

2024
ANNUAL
IMPACT
REPORT

freedom
A LA CART





**“I know that I’m not alone. I can advocate freely —
and that’s helping me create a stable future.”**

— 2024 Program Participant



WHAT YOU'LL FIND INSIDE

Stories, Stats + Steps Toward Freedom

- 05** **A Letter from Our CEO**
A reflection on growth, gratitude, and the road ahead

- 06** **Rooted in Purpose**
Our mission, who we work with, and our model

- 12** **2024: The Year in Motion**
Our 2024 highlights + impact by the numbers

- 16** **Pathways to Freedom**
Our programs + our work in 2024

- 20** **A Story of Strength: Tia's Journey**
One woman's path of courage, growth, and rising into independence

- 24** **The Ingredients of Impact**
Our social enterprise, testimonials, accolades + financials

- 30** **On the Horizon**
What's next — and how we'll get there together

- 36** **The People Powering Freedom**
Our staff, our board + our donors

“

Freedom has provided me with support from other women who struggle with the same things I do. They provide safe spaces for me to connect with other women like me and encourage me to step out of my comfort zone to get to know people.”

— 2024 Program Participant



Letter from the CEO

Freedom a la Cart began with a simple idea: survivors deserve more than just a fresh start—they deserve a future filled with freedom and independence.

Today, that vision is stronger than ever. In 2024, we deepened our impact, expanded our reach, and continued building a community where survivors become thrivers.

This year, we launched a pilot housing program offering tiered rental assistance, helping survivors transition from government-subsidized housing to independent, long-term stability. We also partnered with the Stanford University Graduate School of Business Alumni Consulting Team to measure the return on investment that Freedom a la Cart brings to the Columbus community. These milestones and staggering results are more than just progress — they're proof that when we invest in survivors, we create lasting change.



Over the past year, 357 survivors found support through Freedom.

They gained stability, meaningful employment, a strong community — and most importantly, hope. Through workforce development, housing assistance, and lifelong connection, we continue to bridge the gap between recovery and long-term independence. And while the numbers tell a powerful story, behind every statistic is a person who has fought to reclaim their life.

We couldn't do this work without you. Whether you've supported us through donations, advocacy, or as a customer, you are part of this movement. And we're just getting started. As we look ahead, we remain committed to expanding opportunities for survivors, strengthening our programs, and creating sustainable solutions for lasting change.

Thank you for believing in the power of freedom. Together, we are rewriting the future — one life at a time.

Better together,

Paula Haines

Paula Haines, CEO



ROOTED IN PURPOSE

Why we exist — and the change we're creating together



OUR MISSION

Freedom a la Cart® empowers survivors of sex trafficking and exploitation to build lives of freedom and self-sufficiency.

WHEN FREEDOM LEADS

If we are successful in our mission...

Survivors of human trafficking **will break the cycle of exploitation** — strengthening families and building resilient communities nationwide for generations to come.



Every day is a fresh start

THE WOMEN WE SERVE

Behind every number is a story of resilience

Freedom a la Cart serves survivors of human trafficking — women who have lived in a cycle of exploitation and are now seeking stability, healing, and self-sufficiency. Many face complex barriers including trauma, legal challenges, limited education, and mental health concerns. We walk alongside them as they begin to rediscover their worth, rebuild trust, and write new life stories rooted in freedom.

- 32% Trafficked before age 15
- 62% Have mental health challenges
- 70% Were sexually abused as a minor
- 83% Have children
- 96% Have been in jail or prison



**Freedom a la Cart internal survey of program participants*

THE PROBLEM

A gap in services

The complex trauma and **barriers** survivors face continue long after a short-term recovery program ends.

Without ongoing community connection and easy access to resources, these individuals often find themselves struggling to obtain and keep a job, pay bills, secure stable housing, parent, and remain sober. Such **complex challenges** can become overwhelming for survivors and often lead to relapse or re-exploitation.

OUR SOLUTION

Whole-person restoration

Human trafficking recovery requires a simple process capable of responding to complexity. It is this complexity that drives our focus on whole-person well-being and **independence** through an approach centered on **equity**.

We understand that each survivor comes with different resources, strengths, and needs. This means our support is **flexible and personalized**, ensuring that every person gets what they specifically need to thrive.


We focus on whole-person restoration and provide trauma-competent, **lifelong support** across economic, social, and emotional categories, while managing smooth navigation of outsourced services all in one place. This will allow survivors to concentrate and accelerate their **recovery, stability and economic mobility**.



FILLING THE GAP IN SERVICES

Freedom fills the gap between short-term programs and lifelong independence

Freedom a la Cart serves a unique need in a survivor’s journey. We rely on our community partners to provide the outreach, crisis intervention, safe housing and short-term treatment. These partners then refer survivors to Freedom a la Cart for workforce training, valuable resources and a vibrant peer community. We meet survivors at the intersection of hope and hard work, providing the long-term support they need to build stability, independence, and a future of their own design.

PREVENTION	OUTREACH	INTERVENTION	RESTORATION					
			Short-term			Mid-term		Lifelong
Advocacy + Education	Drop-in Centers	Law Enforcement	Temporary Housing	Treatment Programs	Restorative Justice	Workforce Development	Independent Housing	Continuum of Care + Community
She Has A Name	Sanctuary Night Out of Darkness	Salvation Army	HerSong Harriet's Hope Out of Darkness Gracehaven	Amethyst Basecamp Seacrest Lighthouse	CATCH Court			

“Freedom has made my transition into sobriety, and being a working adult, possible. [They] provided work clothes for interviews, support and advice for a new life, and paid my deposit so my daughter and I didn't go homeless. Freedom truly lives up to its name.”

— 2024 Program Participant



2024: THE YEAR IN MOTION

*The numbers behind the lives changed —
and the stories they tell*

FREEDOM FORWARD

As COO, I have the unique privilege of seeing how every part of Freedom a la Cart – our programs, our people, and our social enterprise – works together to create real, lasting change. This year, we didn't just move forward; we built momentum. We refined, expanded, and strengthened our work in ways that will carry us into the future. Here are some of the highlights:

- ✦ **We built stability.** In addition to launching our Hands Up Housing program, we assisted 125 survivors with housing support, a 74% increase from 2023.
- ✦ **We secured a game-changing grant.** We were awarded a multi-year grant from The Jensen Project, a new and strategic partner. This funding is fueling our growth and enabling us to expand our programs in impactful ways.
- ✦ **We expanded our reach.** We grew our team by adding peer support specialists and served more survivors than ever before.
- ✦ **We strengthened our foundation.** We streamlined our internal processes, creating clearer guidelines and structures to help our team work more efficiently, stay aligned, and provide consistent, high-quality support.
- ✦ **We refined our strategy.** A clearer logic model and stronger fundraising approach are giving us more time and resources for what matters most.
- ✦ **We thrived.** Our social enterprise covered its business costs, maintaining financial sustainability while supporting our mission, and our café + catering business grew!

One of the things I love most about Freedom is our ability to adapt, grow, and push forward – always with survivors at the center. I'm *beyond* proud of our team, our supporters, and the survivors who show up every day, ready to build their future. 2024 was a year of momentum – **2025 is where we take it even further.**

With heart,

Amanda Olavarria

Amanda Olavarria, COO





16,635

paid hours of
workforce
development

72%

in workforce
development retained
employment

71%

in all programs are
employed full time
or part time

THE YEAR IN NUMBERS

These impact numbers reflect more than metrics — they represent lives in motion. From paid hours worked to stable housing and education milestones, each number tells a story of progress, resilience, and the power of consistent support.

357

survivors received
supportive
services

125

survivors received assistance with housing, rent, or utilities

Stable housing creates space for dreams, not just survival.

58

survivors received assistance with advancing their education

70%

are living independently in stable housing

85%

reported an increase in self-sufficiency

When survivors feel self-sufficient, they don't just survive — they lead.

Support services aren't extras — they're essentials on the path to healing.



PATHWAYS TO FREEDOM

Support that's designed for dignity, healing, and long-term success



OUR PROGRAMS

Our Model for Workforce Development



After six months of sobriety, survivors begin our 24-month workforce development program, receiving paid training in our café and catering kitchen. Alongside hands-on experience, they build life skills, explore career paths through internships and job shadowing, and receive trauma-informed support. Once they secure employment, we continue walking with them for another year — because stability doesn't end with a job offer.

Housing Stability

For survivors, housing means safety and stability. Freedom's pilot housing program bridges the gap between subsidized housing and independence, combining employment support and personalized services to help survivors build lasting security.



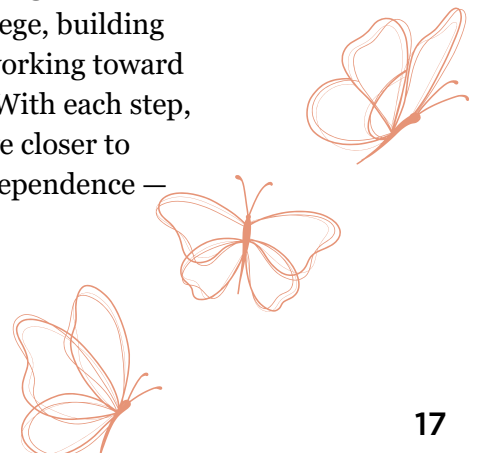
CATCH Court Support

Since 2009, Freedom has partnered with CATCH Court to meet survivors at the very start of their healing journey. From weekly lunches and one-on-one mentorship to court support and basic essentials, we show up for women the moment they walk out of jail — with dignity, consistency, and care.



Butterfly Program

Healing doesn't end with employment — it continues through community. The Butterfly Program is Freedom's peer-to-peer initiative offering lifelong support and connection beyond workforce development. Survivors gather in a safe, welcoming space to pursue what's next: earning a diploma, accessing childcare, applying to college, building resumes, and working toward expungement. With each step, Butterflies move closer to sustainable independence — *together*.



HANDS UP HOUSING

Pilot program offering tiered rental assistance

At Freedom a la Cart, we've identified a critical housing affordability gap that hinders recovery and impedes personal growth. Without wrap-around support and independent housing affordability, survivors' ability to break cycles of exploitation and achieve economic independence is at risk.

To mitigate this risk, in 2024 Freedom a la Cart launched a tiered rental assistance pilot program called **Hands Up Housing**. The Affordable Housing Alliance of Central Ohio collaborated with Freedom a la Cart to incorporate learnings from two current bridge programs into a model that retains our focus on empowerment, independence and personalization.

The result is a **unique, individualized program** designed to transition survivors off of subsidized housing in a tiered approach, while they maintain employment and gain economic independence.

The pilot program launched in April 2024 with participants in Phase 2 of our Workforce Development Program.



**All reporting safety, stability +
confidence in their housing
situation as a result.**



OUR WORKFORCE DEVELOPMENT MODEL

A 36-month path from stability to independence

REFERRAL + READINESS

A survivor is referred to Freedom a la Cart by a peer or community partner because she has experienced sex trafficking and multiple disadvantages, but she has been in recovery for at least 6-months and is now ready for paid work.



THE FOUNDATION

(Months 1-4)

She is hired as part of our paid workforce development program and begins on-the job training as part of the catering team. She meets with our employment coach to break down any barriers to getting to work. The focus centers on showing up to work as scheduled and on time, with a good attitude.



LIFE SKILLS + JOB READINESS

(Typically Months 4-18)

As she continues to build her confidence, she completes further training on life and employment skills. She works alongside the support team to continue to overcome barriers to work and independence. She focuses on personal goal setting to progress toward whole-person wellness and independence.



CAREER EXPANSION

(Months 18-24)

She's nearly ready for the next career move and is able to explore job opportunities through paid job shadowing and paid internships in areas of interest. She receives personal coaching through the job search and interview process as she lands her next job.



JOB RETENTION

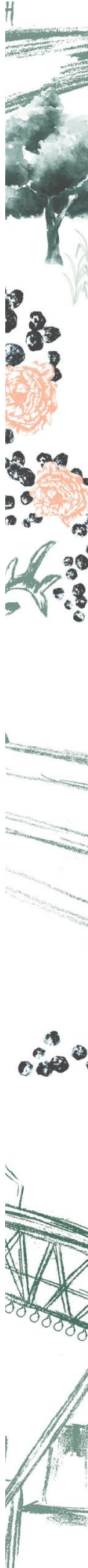
(Months 24-36)

Changing to a new job is hard! As she transitions into sustainable employment, Freedom continues to support her with 1-on-1 support services, group meetings, mentoring, and a supportive community.

84%

of participants
avoided new
criminal charges

A dramatic contrast to the national recidivism rate of 80% for women in prostitution.





A STORY OF STRENGTH

*One woman's path of courage, growth, and a rise
into independence*



TIA'S JOURNEY

The name and identifying details have been changed to protect the survivor's privacy

“

I never envisioned a day when I would find myself labeled as an addict.

The idea that my life narrative would include surviving domestic violence, sexual abuse, ongoing trauma, or human trafficking was far from my thoughts. While I certainly made my fair share of poor decisions, there were countless instances where the “choices” were not mine to make. Reflecting on my past, I now possess a profound understanding of the “how” and “why” that shaped my journey.

On the surface, my upbringing seemed perfect. I had a two-parent family, a lovely home, and access to excellent schools and activities. Materially, I lacked nothing. Yet, beneath that polished exterior, my reality was *starkly* different. My mother battled severe untreated mental illness, creating an atmosphere where I constantly felt like I was walking on eggshells. There was a chilling absence of physical affection, and I endured various forms of abuse —physical, emotional, and verbal. This environment laid the groundwork for my core beliefs about myself and the world around me.

Several key moments in my childhood significantly impacted my sense of self. One was the revelation that I was adopted and the only one of three children given away. The other was the trauma of sexual abuse. Coupled with the turmoil in my home, these experiences instilled in me a distorted worldview: that my worth was something I had to earn, that those who professed love often caused the deepest pain, and that ultimately, I was unlovable and unworthy. I began to hide behind a facade of smiles, striving for excellence in my pursuits while escaping the grim reality of my life.

As I grew older, my quest for normalcy led me to people-please and mold myself to fit in, desperately seeking love and belonging while numbing any feelings of hurt or shame. To the outside world, I was an honor roll student, a model employee, and the life of the party. However, internally, I was *suffocating* under the weight of escalating abuse following my parents' divorce. My breaking point arrived when my mother, in a fit of rage, kicked me out in the dead of winter. That night, I felt an overwhelming determination to never again let someone wield power over me in that way.

My escape from home arrived in the form of a man with blue eyes and brown hair. He was gentle and kind, representing a love I had long yearned for. I was unaccustomed to a relationship devoid of violence or criticism; *I thought I had finally found happiness.*

Unfortunately, that illusion shattered within months as he fell into addiction and transformed into someone unrecognizable — abusive and combative. I clung to the belief that some love was better than none, convincing myself that I could heal him and his demons. I was wrong, and over the course of seven tumultuous years, I faced countless pivotal moments, including an unintended pregnancy, a felonious assault charge due to Ohio's lack of self-defense laws, and my own descent into addiction. The lines of human trafficking blurred as I realized that what I had mistaken for love was, in fact, exploitation.

My lowest point came in a hotel room, praying for a drug overdose to end my suffering. Each sexual encounter stripped away pieces of my soul, leaving me devoid of purpose or hope. I remember waking up in despair, frustrated that I couldn't even end my life properly.

“ —
But in that moment, a switch flipped — I recognized that I deserved more than the life I had been living.

I refused to let others dictate my narrative any longer. Choices, a local domestic violence shelter, welcomed me back once again, marking the start of my redemption story. Through their support, I connected with the Amethyst program, which set off a chain of miraculous events.

Amethyst introduced me to the Butterfly program through **Freedom a La Cart**, a community of survivors whose stories echoed one similar to mine. Through Amethyst, I attended groups focused on dismantling my negative beliefs, challenged my distorted thinking, and began to confront my innermost self.

Therapy, including EMDR, played a significant role in my healing journey, providing me with tools to reclaim my self-worth, understand the impact of my childhood, and foster a sense of hope and authenticity that I had never experienced before.

In the wake of all that I've experienced, I have learned that resilience is not just a word; it's a way of life. Each day presents its own challenges, but I approach them with a newfound strength that I never knew I possessed. Being a survivor means embracing both scars and triumphs. I've come to cherish the scars as reminders of my journey, proof that I have fought and continue to fight, and that I am capable of overcoming adversity. This mentality and strength is rooted in my understanding of my past and the realization that I am not defined by the trauma I have endured.

Some of my proudest achievements thus far include: maintaining sobriety (I celebrate ten years of it this year); graduating with multiple degrees, including a bachelor's in psychology with honors; regaining custody of my child; and **expanding my family and raising my children to grow up knowing their worth and the importance of kindness, where they can dream big and chase those dreams fearlessly.**



Because my trafficking story differs from others, I did not qualify for a record expungement under Ohio's laws. Nevertheless, I pursued nursing school with unwavering faith, believing that opportunities would arise. In August 2024, I successfully expunged my record. Education has become a cornerstone of my recovery and empowerment. It has helped me reclaim a piece of my identity and helped to reinforce the belief that I am worthy of success. I've learned that knowledge is not just power; it's a tool for liberation. I plan to further my education and explore avenues where I can make a meaningful impact.

I've also discovered the importance of giving back. Sharing my story is not just cathartic for me; it is a beacon of hope for others who may be walking a similar path. I have found my voice and use it to advocate for those who feel voiceless, to share my story in hopes that it will resonate with someone who feels alone or lost in their own narrative. I also believe that in sharing, I can contribute to breaking the stigma surrounding these issues and ignite conversations that can lead to change.

The road I travel has not been without challenges. In the past decade, I've faced a divorce, the suicide of a friend, and the loss of a best friend, among other trials. Yet, I no longer feel the need to numb or flee from my emotions. Today, I possess the tools to navigate difficult circumstances without losing sight of who I am. Today, I cultivate healthy relationships, friendships, and a newfound voice. I now view obstacles as learning opportunities and strive to leave those around me feeling uplifted.

Ultimately, my story is still being written. I remain committed to healing, to learning, and to embracing the beautiful, messy, and unpredictable nature of life.

“ —

**I am a survivor, a thriver, and now,
I am also a warrior.**

I carry with me the lessons of my past while moving forward with hope and determination. I know that I am capable of weathering any storm because I have done it before, and I will continue to rise, stronger and more resilient each time. My semicolon represents not just survival, but a life fully lived, a life filled with purpose, passion, and the unwavering belief that the best is yet to come.

So as I pen this chapter of my life, I do so with gratitude. Gratitude for the struggles that have shaped me, for the victories that have empowered me, and for the community that has embraced me. My story is still unfolding, and I am excited to see where this journey takes me next.

The pages ahead are blank, and I hold the pen.





THE INGREDIENTS OF IMPACT

From pastries to partnerships — how we fund freedom

BY THE NUMBERS: OUR SOCIAL ENTERPRISE

Every order placed through our café + catering helped spread awareness, build skills, and serve something greater



48,772

SANDWICHES MADE

*Prepared by survivor employees
gaining hands-on job training
and confidence*



32,637

BOXED LUNCHES DELIVERED

*Shared with the Central Ohio
community — each one raising
awareness about human trafficking*



85,514

COOKIES SCOOPED + SOLD

*61,514 through catering +
24,000 Cause Cookies — every
one baked with purpose*

TESTIMONIALS

Our café + catering customers said it best

“Freedom a la Cart catering is my absolute favorite, by far. It's delicious, affordable, so aesthetically pleasing, and most importantly, supports an amazing cause.”

— Chloe

“We had so much positive feedback from event attendees! We had requests to order again for next year. The quality of the food was excellent and the patience and help of the staff during the ordering process was wonderful.”

— Taylor

“Freedom a la Cart Café + Bakery + Catering is truly a “love-the-mission” kind of place. The food and drinks are absolutely amazing — fresh, flavorful, and thoughtfully made. But what really sets this place apart is the environment. You can genuinely feel the love and care in every detail, from the service to the space itself. It's more than just a café — it's a community with heart. I'm proud to support their mission and will definitely keep coming back!”

— Lolita

“Thank you! From start to finish and even being adaptable in our crisis to reroute venues. You were positive and friendly! Our staff raved about the food and portion sizes. I wish I could rate 10 out of 10!”

— Dee

“Whatever you order and no matter the time, it tastes like love and you'll feel nourished. This space feels like the hug you needed. A beautiful healing space. Incredible mission and work!”

— NNE

OUR ACCOLADES

Honored to be recognized by our community

These awards are more than wins for our team; they are a celebration of the survivors we serve, the community that believes in our mission, and every single person who has chosen to order a meal that makes a difference.



BEST SMALL NONPROFIT

We were named **Best Small Nonprofit** for the first time — a meaningful testament to our impact, growth, and community support.



BEST CATERER

We were honored to once again be named Columbus CEO's **Best Caterer** — *our fifth consecutive year receiving this recognition.*



Freedom a la Cart CEO Paula Haines was recognized for her leadership, heart and vision by Columbus CEO as **CEO of the Year** in the category of small nonprofit.



Freedom a la Cart CEO Paula Haines was honored by Columbus Monthly and Columbus CEO in their **inaugural class of Inspiring Women.**

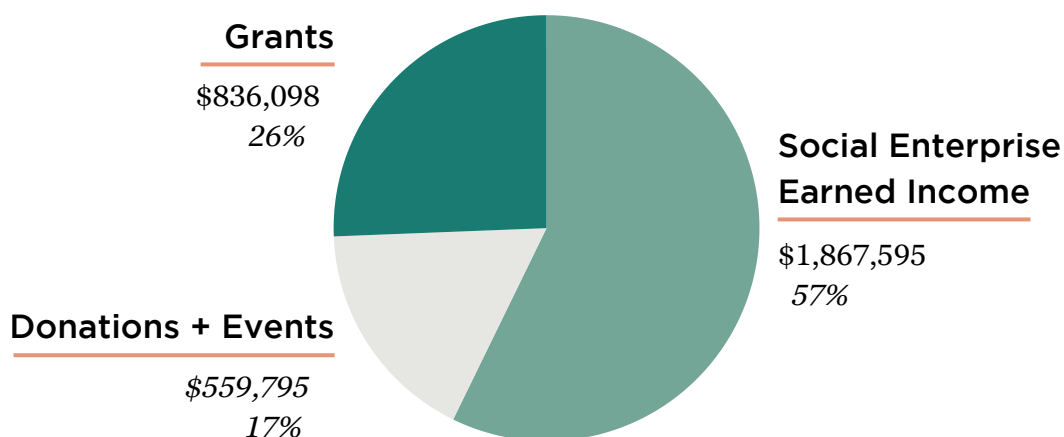
2024 FINANCIALS

More than half of every dollar earned comes from our social enterprise

Freedom's impact is driven by thoughtful stewardship and entrepreneurial spirit. In 2024, a majority of our revenue was generated through our social enterprise — a testament to the power of survivor-led work. Every dollar is reinvested into our commitment to restoring lives, building independence, and creating lasting change.

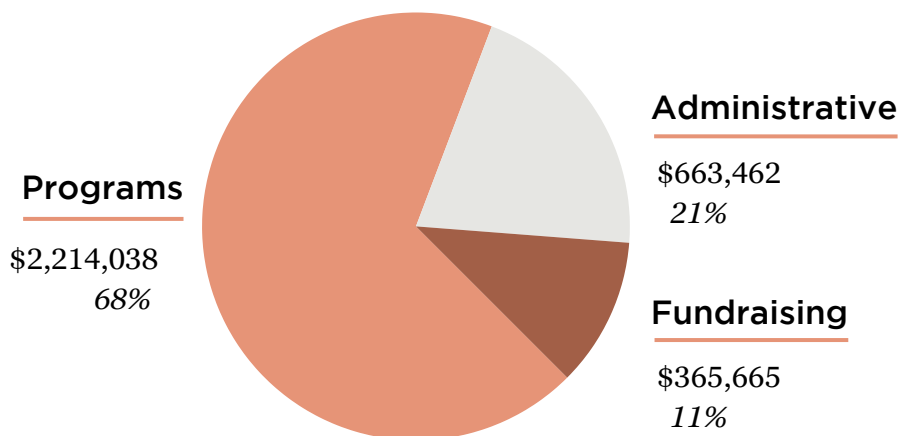
2024 OPERATING REVENUE

TOTAL: \$3,263,488



2024 OPERATING EXPENSES

TOTAL: \$3,243,165






COMMUNITY IMPACT

Freedom delivers a 7:1 return on your investment

In fall 2024, a team of pro bono alumni from Stanford University Graduate School of Business calculated Freedom a la Cart's Return on Investment. While we've long measured our impact through survivor stories and social change, we now know every dollar invested in Freedom delivers a **7X return** for the community.

YOUR INVESTMENT IN FREEDOM generates an even greater impact on Columbus

	Reduced Criminal Justice	\$5.6MM
	Reduced Social Services	\$3.4MM
	Economic Impact	\$12.6MM

7x
return
on
investment

Total Annual Impact \$21.6MM

Impact of serving 400 survivors

proof that freedom is a powerful investment!



A top-down view of a breakfast table. In the center, a person's hands hold a white ceramic cup filled with a latte, featuring a heart-shaped latte art design. To the left, a white plate holds a round, golden-brown pastry drizzled with dark chocolate sauce. To the right, a light green plate holds a croissant topped with sliced almonds. In the bottom left corner, a small glass vase contains pink flowers. The background is a plain, light-colored surface.

ON THE HORIZON

What's next — and how we'll get there together



“ —

[At Freedom] I feel valued and supported — less in my head. I feel less alone... less *different*.”

— 2024 Program Participant

“ Women who are working stable jobs, who have the necessary support, who are not mentally overburdened with concerns about their families and their finances, and who are not struggling to cover their basic needs are all more likely to be thriving. This research has repeatedly shown that improvements in any of these measures will likely be related to improvements across other metrics. Even if the progress seems incremental, the improvement can be significant.”

– The Women’s Fund of Central Ohio: Making Women Wealthy and Free | 2025



GUIDED BY HOPE

As I reflect on my first year as Board Chair, I'm *inspired* by what we've built together.

This year brought growth, transition, and a deepening commitment to the survivors we serve. We expanded our board, supported our incredible CEO through bold leadership, and laid the groundwork for the road ahead.

I've seen the heart of Freedom in action: a community fueled by purpose, resilience, and hope.

I'm incredibly proud of the role Freedom plays in the broader continuum of care for survivors of human trafficking. While others lead in crisis response and outreach, Freedom walks alongside survivors for the long haul — through mid- and long-term recovery, into careers, community, and lifelong healing.

I'm a firm believer in the power of the social enterprise model. It doesn't just sustain our mission — it strengthens it. And we do so grounded in data and driven by outcomes: 84% of the people in our program have successfully avoided new criminal charges since 2019. This is a staggering contrast to the national recidivism rate of nearly 80% for women in prostitution. Looking ahead, we know the work won't be easy — but it will be worth it.

Our CEO said it best: *"Hope is not just part of our mission — it's our method."* And hope, to us, means believing in second, third, and fourth chances.

Thank you for being part of this movement. For visiting the café, ordering catering, giving generously, and standing with us. Together, we're building lives of freedom — **one step, one story, one future at a time.**

With gratitude,

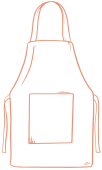
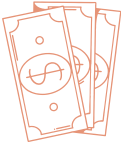





Sarah Ahern, Board Chair



OUR FOCUS IN 2025

*Our five primary focus areas across all programs
for wholeperson wellness + independence*

	HOW WE DO IT	TARGET OUTCOMES
WORK 	<ul style="list-style-type: none">• Paid job training (18-24 months)• Power skill + work readiness class• Job shadowing + internships• Job search instruction + assistance• Computer skills training• Obtaining driver's license• Employment coaching• Criminal record expungement• Continuing education assistance	85% of individuals served will increase their earning power.
MONEY 	<ul style="list-style-type: none">• Financial literacy workshops• Budget coaching 1:1• Saving Match incentives• Establish bank account• Navigate bankruptcy and debt consolidation	85% of individuals served will reach financial stability.
HOUSING 	<ul style="list-style-type: none">• Connection with stable housing• Emergency financial assistance• Tiered rental assistance for transition to independent housing• Navigate the housing system• Moving support + furniture• Criminal record expungement	80% of individuals served will be safe, stable, and independent in their current housing.
RELATIONSHIPS 	<ul style="list-style-type: none">• Social outings• Weekly luncheons• Mentorship connection• Train and manage mentors• Group and 1:1 peer support• Pen pals for incarcerated women	70% of individuals served will build and maintain strong social capital.
HEALTH 	<ul style="list-style-type: none">• Onsite trauma counseling• Peer-based recovery support• Basic needs (clothing, hygiene, food)• Transportation to appointments + meetings• Relapse prevention plans• Navigate treatment program placement• Physical + mental health workshops	80% will be able to engage in work + life without being hindered by physical and mental health.



freedom
A LA CART
Cafe + Bakery + Catering

as strong
as the
women
around
me

freedom
A LA CART
Cafe + Bakery + Catering

as strong
as the
women
around
me

freedom
A LA CART
Cafe + Bakery + Catering

THE PEOPLE POWERING FREEDOM

The hearts, hands, and generosity fueling every step forward



MEET FREEDOM

BOARD OF DIRECTORS

- | | |
|------------------------------------------------------------------------|----------------------------------------------------------------|
| Sarah Ahern
Board Chair PATH | Ada Nwoke
Huntington |
| Daniel Bloch
Board Treasurer MGF Sourcing | Megumi Robinson
Belle Communication |
| Joyce McKinniss
Board Secretary Jones Day | Kieran Sherry
Columbus State Community College |
| Varsely Laurelle
Varsely Laurelle Cultural Architecture Firm | Kristina Stuecher
OhioHealth |
| Leslie Miller
Nationwide | Teonna Wells
Fairfield County Jobs & Family Services |

OUR STAFF

- | | |
|------------------------------------------------------|--------------------|
| Paula Haines
Chief Executive Officer | Doretha Sessoms |
| Amanda Olavarria
Chief Operating Officer | Elyse Meredith |
| Laurie Sargent
Director of Food + Beverage | Faith Roberts |
| Vanessa Torres
Director of Programs | Grace Figliomeni |
| Barbie Witt
Director of Finance + HR | Isabelle Frohlich |
| Abigail Travis | Jamie Slayton |
| Alexis Rogers | Jamielynne Shuster |
| Amanda Maines | Jennifer Badger |
| Amanda Moore | Jessica Doone |
| Amy Dinkins | Jessica Kaylor |
| Amber Johnson | Johannes Rojahn |
| Ashley Boone | Jewel Showalter |
| Ashley Galdamez | Kenzie Prickett |
| Bethany Reedy | Karla Montilla |
| Brooke Pinkham | Katie Kettlehake |
| Charis Williams | Kristina Hilliard |
| Chloe Haas | Kristin Horner |
| Christal Swisher | Laci Berkheimer |
| Christina Downing | Laurie Wirth |
| Clarisse Hoenshell | Lindsey Creamer |
| Demeah Dulaney | Lori Spencer |
| Devin Trout | Maria Hines |
| Dora Denny | Maria Tortelero |
| | Michaela Miller |
| | Nicole Sizemore |
| | Regina Hensley |
| | Rosa Gonzalez |
| | Sarah Pearson |
| | Shannon Follins |
| | Shannon Speer |
| | Tiffany Rozelle |





OUR GRANT FUNDERS

Freedom is deeply grateful to the funding partners who make our mission possible. Their generosity helps us create meaningful pathways to employment, healing, and long-term stability for survivors of trafficking.



Siemer Foundation



TOGETHER, WE GAVE

Every name across these pages represents more than generosity — they reflect hope, opportunity, and second chances. Your support in 2024 made healing possible and freedom sustainable. Thank you for walking alongside us.

2024 DONORS

Justin Abel
Dawn Abshire
Ana Adeli
Cynthia Adkins
Patrick Ahern
Sarah Ahern
Laura Akgerman
Elizabeth Albers
Crystal Allen
Alliance for Academic Internal Medicine
American Online Giving Foundation
Elizabeth Anderson
Vikki Angelo
Kari Ansel
Beth Anthony
Andrea Arendt
Gay Armentrout
Larry Armentrout
Laurie Arsenaull
Traci Artist
Lora Baeumel
Bailey Cavalieri LLC
Laura Bailey
Amber Bales
Barger Family Fund
Ted Barrows
Emilie Bartow
Clare Baryluk
Ellie Baryluk
Howard Baulch
Jean C. Bay
Suzanne Beighley
Tracy Bell
Belle Harbour
Sandy Benton
Elizabeth Bergantino
The Berry Family Foundation
Simi Bhullar
Lee Birkhold
Joshua Bishop
Anoulak Blanchet
Dan Bloch
David Bloomfield
Zuzana Bohrer
Meredith Bonham
Jodi Bopp
Samuel Bosson
Carol Boster
Boulevard Presbyterian Church
Kathy Bowman
Rudina Bowman
Susie Boyle
Herbert Bresler
Sue Brewington
Heather Brilliant
Katie Brown
Devra Brucker

Kathleen Bubb
Sharman Buckalew
Jacqueline Bunke
Trent Burke
Jodi Burroughs
Julie Byington
Michael and Michelle Cacchio
Dennis and Connie Cahill
Calzuro
Cantina on the Cap LLC
Nancy Cardenas
Cardinal Health
Kelli Cary
Shelly Casto
Ric S. Castorano
Kristin Catron
Beth Chamberlin
Brenda Chaney
Titus Chang
Pat Charagate
Charities Aid Foundation of America
CyberGrants
Paul Chenderlin
Angie Chesser
Kevin Chivington
Claire Christian
Linda Ciciretto
Colleen Clark
Carol Clinton
Kelly Clouse
Teresa Coakley
Susan Cochran
Kat Cochran-Yamaguchi
Elisha Cofer
Jill Collins
Susan Collins
Jill Colozoli
Kathryn Comella
Judith & John Connelly
Cameron Connor
Kristine Contreras
Courtney Cooke
Jeff Cope
Amber Corl
Kelli Corning
Lynn Cory
Halie Cotterman
Covenant Presbyterian Church
Andrew Coyle
Jim Craft
Becca Cramer
Daniel Crawford
Erin McCaffrey Crespo
Sally Cress
Ray and Phylis Crook Family Fund
Nathan Crowell
Kyra Csepe

“**[Freedom] helped me get on my feet and live on my own outside of a recovery program. [They] helped me become more professional and more confident in my leadership abilities.**

— 2024 Program Participant

Brenna and Javier Cuadrado
Melinda Cunningham
Mary Cusick
Kate Daley
Nicholas D'Andrea
Bernadette Dannemiller
Stephanie Davidson
Mike Davis
Roxy Decker
Mary Margaret DeNiro
Laura Desimone
Diamond Hill
Kathryn Diamond-Falk
Jennifer Dick
Duane Dickey
Mary and Tim Dillow
Lindsey Dilsaver
Sherry Distelhorst
M Patricia Donnelly
Margaret Tobi Doty
Jim Downing
Lolita Drammeh
Duane Baggerly Fund
Emily Dunlap
Kathleen Dunn
Patricia Dunn
Karen Dwyer
Maggie Eding
Jeffrey Edwards
Sandra Edwards
Richard Ellinger
Saree and Brian Ellis
Barbara Emery
Kristina Emick
Myra Englert
Storm Estes
Brandy Fahrback
Chloe Fannin

Jennifer Farmer
Linda Farrenkopf
Bill Farris
Kate Daley
Jackie Faulkenberry
Rob Felty
Sylvia Fergus
Sandra Ferguson
Marilyn A. Fetters
Fidelity
Field Family Fund
Amy Figliomeni
Cosimo Figliomeni
Financial Wellness Fund
First Congregational Church
Allison Fish
Betty Flowers
Monica Flynn
Tania Foster
Shannon Foust
Kathleen Fowler
Patricia Foy
Jamie Franchi
Grace Franklin
Susan Frappieri
Katey Frash
Beverly Frazier
David Frea
Sandy Freer
Izzy Frohlich
Susan Fromkes
Kelly Fuller
Laurie Fuller
Linda Gabel
Deanna Gach
Barbara Galantowicz
Nancy Gallagher
Krissy Garner
Susan Gaskill

2024 DONORS

Robert Gaston
George J. Igel & Co., Inc.
Doris Genzen
Peter Gibson
Nayana Giri
Carrie E. Glaeden
Katherine Goldberg
Amy Goldstein
Jami Goldstein
Gordon Food Service
John Gordon
Grandview Garden Club
Carol Greco Delaney
Ron and Louisa Green
Amanda Greenwood
Arlene Griffith
Rebecca Griffith
Katherine Grogan
Mary Gutman
Rona Guymon
Nancy Guzowski
Hunter Haines
Paula Haines
Elaine Hairston
Michael Hamilton
Nancy Hamman
Lauren Handley
Wahida Hanel
Stephanie Hanna
Sara Hanselman
Jada Harmon
Robin and Bob Harriman
Megan Harris
Nichelle Harris
Ruth Harris
Earl Harrison
Elizabeth Harsh
Catherine Hatten
Austin Hawley
James Head
Mark Headlee
Gretchen Heilmann
Sue Helmreich
Joanna Helon
Joan Herbers
Paul Herbert
Kari Hertel
Cathy Hess
Vicky Hicks
Hilliard Presbyterian Church
Robert Hines
Brandi Hinojosa
Sarah Hinton
Liz Hochstetler
Connie Hodgdon
Donna Hoffman
Lynn Hoffman
Lee Hogan
Marnie Holder
Julie Homon
David A & Helen P Horn Charitable Trust
Jen Host
Kelly and Jeff Hothem
Karen and Kevin Howard
Rachel Hudgel

Judith & Richard Hudson
Hultin Family Fund
Diane Hunter
Huntington National Bank
Joann Huntzinger
Brooke Hurlbut
Millicent Hurtt
Devonna Huynh
Igel Family Charitable Fund
Susan Imel
Stephanie Infante
Mike Jackson
JACO Advisory Group
David Jacob
Jonathan Jansen
Kristen Jaremback
Dodie Johnson
Susan Johnson
Jones Day
Isabelle Jones
Jessica Joseph
The Joseph Group, LLC
Jeff Jurca
Daphne Kackloudis
Scott Kaltenbaugh
Pam & Ed Kapraly
Olga Karasik
Karen and John Kasich
Donna Kayne
Roberta Kayne
Ellen Keating
Timothy Keck
Steve Kehn
Marcia Keim
Barbara Kelly
Mary Kelly
Eben Kent
Janet Kerekes
Jane & Tom Kettlehake
Katie Kettlehake
Rita Kidwell
Gary Kiefer
Kiger Realty
Robert Kiger
Maggie Kinkopf
Alissa Kinney
Hannah Kinney
Katie Kinnison
Anna Kinsel
Amanda Kirby
Kathie Kisor
Tom Kisor
Ann Kloss
Veronica Knuth
Konrath-Wharton Family Fund
Kroger Community Rewards
Ann Marie Krum
Stephanie Kunze
Lisa Kusevitsky
Cora Kuyvenhoven
Stacey Kyser
Elisabeth Lahrman
Karen Lane
Shannon Langford
Brian Langley

Sarah Lanson
Linda Larrimer
Alphonso Laudat
Amy & Dave Lauerhass
Lauerhass Architecture
Laura M. Rosene and R. Scott Toop
Family Foundation Fund
Lawhon & Associates, Inc.
Hannah Lee
Queenie Lee
Cathy Levy
David Levy
Becky Lewis
Rhonda Lewis
Nicole L Lietz
Stacy Lilly
Julie Lindemann
Kristina Lindner
Jeffrey Lipps
Kathy Lipschutz
Jesse Lipson
Local Cantina Canal Winchester
Local Cantina Dublin LLC
Local Cantina Gahanna LLC
Local Cantina German Village LLC
Local Cantina Grandview LLC
Local Cantina Grove City LLC
Local Cantina Hilliard LLC
Local Cantina Lane Avenue LLC
Local Cantina New Albany LLC
Local Cantina of Clintonville
Local Cantina Polaris, LLC
Local Cantina Trolley LLC
Denise Loftus
Gerlinde Lott
Phyllis Love
Lacey Luce
Anita Luich
Lurie Family Charitable Fund
Elizabeth Lyle
Cathy Lyttle
Ann MacDonald
Darlene Magold
Michelle Malik
Kathleen Maloney
Terry Kennedy Mancini
Isabel Marcelletti
Wendy & Steve Marroni
Sarah Marshall
Carissa Martin
Laura Martinez
John Mascazine
Haley Mash
Sharon Mast
Traci Mathew
Melissa Mathias
Alicia Maynard
Allison Mayo
Anna Mayo
Tanya McCarthy
Victoria McCollum
Jeannette McDonald
Laurie McEnery
Glenn McEntyre Jr.
Karen and Sean McGee

Rebecca McGrath Hinkle
Cookie McIntyre
Jonathon McKay
Monica McKay
Diann McKenzie
Joseph McKinley
Leah McLaughlin
Macy C McRury
Wendy McWherter
Monica Merkel
Patty Merrick
Nancy Metzger
Candace Miller
Leslie Miller
Kimberly Milliren
Sabra Minyard
Ashley Mohler
Kerri Mollard
Mommies Matter
Krystine Monnett
Karen Monroe
Cathy Monteiro
Elizabeth Mote
Lisa Motz
Barbara Muller
Laurie Mullins
Stacy Mullins
Ann Mulvany
Maura Munoz
Sheryl Munson
Molly Murguia
Pam Murphy
Dayna Murray McCrary
Robin Myers
National Charitable Services
Carol Neale
Rebecca Neubig
New Hope International Church
Vickie Nicholas
Lindsay Nutter
Wendy O'Donnell
Cathryn O'Connell
Tina O'Grady
Ohio Hotel & Lodging Association
Ohio Humanities Council
Ohio University
Amanda & Max Olavarria
Kristin Olexio
Caitlyn Olson
OneHope
Virginia O'Reilly
Carol Oswald
P.E.O. Sisterhood Chapter AV
Denisa Pacholska
Karen Pacht
Rick Palumbo
Shirley Palumbo
Yashna Panda
Abby Papenfus
Chelle Parker
Angela Parsons
Jennifer Parsons
Polly Parsons
TSG Advice Partners
Patricia Patterson

2024 DONORS

Janice Patton
Lee Paulauskas
PayPal Giving Fund
James Pearsol
Joanne Pearsol
Anamaria Perales-Lang
Larry Perry
Julie Phelps
Lisa Pilof
Nancy Pimm
Gay Pinnell
Sheri Pirro
Pizzuti Short North Hotel LLC
Marjory Pizzuti
Denise Pleska
Pohler & Keck, LLC
Sue Pohler
Barbara Poppe
Tod Powers
Melinda Prickett
Regina Prince
Patti Pringle
Susan Printy
Prior Family Trust
Sandy Pritz
Allen Proctor
Amanda Prophet
Susan Prosek
Psalm 96:3 Fund
Joan Purvis
Quantum Health Inc
Abhishek Rai
Jessica Ralston
Macey Ranck
Mike Rankin
Temple Ratcliffe
Scarlett Rebman
Kamryn Reed
Renaissance Charitable Foundation
Jennifer Reynolds
Reynoldsburg United Methodist Church
Kristen Ricart
Riegel Financial
Faith Rinklin
Eileen Rittenhouse
Robert Half
Tamara Robinette
Ben Robinson
Dawn Robinson
Leslie Robinson
Megumi Robinson
Lexi Rogers
Dolores Roscow
Kristina Rose
The Ross Foundation, Inc
Betsy and Bryan Ross Fund of the Lurie
Family Charitable Fund
Robin Roth
Peggy Rowan
Louise Rucker
Katherine Russell
Gina Russo
Lauren Sabo

Saint Mark's Episcopal Church Outreach
Ministry
Susan Salt
Melissa Schaadt
Lauren Schaefer
Courtney Schmackers
Jenny Schmitz
Jody Schwieterman
Nita Schwieterman
Betsy Sebastian
Seesaw Finance
Barb Sentz
Stephanie Senyak
Ashley Severance
Jacquelyn Shafer
Pamela Sharo
Sharp Family Giving Fund
Dan Sharpe
Rebecca Sheehan
Cara Sheets
Amy Shenefield
Kathy & Kieran Sherry
Jared Shields
Darby Sider
Jeanne Siersdorfer
Kari Simmons
Amy Simonds
Matt Simonds
Katie Simons
Sandra Sinnott
Kristen Slingerup
Elizabeth Slesnick
Jennifer Small
Cathie Smith
Elizabeth Smith
Maria Smith
Marilyn Smith
Mary Beth Smith
Robert Smouse
Avathar K Smucker
Luann Snyder
Henry Song
Matthew Spanos
Kelly Sparks
Danielle Spatz
Jean Spinosi
Lunetta Spivey
St. Vincent DePaul Society
Drs. Jonathan & Stephanie Stahl
Heidi Stahl
Tonya Stalnak-Tiggett
Mary Stankiewicz
Sarah Stargell
Gretchen Steele
Janet Steitz
Katie Steitz
Michala Stewart
Judith Stillwell
Delphine Stoute
John Strand
Robin Strohm
Michelle Stropes
Katherine Struve

Kristina Stuecher
Taylor Surface
Kay Sutton
Page Swartz
Jackie Szmania
Caroline Tatalovich
Angela Tavrell
William Taylor
Natalie Theus
Jodi Thomas
Jackie Thompson
Kim Thompson
Natalie Thompson
Paul Thompson
Jennifer Tiell
Tony R Wells Foundation
Christy Tostevin
Karen Townsend
Susan Trianfo
Trinity Financial Advisors
Tina Trombley
Beverly Trout
Vincent & Marlene Trovato
Sharon Tumbas
Adam Turbett
Randi Turley
Twin Rivers (OH) Chapter of the Links
Charles Underwood
Marla Underwood
Myers Unknown
Judson & Cathy Utgard
Marianne L Vagnier
Linda Van Aman
Victoria Vazquez
Carol Ventresca
Melissa Volkert
Martha Von Hillebrandt
Diana Wafe
Melissa Waldman
Jill Hillman Walker
Philip Washburn
Tonja Watson

Clark Weaver
Evan Wehmeyer
Gwen Weihe
Chris Well
Eric Welter
Shayla Werner
Diana Westhoff
Allison Westrick
Hannah Wexner Charitable Fund
Jennifer & John Wilkerson
Williams Family Charitable Fund
Clifford Williams
Dianne Williams
Laura Williams
Melinda Williams
Melissa Williams
Alexx Williamson
Caven Wilson
Jennie Wilson
Ronald Wilson
Winans LLC
David Wininger
Katie Winternitz
Sean Witt
Tedd and Velma Witt
Douglas Wittig
Britney Wolf
Stephen Wolfe
Susan Wolford
Jason Woltja
Krista Wood
MaryBeth Wozniak
Sarah Ressler Wright
Emily Wyatt
Gloria Wyllie
Susan Yost
Thomas Young
YourCause LLC
Fred and Nancy Zantello Fund
Mary and James Zeier
Erin Zelinski-Righter
Beau Zierk



Freedom a la Cart continues to help me make and meet goals as well as support me in personal endeavors. They are a huge part of my commitment to change.

— 2024 Program Participant



freedom

A LA CART



“...[Freedom] is the example of compassion that people deserve – no matter their situation.”

– 2024 Program Participant



STAY CONNECTED.
FOLLOW @FREEDOMALACART ON
ALL PLATFORMS

join our impact!



123 E SPRING ST, COLUMBUS, OH 43215 | 614.992.3252 | FREEDOMALACART.ORG