

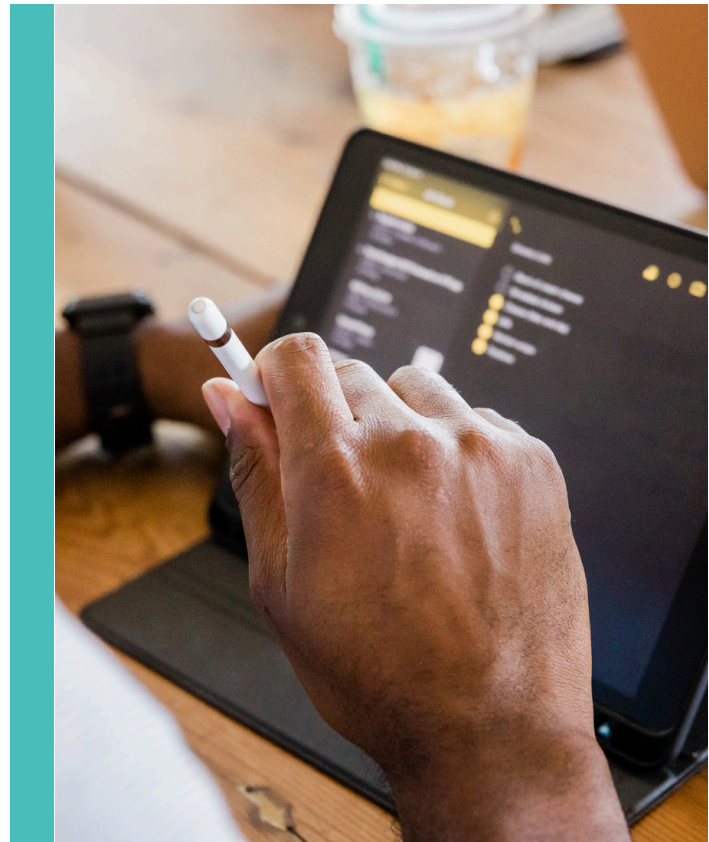


the  
PAIN FREE  
PROJECT

November 27, 2024

# The Pain Free Project 2023 Annual Report

Presented by  
Angela Yvonne



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## Letter from the Founder

**Angela Yvonne, Founder and Executive Director**

When I started The Pain Free Project in 2015, I could never have imagined the impact we would have today. This year, our mission—to restore balance for survivors of human trafficking through accessible, natural health care—has touched the lives of hundreds.

In 2023 alone, we provided 293 treatments to survivors, offering them relief from pain, stress, and anxiety, as well as tools to improve their sleep and overall well-being. These sessions are more than treatments—they are moments of healing, empowerment, and hope.

I am continually inspired by the resilience of the survivors we serve. We've seen clients transform from individuals struggling with the weight of their past to thriving members of society—graduating from recovery programs, attending college, securing jobs, and reclaiming their lives.

This work is only possible through the support of our donors, partners, and volunteers. Your belief in our mission allows us to offer these vital services at no cost to those who need them most.

As we look to 2024, the demand for our services continues to grow. We hope to expand our offerings and reach even more survivors in need. Together, we can create a world where no survivor heals alone.

With gratitude,  
Angela Yvonne  
Founder and Executive Director

# Who We Are

## Mission

Restoring balance for survivors of human trafficking through free, accessible natural health care.

## Vision

A world where no survivor heals alone.



## Core Values

- Community: When we are all nourished and healthy, our society benefits.
- Wellness for All: Everyone deserves to feel their best.
- Accessibility: Alternative therapies are non-invasive, cost-effective, and free of side effects.

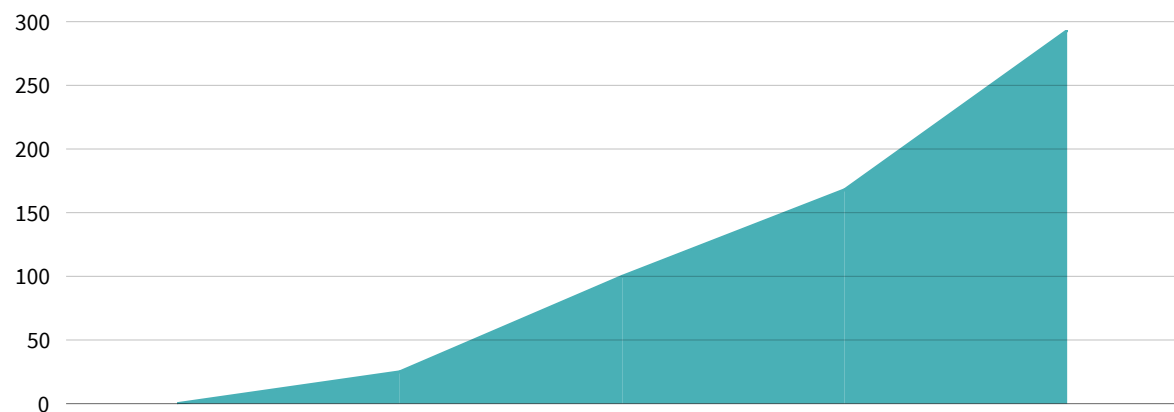


# Our Community Impact

## Healing Sessions Provided

293 treatments in 2023

Individual and group sessions focused on pain relief, stress reduction, and emotional healing.



## Collaborations with Local Organizations

- Partnered with Generate Hope, North County Lifeline, and the REACH Coalition.
- Supported survivors in their early recovery with community-style treatments to reduce barriers like transportation and scheduling.

## Membership in the REACH Coalition

- Actively engaged with other service providers to ensure survivors receive holistic, wrap-around care.



# Financial Overview

## 2023 Income

REVENUE	
Calm Community Program	\$22,700
Grant Income	\$24,762.50
Other Donations	\$19,275.77
Total Income	\$66,738.27

## 2023 Budget Breakdown

- 90% of funding goes directly to services.
- Total Budget: \$80,000

EXPENSE	
Payroll and Taxes	\$76,000
Accounting/Admin	\$2,500
Web and Marketing	\$1,500
Supplies & Space	Donated



# Ways to Give

Your support makes a direct impact. Here's how you can help:



## 1. Donate

Every dollar contributes to free treatments for survivors.



## 2. Join Our Community

Volunteer your time or skills to support our mission.



## 3. Contact Us

Visit [painfreeproject.org/donate](https://painfreeproject.org/donate) or contact us at [info@painfreeproject.org](mailto:info@painfreeproject.org) to learn more.

# Questions? Get in Touch!



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