



Funds Distribution Report

Recipient Organization:
Stronger Families

Mailing Address:
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Bellevue, WA 98015

Contact:
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<https://strongerfamilies.com>

Organization's General Goals:
We exist to offer life-changing relationship skills to military, veteran, and first responder families so they can be strong and thrive.

Date of Award:	Level:
2021 Q3	\$10,001+

For more information, please read the attached report from Stronger Families.

8802 27th Ave NE
Tulalip, WA 98271
TulipCares.org

November 21, 2022

Dear Tulalip Tribes Charitable Contributions Team:

Stronger Families was proud to partner with you on our first responder retreat in Bellevue, WA on September 17-18, 2022, at the Bellevue Hyatt. 48 first responders and their partners/spouses joined us for these two days. Much ground was gained and the first responders in the room left with hope.

You made that possible. Thank you for your partnership.

Tulalip Charitable Funds incredible gift of [REDACTED] helped offer hope to our heroes.

These men and women experience trauma and stressors daily. They witness many things most of us will never see in our lifetime. These struggles often impact their health, mental health, behaviors (i.e., addiction struggles to numb the memories and pain), and family relationships. They can feel very alone in these struggles. In a recent study of 1426 first responders, 60% were struggling with compassion fatigue, PTSD, sleep issues, and other physical struggles that were stress related.

Stronger Families exists to offer life-changing relationship skills to our heroes to help keep their families strong and thriving. We believe strong heroes = stronger communities in Kirkland, Seattle, Bellevue, Issaquah, and all cities in WA state.

Together, through this retreat that you supported, we made a difference.

The intended goal was realized. These 48 couples left with tools and resources to help navigate the stressors of their life of service and they felt empowered in their relationship. We already have requests for more retreats, and we are working hard to make that happen. The need is great. We would be honored to partner with you again.

Tulalip Tribes Charitable Contributions, you have impacted the lives of our heroes and we cannot thank you enough. Your belief in the work of Stronger Families has changed lives. Thank you!

Grateful,

Karissa Meador | Chief Development Officer
Stronger Families
424.444.6645



TULALIP GRANT REPORT

Q3 2021 14.3
501(C)3 #: 94-3080305

Stronger Families
First Responder Retreat
Sept. 17-18, 2022

**Made possible by:
The Tulalip Tribes Charitable Contributions**

OVERVIEW:

Because of the incredible generosity of the tribes, the Bellevue First Responders retreat was our most successful OXYGEN event to date. We had 48 first responders and their partners attend the seminar.

Stronger Families has served over 65,000 heroes to date.

FUNDS UTILIZED:

STRONGER FAMILIES®
StrongerFamilies.com Email: info@strongerfamilies.org

We utilized the Tulalip Tribes grant to help us host these first responders and provide food and hotel for them to get away and refresh, and toward our program resources i.e., curriculum fees, trainer fees.

The Bellevue Hyatt was an amazing space to host these couples in. They enjoyed nice rooms, delicious food, and an inviting event space for the weekend. This allowed these first responders that have been working long hours in dangerous circumstances to take a break and connect.

The retreat was packed with content. Attendees went through several topics that helped offer more connection, hope, education, understanding and tools to their relationships. Each couple took an assessment on their unique strengths and growth areas as a couple. Then all attendees took the Stronger Families OXYGEN assessment to learn more about their own unique personality. This information helped them learn about how their personality and their partner's best work together and the ways to best communicate with one another.

Other topics of the seminar included: forgiveness, communication, recognizing and managing PTSD, understanding your partner's love languages, and more. Couples also had the opportunity to work one-on-one with several local counselors.

WHAT ATTENDEES HAD TO SAY:

- "This was a phenomenal opportunity to receive tools and resources to mitigate problem areas, as well as education on PTSD. The presentations were easy to follow and help keep your attention. The breakout sessions were great to put things into initial practice."
- "This is a great seminar. I wish we went to this earlier in our marriage. I wish it was more aggressively advertised so I could get the information out to my department because I see a lot of benefit for it."
- "Great tool for encouraging us to continue the fight and showing us how. Our marriage is worth fighting for. We are leaving and reaching out to counselors. We have never been open to doing that prior. We are leaving energized and relieved. Thank you."
- "It was an amazing event! The content was so helpful. As a member of a fire department support services, a wife, a nurse, and a VA employee, I found so much the information presented in this retreat to be beneficial to me. A big thank you to our awesome presenters and the amazing, giving donors who make retreats like this possible!"

Thank you for your incredible generosity, Tulalip Tribes Charitable Contributions! You made this weekend possible. Many would not have pursued relationships resources like this without your financial assistance. Your partnership helped change the lives of First Responders in our community. It is an honor to team with you.

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