YESTERDAY'S GONE | 501C3

IMPACT

In 2025, Yesterday's Gone provided comprehensive support to women and their families, recording **717** weekly hours of life coaching and case management, **271** weekly hours of counseling for women and children, and **839** weekly hours of support groups, educational programs, trauma-informed yoga, and self-defense sessions. We are also one of the few programs that welcome guests' pets, providing **1,431** safe nights for these beloved companions, because healing is most powerful when families stay together.

Counseling Sessions

Counseling sessions are a vital part of the healing journey, offering a safe space for women to process trauma, rebuild confidence, and develop healthy coping skills. The impact is lasting, our guests experienced a 44% improvement in anxiety and a 50% decrease in depression.

BREAKDOWN:

- ✓ **$250** pays for 4 sessions
- ✓ **$500** pays for 8 sessions
- ✓ **$1,000** pays for 16 sessions
- ✓ **$2,000** pays for 32 sessions

Life Coach Sessions

Our Life Coaching services help women build confidence, set goals, and move toward independence. In 2025, our guests saw a 109% improvement on the self-sufficiency scale, showing the powerful impact of this support.

BREAKDOWN:

- ✓ **$250** pays for 4 sessions
- ✓ **$500** pays for 8 sessions
- ✓ **$1,000** pays for 16 sessions
- ✓ **$2,000** pays for 32 sessions

13-Week Remote Support Groups

In 2025, we supported 90 women through our remote support groups, creating a safe, accessible space for those who may not be able to come in person. These groups are vital for women who call in, offering a sense of community, so they know they are not alone in their healing journey.

BREAKDOWN:

- ✓ **$300** pays for 1 person
- ✓ **$900** pays for 3 people
- ✓ **$1,200** pays for 4 people
- ✓ **$1,500** pays for 5 people
- ✓ **$1,800** pays for 6 people

Case Management & Resource Coordination

In 2025, we supported over 300 women in our community through our case management services, women who reached out for help, even if they weren't able to stay at our property. Each call represents a step toward safety, support, and a path forward.

BREAKDOWN:

- ✓ **$300** pays for 10 calls
- ✓ **$500** pays for 16 calls
- ✓ **$1,000** pays for 33 calls
- ✓ **$2,000** pays for 66 calls

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Your support makes this transformation possible. Because of you, women and their families are not only finding safety, but gaining the tools, resources, and confidence to build a new future. Every dollar given directly impacts a life, helping someone move from survival to stability, and from fear to freedom. We are deeply grateful to have you as part of this mission.

Housing & Facility Expenses

Our housing services are essential to the healing journey, providing a safe and stable environment where women and their families can begin to rebuild their lives free from abuse. In 2025, we provided **4,317 safe night stays,** each one representing a step toward safety, stability, and lasting healing.

BREAKDOWN:

- ✓ **$1,000** supports housing costs for one resident
- ✓ **$2,000** covers housing and facility expenses for one home
- ✓ **$2,000** pays for building one new deck for our homes

Vehicle Expenses & Coverage

Access to reliable transportation gives our guests more than mobility, it provides independence. With a vehicle, they can get to work, counseling, and appointments on their own, building confidence and taking important steps toward stability and self-sufficiency.

BREAKDOWN:

- ✓ **$2,667** pays for one car to be insured and maintained for an entire year
- ✓ **$12,000** pays for all of our community cars to be insured and maintained for an entire year

Kids Programs, Volunteer Management, & Community Education

These programs are vital because they break generational cycles of trauma, empower communities with knowledge & compassion, & ensure every woman and child who walks through our doors is supported.

BREAKDOWN:

- ✓ **$2,000** covers all kids programs for one year
- ✓ **$3,000/month** pays for volunteer management for one year
- ✓ **$3,000/month** pays for community education for one year

Grant Submission Support

Applying for grants is essential for our program because it provides sustainable funding that allows us to expand our programs, serve more women and children, and continue offering life-changing support without placing the financial burden on those we help.

BREAKDOWN:

- ✓ **$3,000** pays for one grant to be submitted – on average, one grant can help us recieve $40,000
- ✓ If six people donate **$500** , we can apply for one grant

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