Trinity
Maternal Wellness

TRINITY MATERNAL WELLNESS INC.

| 2025 ANNUAL OVERVIEW

LETTER FROM THE EXECUTIVE DIRECTOR

Dear Supporters, Partners, and Community Members,

As we reflect on the work of Trinity Maternal Wellness Inc. during the year of 2025, I am incredibly grateful for the community of supporters, partners, and volunteers who made our outreach efforts successful.

Last year marked an important milestone for our organization with the launch of the Momma & Baby Supply Bank in July 2025, which has already supported over 300 mothers and more than 500 individuals, including their children and other family members. Through community supply give-aways and weekly emergency deliveries, we were able to ensure that families had access to essential maternal and baby supplies and postpartum resources.

Our community efforts were successful because of strategic partnerships with organizations including Union Church in Columbia, United Way of Central Maryland, the United Way Family Center, the Baltimore Ravens, Sacral Roots LLC, JustLiving Advocacy, Baltimore Healthy Start, and the Baltimore City Health Department. Together, we were able to expand support for mothers and families through volunteer service days, holiday assistance programs, maternal education initiatives, and community-based doula and birth circle programming.

Financially, Trinity Maternal Wellness generated $16,526.34 in revenue in 2025. This revenue was derived from grants, individual donations, and program services. These funds allowed us to invest directly into community programs, including maternal education, supply distributions, and partnerships supporting maternal health services in Baltimore City and Howard County. Responsible stewardship of these resources also supported essential administrative operations that make our work sustainable.

We are also excited to look ahead to 2026, when we will launch our Belly Buddies™ Prenatal Education and Support Program, further expanding access to maternal health education and support for families.

I am deeply honored that the work of Trinity Maternal Wellness was recognized in December 2025 by the WMAR-2 and Chick-fil-A Hometown Heroes Award. While this recognition was presented to me personally, it truly reflects the dedication of our volunteers, partners, and supporters who believe in the importance of supporting mothers and families.

Thank you to every donor, volunteer, community partner, and advocate who has supported Trinity Maternal Wellness. Your generosity and commitment makes it possible for us to continue building a community where every mother has the support she needs to thrive.

With sincere gratitude,

Dr. Marilyn F. Berchie-Gialamas,
DNP, CRNP, NP-C, CBS
Executive Director & Founder

Board Members

Gladys P. Miles, Esq, President
Zaire Bartholomew, MPH, Vice President
Teneele Bruce, MB, Secretary
Tannyka Coleman RN, BSN, IBCLC, Member at Large

STRENGTHENING MOTHERS, FAMILIES, AND COMMUNITY

In 2025, Trinity Maternal Wellness Inc. continued to advance its mission of supporting maternal and family wellness by providing education, community support, and essential resources to mothers and families. Through community-based programming, partnerships, and advocacy, the organization worked to ensure that mothers have access to the resources and support they need during pregnancy, postpartum, and early parenting.

Throughout the year, Trinity Maternal Wellness focused on building stronger support networks for families through maternal education, peer support, and the distribution of essential supplies for infants and young children. The organization continued to respond directly to the needs of the community by expanding programs and building partnerships that increase access to resources for mothers and families.

LAUNCH OF THE MOMMA & BABY SUPPLY BANK

One of the most significant milestones in 2025 was the launch of the **Momma & Baby Supply Bank in July 2025.** This initiative was developed in response to the growing need for essential baby and postpartum supplies among families in the community.

Following its launch, Trinity Maternal Wellness hosted community supply giveaways in **July, September, November, and December.** In addition to these scheduled distribution events, the organization provided **weekly emergency deliveries of baby supplies** to families experiencing urgent needs.

Through these initiatives, Trinity Maternal Wellness supported over **300 mothers and more than 500 individuals when including children and family members.** The supply bank distributed essential items such as diapers, wipes, baby clothing, and postpartum supplies, helping ensure families had the resources necessary to care for their infants.

COMMUNITY PARTNERSHIPS

Collaboration and community engagement remain central to the work of Trinity Maternal Wellness. In 2025, the organization strengthened and expanded partnerships with community organizations to support families more effectively.

Trinity Maternal Wellness partnered with **Union Church in Columbia** through their **Second Saturday Serve volunteer initiative,** where volunteers assisted with organizing and distributing supplies for the Momma & Baby Supply Bank. In addition to volunteer support, **Union Church and the United Way Family Center** partnered with Trinity Maternal Wellness during the holiday season to support families by providing **toys for children during Christmas and meals for families during Thanksgiving.**

The organization also partnered with **United Way of Central Maryland** and the **Baltimore Ravens** during the **Call to Action Serve Day,** where volunteers came together to support Trinity Maternal Wellness' mission. This collaborative effort supported the organization's **second Momma & Baby Supply Giveaway**, helping expand access to essential baby supplies for families in the community.

Through a grant the organization was able to partner with **Baltimore Healthy Start (BHS)** and hold cohorts in the spring and fall of The Mommas Circle for Baltimore City residents. We also partnered together to secure a grant to conduct BHS prenatal support group Belly Buddies(™) in 2026 in Howard County.

Additionally, Trinity Maternal Wellness partnered with **Sacral Roots LLC and JustLiving Advocacy to host the Bundles of Love Holiday Giveback,** a community initiative designed to provide baby essentials and support to families during the holiday season.

These partnerships strengthened the collective impact of organizations working together to support mothers and families in the community.

EXPANSION OF MATERNAL EDUCATION PROGRAMS

In late 2025, Trinity Maternal Wellness was awarded grant funding to support the launch of its **Belly Buddies Prenatal Education and Support Program.** This program is designed to provide expectant mothers with prenatal education, maternal health information, and peer support during pregnancy.

The inaugural Belly Buddies prenatal education cohort occurred in Howard County in January 2026. This marks an important expansion of Trinity Maternal Wellness' educational programming and its continued commitment to improving maternal health outcomes through community-based education and support.

RECOGNITION FOR COMMUNITY LEADERSHIP

As previously mentioned, in December 2025, **Executive Director Dr. Marilyn Berchie-Gialamas received the WMAR-2 News and Chick-fil-A Hometown Heroes Award.**

This recognition highlights the impact of Trinity Maternal Wellness' work and the importance of community-led initiatives that support mothers and families during critical stages of life.

2025 COMMUNITY IMPACT

Through its programs and initiatives, Trinity Maternal Wellness continues to address gaps in maternal health support by providing education, resources, and a supportive community network.

- Launch of the **Momma & Baby Supply Bank** (July 2025)
- Four community supply giveaways held throughout the year
- **Weekly emergency supply deliveries** to families in need
- Over **300 mothers supported**
- Over **500 individuals served, including children and other family members**
- Volunteer engagement through **Second Saturday Serve with Union Church in Columbia**
- Partnership with **United Way of Central Maryland and the Baltimore Ravens Call to Action Serve Day**
- Community **Bundles of Love Holiday Giveback** hosted with **Sacral Roots LLC** and **JustLiving Advocacy**
- Holiday support provided through **Union Church and United Way Family Center,** including **Christmas toys and Thanksgiving meals for families**
- Grant funding secured to launch **Baltimore Healthy Starts Belly Buddies (™) Prenatal Education Program Curriculum in Howard County in 2026**
  Executive Director recognized with the **WMAR-2 & Chick-fil-A Hometown Heroes Award**

FINANCIAL SUMMARY – 2025

In 2025, Trinity Maternal Wellness Inc. continued to responsibly steward resources in support of its mission to improve maternal and family wellness through education, community support, and access to essential supplies.

The organization generated funding through a combination of grants, individual donations, and program service partnerships, allowing Trinity Maternal Wellness to expand its programs and launch the Momma & Baby Supply Bank while supporting families throughout the year.

Revenue

Total revenue for 2025 was $16,526.34, generated through the following sources:

Grant Funding: $12,486.00

Grants provided the primary source of funding and supported the development of maternal wellness programming and community outreach initiatives.

Individual Donations: $2,040.34

Community members and supporters contributed individual donations that helped fund supply distributions and maternal support initiatives.

Program Service Revenue: $2,000.00

Trinity Maternal Wellness provided maternal education services through the Belly Buddies (™) Prenatal Education Program in partnership with Baltimore Healthy Start, serving women in Baltimore City.

Program Expenses

In alignment with its mission, the majority of organizational spending supported direct services for mothers and families.

Direct Program Costs: $5,825.64

These funds supported the implementation of programs including maternal education, community supply giveaways, and outreach efforts related to the Momma & Baby Supply Bank.

Additional Program and Operational Costs: $4,487.76

These expenses supported logistics, program coordination, supplies, and other operational needs necessary to successfully deliver services to families.

Financial Stewardship

Total program and operational expenditures for 2025 were **$10,313.40,** ensuring that the majority of funding was directed toward direct community impact and program delivery.

Through careful financial stewardship, Trinity Maternal Wellness was able to launch new initiatives, support hundreds of mothers and families, and build a strong foundation for program expansion in 2026.

LOOKING AHEAD

As Trinity Maternal Wellness continues to grow, the organization remains committed to expanding maternal wellness programming, strengthening community partnerships, and increasing access to essential resources for mothers and families.

Future goals include expanding prenatal education programs, increasing the frequency of supply distributions, and developing additional support initiatives that address maternal mental health, postpartum wellness, and family stability.

By continuing to build a strong community network, Trinity Maternal Wellness strives to ensure that every mother has the support she needs to thrive.

THANK YOU