent on programming.\*

*\*Compared to a national average of 76%*





## Be a Part of the Movement!

Empowered Network is looking to establish more FUNdraising pods. Pull together a group of friends to plan an event big or small!

- Golf Event
- Coffee & Conversation
- Celebration Fundraiser (Birthday/Anniversary/ Housewarming)
- Cocktail Party
- Chef's Dinner Party
- Fitness Fun (Yoga / Soul Cycle)
- Wine Tasting
- Paint & Sip Night
- BUNCO

Empowered Network can provide signage, materials, special donation webpages, and speakers (optional).

\*Interested? Email our co-founder, Abby Fabiaschi  
[abby@empowerednetwork.com](mailto:abby@empowerednetwork.com)



*"Organizing a fundraiser each year isn't just about raising money—it's about rallying our community to say, 'We see you, we believe in you, and we're here to help.' Every dollar raised is a door opened, a burden lifted, a survivor given the chance to rebuild with dignity and hope. This privilege and partnership continues to bring me, my committee, and our community so much joy and pride each and every year."*

- Renee Guckert Carter runs an annual golf event in Maryland

## Thank you for empowering survivors!



**GULF COAST  
COMMUNITY  
FOUNDATION**



*Virginia B. Foulmin*  
FOUNDATION



**The Julian and  
Lois Brodsky  
Foundation**



*EmpoweredNetwork.*

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