

FREEFROM'S CRISIS TO THRIVING FRAMEWORK

A Few Key Considerations

The Crisis to Thriving Framework was designed first and foremost for survivors; not around what is easy to measure, but around what survivors themselves know to be true about the journey toward thriving.

The journey is rarely a straight line. A survivor may be strengthening psychologically while still rebuilding financially, or thriving in collective power before achieving financial security. The Framework holds space for that complexity rather than flattening it into a single linear experience.

Forward progress is neither an assumption nor an expectation. Systemic inequities — across housing, financial systems and beyond — shape what is possible at every stage. FreeFrom recognizes that holding steady, and even moving backwards across stages at times, are real parts of the journey, not personal failures. What matters is having the right support at every point along it.

The Framework was designed to reflect the lived realities of survivors who are disproportionately impacted by GBV, including BIPOC, LGBTQIA+, immigrant, and disabled survivors. FreeFrom recognizes that intersecting identities shape what is possible at every stage and the framework is designed to hold space for that complexity.

The Framework is one of the foundations for how FreeFrom designs its programs, measures its impact, and learns over time. It is also an invitation for the broader field to adopt a shared language for what it truly means to support survivors toward thriving.