

THISTLE FARMS™

2019 - 2020 Annual Report

The Keys That Heal



A glimpse inside
Thistle Farms during
an unusual year

How the Café
pivoted to help
provide 12,000 meals
to at-risk youth
during quarantine

Our 20th graduation —
via a socially distanced
parade (our new
favorite tradition)

How love transcends
six feet — and
continues to heal

A DEDICATION

SHANNON MARTIN



Every once in a blue moon walking along a Tennessee stream, you come across a stunning and rare stone glistening in sunlight that transforms your path into a vision. That is how it felt when Shannon Martin crossed our threshold with her apron on, ready to work.

A donor, a volunteer, a leader, and an advocate, she transformed daily life at Thistle Farms with love as beautiful as sunlight sparkling on the water. Every act and every action — no matter how great or how small — Shannon offers is wrapped in grace and sincerity. She is one of the rare people who you can tell is smiling behind the mask. She doesn't see the work as beneath or beyond her. She simply wants to bask in the joy that she is a full member of the Thistle Farms community, walking hand and hand with her sisters in the dazzling light of love.

Shannon, we dedicate this annual report to you as a sign of our gratitude and deep wonder that someone as kind and humble as yourself, came our way.

LOVE,

Your Thistle Sisters (and Brothers)

Dear Friends:

We offer you this annual report as a glimpse inside Thistle Farms in the midst of a tumultuous year of pandemics, protests, and political division. ***Through it all, the 5 “keys” highlighted in the following pages kept us grounded and focused on remaining a place of healing and hope.***

The women at Thistle Farms have known loss and uncertainty since many could spell their own name. Facing magnified, global levels of insecurity in the work of love has made us dig deeper and try harder to be a place of safety, hope, and healing.

Yes, the enterprises that sustain our mission took a hit. Yes, the dangers of recovery coupled with isolation could have been devastating. But it wasn't. During a time when so many people felt stuck at home, you made it possible for the women of Thistle Farms to feel safe at home.

On behalf of our entire community, thank you for reminding us that good news abounds, gratitude cannot be quarantined, and that love will easily traverse six feet.

With love and appreciation,

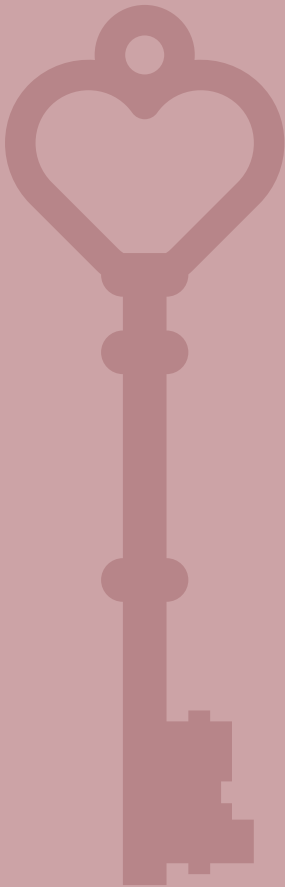


Hal Cato
CEO



Becca Stevens
Founder & President





Key #1

LOVE

LOVE IS OUR
GROUNDING PRINCIPLE
AND THE FIRST AND
MOST IMPORTANT KEY
TO HEALING.

Love shapes our foundation, our business practices, and our growth as a movement. Love as both the noun and the verb allows us to be a transformative community for all people.

SOME OF OUR FAVORITE LOVE STORIES THIS YEAR



1 BRENDA'S NEW HOME

After years of planning and months of hard work, Brenda Wilson, our Assistant Shop Manager, received the keys to a new home built by Habitat for Humanity with the assistance of members of her family, her Thistle Farms community and Former President Jimmy Carter and Former First Lady Rosalynn Carter.



2 LOVE SOUTH OF THE BORDER

In January, a team of Thistle Farms visited one of our Global Initiative Partners, Sibimbe in Ecuador. Together, we created new product ideas, shared stories, and spoke of the women Sibimbe would employ in the future.



3 GRADUATION PARADE

Our favorite day of the year — Graduation — looked a little different. A socially distanced parade overtook the alley behind our offices to celebrate the nine women who completed 24 months in the residential program. The joy, energy, and triumph transcended six feet.



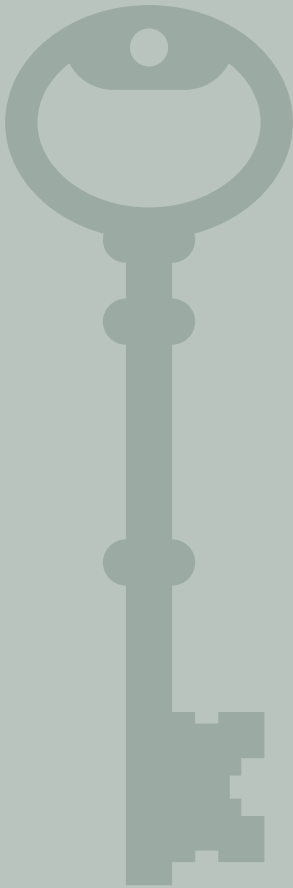
4 WORK WITH SECOND HARVEST

When our cafe temporarily closed its doors in the early days of the pandemic, our staff continued to show hospitality by preparing over 12,000 sack lunches delivered and distributed each week to students living in food insecure households.



5 THISTLE FARMERS IN HIGH PLACES

Kelly Clarkson invited Becca, and our 2020 graduate, Kristina, to come share the story of how Love Heals. Not once... but twice!



Key #2

HEALING SANCTUARY

FINDING A HEALING
SANCTUARY IS A
FUNDAMENTAL KEY TO
RECOVERY FROM ANY
KIND OF TRAUMA.

For 23 years, Thistle Farms has provided survivors the time, space, community, and resources they need to heal. Whether in the hills of Ecuador, a prison in Nashville, or a home in Omaha, fostering safe environments where women can heal and thrive is at the center of what we do.

Over the past year, Thistle Farms provided sanctuary for 28 women survivors. All were provided free housing, healthcare, counseling, therapeutic groups, transportation, employment training, and education support, all in a therapeutic setting. 85% successfully completed the two year-program this year.

A LOOK AT THE NUMBERS:

18 Average number of years our residents have been in ADDICTION

99% of our residents have experienced HOMELESSNESS

10,000+ nights of safe and supportive HOUSING were provided to women survivors

1,600 medical, counseling, and trauma THERAPY appointments were made available to our residents

9 residents successfully COMPLETED the program and were celebrated with a joyous, socially distanced parade

10 women began their HEALING JOURNEY in the Tennessee Prison for Women through Thistle Farms on the Inside




“The difference for me was having a home. I had just come out of jail, where I had to bunk with fifty other women. When I walked in, they handed me a key; and I could see a kitchen with pots and pans and plates. I almost dropped to the ground. I was so thankful to have that key. I didn’t want to lose it. It was small, but it kept me going to a long time until the lessons started taking root in me.”

— Anonymous, Thistle Farms Resident

Key #2 HEALING SANCTUARY

CONTINUED



The THISTLE NATIONAL NETWORK is a *rapidly growing network* of cities who are replicating our residential model. Since its founding in 2011, leaders in 29 states have opened 46 homes committed to connecting survivors of prostitution, trafficking, and addiction to hope, healing, and empowerment.



“Looking at me now, you do not see the trauma of my past. I now have a home, a bed (just for me), a key that unlocks a door to an entire supportive community that, most importantly, protects me. Thank you, God, for this new ground.”

— *Anonymous, Resident at Raise Your Head Foundation,
Wichita, KS Sister Community of Thistle Farms*

IN 2019-2020

357 BEDS NATIONWIDE provide healing and sanctuary for women survivors

10 NEW CITIES opened in the last year, with 28 MORE still in development

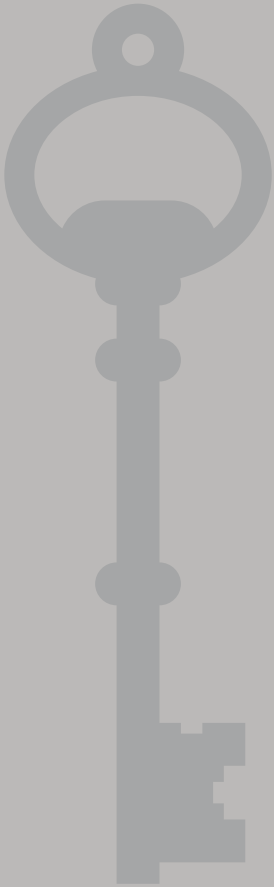
Our 1st INTERNATIONAL SISTER ORGANIZATION opened a home in Belize

245 attendees participated in EDUCATION WORKSHOPS, which include learning tracks for program and social enterprise development



THISTLE FARMS sponsored a team of volunteers to renovate a home for our first international sister organization in Belize.





Key #3

MEANING & PURPOSE

SINCE FOUNDING OUR FIRST SOCIAL ENTERPRISE IN 2001, WE HAVE BEEN COMMITTED TO CREATING HIGH QUALITY PRODUCTS AND SERVICES THAT HOLD BOTH MEANING AND PURPOSE.

When the work has meaning and purpose, we know that it is as healing for the artisan and producers as it is the customers. While we know that many people first come for the story, we realize that they stay because they value the experience.

In spite of the challenges the pandemic presented, the women of Thistle Farms were still able to produce 244,265 products and ship over 20,000 packages between July 2019 and June 2020.

A LOOK AT THE NUMBERS:

244,265 PRODUCTS manufactured

52 women SURVIVORS employed

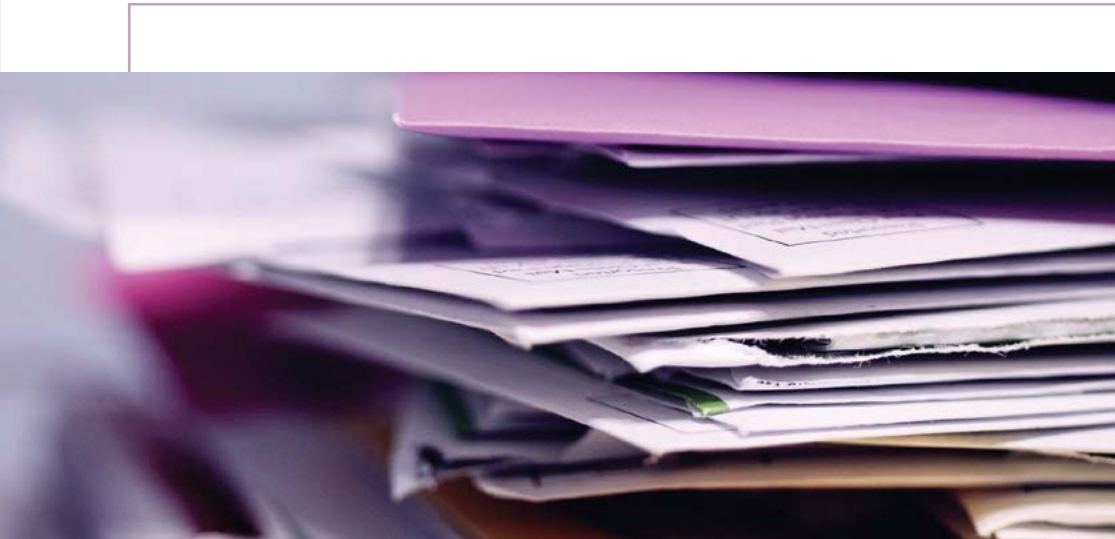
36,000 MEALS served in the cafe

75,000 hours of EMPLOYMENT

22,000 ONLINE ORDERS placed

63% INCREASE in online revenue

\$1.6M EARNED by graduates and residents



Team members who were unable to leave their home due to the quarantine stayed busy by helping WRITE THANK YOU “LOVE LETTERS” THAT WERE MAILED TO MORE THAN 10,000 CUSTOMERS AND DONORS. We were surprised by the numbers who in turn wrote back, and reading the replies filled us with joy and encouragement. Although 3 of our 4 sales channels were completely shut down during quarantine, we were able to keep 99% of our workforce employed.

Key #3 MEANING & PURPOSE

CONTINUED

October of 2019 marked THE 5TH YEAR of our Shared Trade Initiative.

THISTLE FARMS GLOBAL SHARED TRADE helps create economic freedom for women survivors worldwide by helping launch new social enterprises, incorporating existing global enterprises into our supply chain, and connecting unique global enterprises directly with our customers. With the support and sales generated through Thistle Farms Global, partner enterprises can hire more women, increase wages, and reinvest in their communities. An investment in women producers heals families and ends cycles of poverty and abuse.



GLOBAL SHARED TRADE

38 partners in 20 COUNTRIES

50-60% of revenue is RETURNED to our partners for continued development

1,400 people EMPLOYED by partner organizations

18% GROWTH in sales over previous year

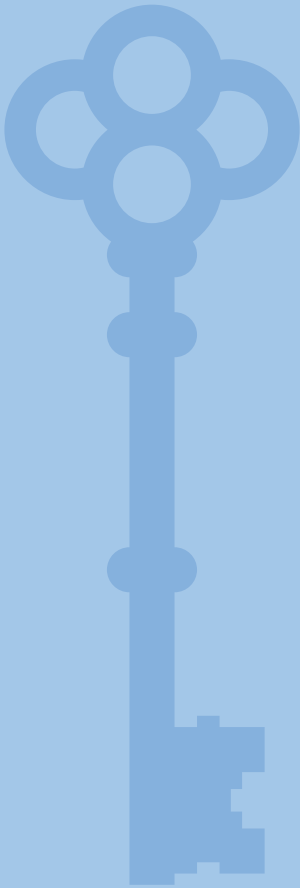
COVID-19 RELIEF GRANT RECIPIENTS

For the first four months of the pandemic, 95% of our global partners had to stop production for the safety of their artisans and communities. This impact to global commerce has resulted in an 47% average loss in revenue since the beginning of the pandemic for our global partners.

Nine of our partners were selected to receive small grant reliefs to help offset the financial impact.

- BELJOY, HAITI — Two homes were built for artisans in need of safe and secure housing.
- COLLECTIVE HUMANITY, CAMBODIA — Built the first water hygiene and sanitation station in their village, essential in a time when hand washing can save lives.
- IKIREZI, RWANDA — Farmers wages were paid to support the workers and the community.
- LOVE WELCOMES, GREECE — Artisan wages and community support.
- MISSION LAZARUS, HONDURAS — Artisan wages and community support.
- MORINGA MADRES, MEXICO — Artisan wages and community support.
- NORTHSIDE HEALING SPACE, USA — Housing stability through funding rent and support for utilities to keep families in their homes in the United States.
- SIBIMBE, ECUADOR — Artisan wages and community support.
- YEWO, MALAWI — Built a solar-power system for the workshop, while generators and batteries were limited during pandemic lockdown.

“The money given to Bejjoy through the COVID Relief Grant is changing the life of one of our artisans, Fedeline, the lives of her family, and generations to come! In Haiti, homeownership is rare. Fedeline, is a single mother of 2 children, who also provides for her extended family. She purchased the land several years ago and has slowly been building her home. It was projected to take her around 20 years to complete her home, as she buys a few bricks at a time with the money she can save. Because of the funding from Thistle Farms, she will now have a completed home, and the burden of homeownership and safety was expedited. This is literally a dream come true for Fedeline and the Beljoy community!” — Abby Clevenger, Founder of Beljoy



Key #4

RADICAL HOSPITALITY

WE SEE COMMUNITY
NOT AS A STRUCTURE
BUT AS A BOND.

Practicing radical hospitality — where everyone is welcomed with warmth and acceptance, without judgement or preconceptions — is key to creating this healing bond. We are passionate about forming relationships through shared experiences, storytelling, and radical hospitality.

This past year, we welcomed more than 70,000 guests through our doors. They came for meals, celebrations, receptions, education workshops, and weekly circles. It is our hope that they left feeling appreciated and valued. After COVID required that we close our doors, we thought of new and creative ways to show radical hospitality. Our employees wrote 10,000 notes to donors while quarantined at home, thanking them for believing in us. Our cafe staff partnered with Second Harvest Food Bank to provide over 12,000 sack lunches for food insecure communities over the spring and summer months. And of course, we still gathered each week, thanks to Zoom, to circle up as a community, check in on one another, and light a candle in hopes that it will help the next woman find her way home.

EVERYONE IS WELCOME

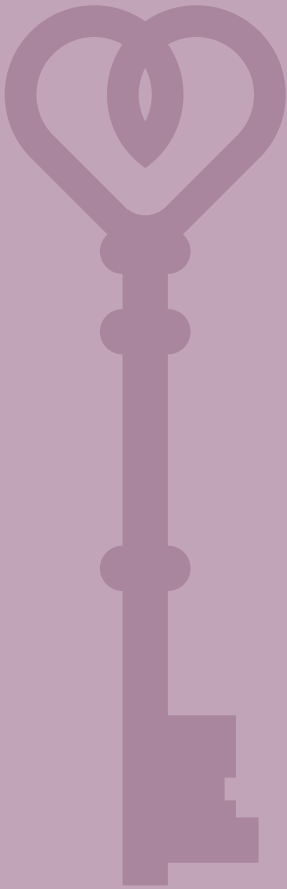
70,000 GUESTS came through our doors.

1 in 4 customers is a REPEAT GUEST

700 VOLUNTEERS who gave over 2,100 HOURS of service

12,000 sack lunches prepared and distributed through
SECOND HARVEST FOOD BANK





Key #5

PERSONAL GROWTH

NOT GIVING UP ON
ONE ANOTHER IS
KEY TO OUR HEALING
AND GROWTH AS
INDIVIDUALS AND
AS A COMMUNITY.

There is an ethos and diligence shared at Thistle Farms towards improving one's personal, professional, emotional, and mental well-being. We are here to lift each other up and gracefully hold one other accountable to doing our best and offering our best.

5 SURVIVORS REFLECT ON THEIR PERSONAL GROWTH THIS YEAR



DEBBIE 2020 Graduate and Customer Service Manager

“Sometimes the key to everything coming together is a literal key. Knowing that I was trusted with a key to the house where I healed and grew at Thistle Farms Residential was one of the first keys to my recovery success.”



MELISSA Barista at the Cafe at Thistle Farms

“My license was suspended four years ago. I paid those fines in half the time I was given. I bought a car, got an apartment, and received a couple of new keys that represent the distance I’ve traveled and the life I’ve built as a part of a loving community.”



DASHAWN 2020 Graduate

“I was so excited to go back to college and get my degree. I know that having this degree is just another step in a successful life. I even graduated with a 3.7 GPA. I am so proud of me!”



TERESA 2020 Graduate and Clinical Assistant at Trevecca Medical Center

“Nursing is my truest calling. I get to follow my dream career because of the wellness and confidence I regained at Thistle Farms.”



JENNIFER 2012 Graduate and Volunteer Coordinator

“This year, I was able to have my entire criminal record expunged, I was reminded that my story matters. That day — my last time to appear before a judge — was the first time in a criminal justice setting where I felt the basic dignity of being seen and heard. At the end of the reading of my charges when it was announced that my record was clear, the judge stepped down from the bench and hugged me.”

IN GRATITUDE FOR OUR SUPPORTERS*

GIFTS RECEIVED JULY 1, 2019 – JUNE 30, 2020

FRIENDS OF THISTLE FARMS \$15,000+

Katie and Lewis Agnew
Laurel and Stephen Coleman
Uzma Latif
Mr. and Mrs. Douglas Londal
Shannon and Charles Martin Jr.
Mitzi and Bryan Maynard
Christy and Fernando Mechereffe
Byron Middendorf
Teresa and Michael Nacarato
Peggy and Don Napier III
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The Andrea Waitt Carlton
Family Foundation
The Boedecker Foundation
Caterpillar Foundation
Cockayne Fund, Inc.
Community Foundation of
Middle Tennessee
Episcopal Diocese of Texas
Equinox Information Systems
The Flora Family Foundation
The Frist Foundation
HCA Healthcare
The Healing Trust
The HRH Foundation
Ingram Industries
The Isabel Allende Foundation
J. Jill Compassion Fund
Jackson National Community Fund
Jeanette Travis Foundation
John R. Ingram Advised Fund
The Kieschnick Family Fund
The Marlene and Spencer Hays
Foundation
Marjorie A. Neuhoff Private
Foundation, Inc.
Michael & Susan Dell Foundation
The Milly Ann & John Stewart
Charitable Fund

The Nashville Predators Foundation
presented by SmileDirectClub
Network for Good
Orrin H. Ingram Fund
Stand Together
Tennessee Titans
Tri Star Sports & Entertainment
Group
UBS Financial Services
The William Stamps Farish Fund

GRATITUDE CIRCLE \$3,000–\$14,999

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Andrea and John Arndt Jr.
Caroline and David Bartholomew
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Karen and Kenneth Campbell
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Brince and Holly Lennon Wilford
Hayley Williams
Linda and Wes Yoder
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Holly Zabka
Elisha and Jeff Zander
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AEG Presents LLC

AllianceBernstein, L.P.
 Altria Companies Employee
 Community Fund
 American Association of
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 The Anne Potter Wilson Foundation
 Ann M Duffer Family Foundation
 Apple
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 Charitable Fund
 The Bone Family Fund
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 The Center for Contemplative
 Justice
 The Core Fund
 Creative Concerts, Inc.
 The Donovan Family Gift Fund
 The Dorothy Cate and
 Thomas F Frist Foundation
 ECW Diocese of Long Island
 Eventbrite, Inc.
 The Fred and Jean Allegretti
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 The H. Evan Zeiger, Jr & Margaret
 Zeiger Charitable Foundation
 Hailey Family Foundation
 Hamond Family Foundation
 Healing with Words /
 Writers on the River
 The Hebenstreit Family Foundation
 The Herbert Fritch Family
 Foundation
 The Houghland Foundation
 The Hunter Family Giving Fund of
 the Gift Fund Bank of America
 I Love Lou, LLC
 I'm With Her, LLC
 Jack C. Massey Foundation
 The James and Dorothy Baer
 Foundation
 The James W. Carell Charitable Trust
 Janet and Earl Seekins Family
 Foundation
 Jewish Communal Fund
 JLC Family Donor Advised Fund
 The Joe C. Davis Foundation
 John School
 Last Waltz Tour, LLC
 The LDB Foundation
 The Lewis Family Charitable
 Foundation

Maclellan Foundation
 The McCamey Family
 McKay Books, Inc.
 The Melkus Family Foundation
 MPower
 The Nancy M and Victor S
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 Foundation
 SAP Club
 The Signatry
 Soundwaves Art Foundation
 U.S. Smokeless Tobacco Co, LLC
 United Way of Greater Nashville
 United Way of Greater Philadelphia
 and Southern New Jersey
 The Well-Fed Women Podcast
 Wells Fargo

LIGHT BEARERS

\$1,000–\$2,999

MMHBO
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 Edgar and Kathi Allen
 Mary Lou Arnold
 Charlotte and Charles Atwood
 Kristin and Jon Baese
 Mimi and Wayne Barnard
 Jack and Lindley Beach
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 Matraca Berg and Jeff Hanna
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 Martha and Bob Blenkush
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 Joan Branca and Al Bellos
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 Evelyn Geraldine Bryant
 Anonymous C/o Northern Trust
 Nicole Calandra

Sherry and Larry Cann
 Kim Cannon
 Kathryn Carter
 Andrea Cates
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 Sharon Brown and
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 Mary Craig
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 Robert and Lee Daniel
 Parag Desai
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 Rory Dicker and Paul Dehart
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 Lee Bright and Wallace W Dietz
 James Dorris
 Allison Doughty
 Nick Dryden
 Darian Duckworth
 Kathryn Duffer
 Brittany Easterling
 Lauren Elcan
 David and Linda Elrod
 Jill Fainter
 Samantha Farinacci
 Lynn Fleming and Michael Pederson
 Suzanne Fletcher
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 Bill Frederick
 Jennifer and Billy Frist
 Dedo Donor Fund
 Peter Furniss
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 Stephanie Gasdia
 Ellen Gennaro
 Vince Gill
 Rebecca Glassner
 Aaron Hall
 Alma Hall

IN GRATITUDE FOR OUR SUPPORTERS

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Carlane and Aubrey Harwell
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Marco Hellman
John Reginald Hill
Elizabeth and Donald Holley
Barbara Hollis
Chris Holmes
Victoria and Brian Hughes
Alan and Elly Hulst
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Jason and Kristen Keely Dinger
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Kent and Nora Kirby
Judy and Barry Kruger
Brit and Micah Lacher
Joy Lamb
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Nicole Smith
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Jerry Spolter
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Scott Swift
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AEGLWH, LLC
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Betsy Ross Foundation
Bowers Family Charitable Fund
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Christ Episcopal Church Covington
City Auto Finance
Congregation of Holy Child Jesus
Cooper Family Charitable
Foundation, Inc.
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Crothers Entertainment & Productions
Dalio Philanthropies
The Danner Foundation
Dokken Charitable Fund
The Doy & Margaret McCall
Family Foundation
Drew & Ellie Holcomb Fund/
Magnolia Music
The Encouragement Advised Fund
The Engel Family Advised Fund
The Gause Foundation
The Graffam Give Back Fund
Enterprise Holdings Foundation
Ferrari
Flerlage Foundation
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Tennessee, LLC.
General Mills
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Ingram Entertainment, Inc.
Institute of Real Estate
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The Lois E and R Duke Miller
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Margaret M Carracino Living Trust
Milkglass Creative
National Christian Foundation
Nativity Church of Fargo

Navient Foundation
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(Nashville Pride)
Pettus Foundation
PKM Presents LLC
The Revocable Trust of Stuart
Coxhead, Jr.
The Rich Foundation
The Richardson Foundation
Rock Chick, LLC
Rotunda Software, LLC
Scarlett Begonia
The Shayne Foundation
St. Andrew's-by-the-Sea
St. George's Episcopal Church
(Nashville)
St. Paul's Episcopal Church
Stanford Memorial Church
Still Waters 232 Foundation
Tennessee Prison for Women
The T&T Family Foundation
Thrivent Financial
Tommy and Amy Doerfler
Family Foundation
Travis Family Memorial Endowment
United Way of Greater Atlanta
United Way of Metropolitan
Nashville Alexis de Tocqueville
Society, Alpha Chapter
Universal Music Group
Upper Room Ministries
Vanderbilt University
Vanguard Charitable
Village Real Estate Fund
(Nashville Radius, LLC)
Wildwood Foundation
Woman's Society Winnetka
Congregational Church
Xtend Healthcare LLC
Z2 Entertainment, LLC
Zanner Foundation

LOVE ADVOCATES **\$500–\$999**

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W Adams
Angela Agel
Leslie and Neil Alexander
Frances Allen

Linda and David Anderson
Doug Andrews
Mary Andrews
Gail Antonson and Steven Hunter
Jennifer Aranda
Carol Armes and Robert Pitz
Louise J Arnold
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Roquemore-Austin
Bruce Babcock
Kim and Bert Bailey
Carol and David Baker
Charlotte Baker
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Dana and Joshua Barber
Kay and Dick Barry
Barry Beck
James Beck
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Amy Black
Carsie Blanton
Catherine Bouggy
Patricia and William Bowlby
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Tom Brumfield
Nita and William Brunner
Deborah Bryant
Michelle and James Burgess
Diane Cabush
Jennifer Camilletti
Sujit Canagaretna
Lori and Dan Canale
Sandra Carland
Vicki and Charles Carlisle
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Kathleen Collins
Carole and Steven Colman
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Elizabeth Crook
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Luann and Robert Daggett
Jill Danford

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Larry and Chris Laurence DeFrance
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*Only those who gave over \$500
 and above are shown.

*We are extremely
 grateful for nearly 3,000
 additional donors.*

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In Memoriam

Between 2011 - 2019, **JOHN PRINE** helped raise more than \$2,000,000 for Thistle Farms. More importantly, he showed hundreds of women survivors what it means to be celebrated and honored. John's presence reminded men that this was not a woman's issue — it was a human rights issue.

John's heart was a wonder. He loved his family, justice, God, and all of us at Thistle Farms. He could cut through so much and get to the heart of the matter with a single well placed rhyme. His lyrics landed on our souls and remained there; ***"You can climb the highest mountain. Touch the moon and stars above. But old faithful's just a fountain. Compared to the glory of true love!"***

The love in John's heart doesn't die, it radiates in signs and wonders and for that we are truly grateful.



FINANCIALS

TOTAL DONATIONS BY DONOR TYPE

CORPORATIONS: 14%

INDIVIDUALS: 54%



FOUNDATIONS: 30%

OTHER: 2%

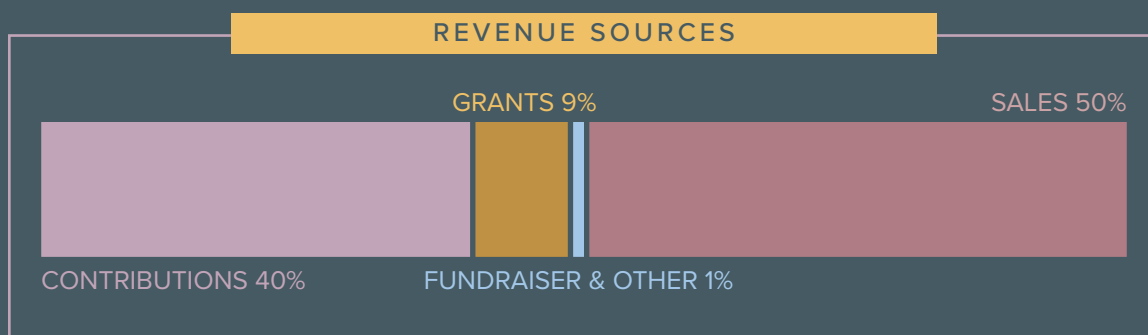
Statement of Financial Position

FOR THE PERIOD ENDED JUNE 30, 2020

ASSETS	FY 2020	FY 2019
Cash & Cash Equivalents	3,035,422	505,397
Accounts Receivable	294,162	88,071
Other Current Assets	227,027	229,123
Inventory	551,918	607,652
Property & Equipment	4,193,030	4,561,296
Intangible Assets, Net	71,900	37,466
TOTAL ASSETS	\$8,373,459	\$6,029,005
LIABILITIES & NET ASSETS		
LIABILITIES		
Accounts Payable	181,571	62,012
Accrued Liabilities	187,659	136,976
Note Payable	695,500	0
Other Current Liabilities	84,294	65,408
TOTAL LIABILITIES	\$1,149,024	\$264,396
NET ASSETS		
Temporarily Restricted & Unrestricted Net Assets	7,162,115	5,951,066
Change In Net Assets	62,320	(186,457)
TOTAL NET ASSETS	\$7,224,435	\$5,764,609
TOTAL LIABILITIES & NET ASSETS	\$8,373,459	\$6,029,005

* FY20 results are unaudited and FY19 includes Love Welcomes, LLC

THISTLE FARMS™



Statement of Operating Activities

FOR THE PERIOD ENDED JUNE 30, 2020

REVENUE	FY 2020	FY 2019
Contributions, Operating	3,048,516	1,952,031
Grants	738,500	686,000
Sales	3,851,620	3,880,046
Fundraiser & Other	40,082	253,596
TOTAL REVENUE	\$7,678,718	\$6,771,673
EXPENSES		
Direct Expenses	2,260,382	1,868,458
Payroll Expenses	3,045,929	2,568,149
Professional Fees	536,862	525,629
Travel & Entertainment Expenses	94,982	129,994
Advertising & Promotion	96,692	183,070
Other Program Expenses	371,251	278,420
Other Operating Expenses	243,173	269,688
Facilities	363,962	351,743
Love Welcomes, LLC Expenses	0	204,914
TOTAL EXPENSES	\$7,013,233	\$6,380,065
CHANGE IN NET ASSETS BEFORE DEPRECIATION	\$665,485	\$391,608
Depreciation and Amortization	603,164	578,063
CHANGE IN NET ASSETS	\$62,321	(\$186,465)

* FY20 results are unaudited and FY19 includes Love Welcomes, LLC

** Capital contributions not shown in operating activities totaled \$1,397,503 in FY20 and \$0 in FY19



What is a key, really?

It's a shiny, small piece of metal that one uses to open a lock such as a door or treasure chest maybe.

This community has given me many keys.

KEYS to recovery.

KEYS to a sisterhood, how to be a sister.

KEYS to being a part of my family, to be there for them.

KEYS to loving myself and others.

KEYS to being spiritually connected to a Higher Power.

Many things in the treasure chest that was always mine to open.

KEYS to freedom from selling myself.

KEYS to financial freedom.

KEYS to being a leader at my job.

KEYS to independent living.

These were all things that used to feel like hopelessly locked doors.

Today I carry a very large keychain because I carry with me all of the keys that I have been given to be the woman I am today.

— *Christy Farris*
2020 *Thistle Farms* Graduate

