



*The Mothership
Institute of
Wombwellness*

**2025
Annual Report and
Impact Statement**

The Mothership Institute Of Wombwellness

[Http://www.TheMothershipInstituteOfWombwellness.org](http://www.TheMothershipInstituteOfWombwellness.org)

Address:

4365 Reading Rd
Cincinnati, Ohio 45229

Phone: 513-845-9661

Mission Statement:

The Mothership Institute of Womb Wellness empowers mothers and families through holistic, culturally-rooted care. Guided by our Mothershift Method, we support mental, emotional, and physical well-being while advancing equity and community-based birth care for Black women and underserved families.

Vision Statement:

We envision a world where every mother is supported, mentally and physically well, and has access to compassionate, culturally-centered care—resulting in thriving families and healthy communities.





From Our Founder

For over two decades, The Mothership Institute has stood beside mothers—listening, protecting, and advocating in spaces where too often their voices go unheard. Today, we are witnessing far too many cases of mothers whose concerns are dismissed, whose bodies are not respected, and whose rights during birth are violated. This is not just a gap in care—it is a call to action.

At The Mothership, we believe every mother deserves to be seen, heard, and honored throughout her pregnancy, birth, and postpartum journey. Our doulas are pivotal in this work. They are trained not only in the physical support of birth, but in advocacy, emotional care, and protecting the dignity of every mother they serve. Because of this, we are seeing real change—healthier outcomes, more empowered mothers, and families who feel supported rather than silenced.

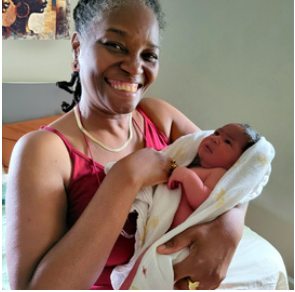
We have also been intentional about creating more than services—we have built a birth village within The Mothership Center. A space where mothers can gather, learn, heal, and be surrounded by a community that reflects care, trust, and cultural understanding. This village model reminds us that birth was never meant to be experienced in isolation.

Our commitment remains firm: to transform birth outcomes, restore humanity to maternal care, and ensure that no mother walks this journey alone or unheard.

With purpose and care,
Monica Thomas Cooper, TM, CBD, CBE, CLC
Founder, The Mothership Institute of Womb Wellness



The Mothership Institute of Wombwellness Board



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CBE



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MS, Committee Chair,



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The Mothership Parent & Family Wellness Initiative

Building Strong Families Through Education, Healing & Community

The Mothership Parent & Family Wellness Initiative is a comprehensive, community-centered program designed to strengthen families by providing holistic education, emotional wellness support, and meaningful community connection from pregnancy through parenthood. Rooted in the belief that healthy families are the foundation of thriving communities, this initiative creates a nurturing ecosystem where mothers, fathers, caregivers, and children are supported with the knowledge, resources, and village needed to flourish.

Through culturally-responsive parent education, maternal wellness programming, fatherhood engagement, mental health gatherings, and family-centered events, The Mothership Parent & Family Wellness Initiative addresses the emotional, physical, and social needs of families during some of life's most transformative seasons. The initiative offers childbirth education, lactation and infant feeding support, prenatal yoga, parenting classes, father-focused education, postpartum wellness, and healing-centered community gatherings designed to reduce isolation and increase confidence, resilience, and connection.



General Impact Report For 2025

In 2025, The Mothership Institute deepened its commitment to caring for mothers, babies, and families by meeting both practical and emotional needs within our community. We supported 56 mothers in being matched with doulas, ensuring they were not alone during pregnancy, birth, and postpartum. We distributed over \$30,000 in essential baby resources, easing the financial burden for growing families.

Our educational and community spaces continued to thrive, with 287 parents participating in parenting classes, 259 families gathering through our events, and 231 individuals engaging in our mental health circles. Each number represents a life touched, a family strengthened, and a step forward in building a true village of care.

This is the work. This is the impact.



Mothers connected to a doula

56

Mothers who received doula services



Resources Given

\$30,000

in infant resources given to Cincinnati families.



Parenting Classes parents who took the childbirth education class, Infant feeding class,

387



Events and Gatherings

people attended The Motherships events and gatherings

429



Maternal Mental Health Gatherings

Mothers who participated in the wise womens circles and meditative mama gatherings.

231

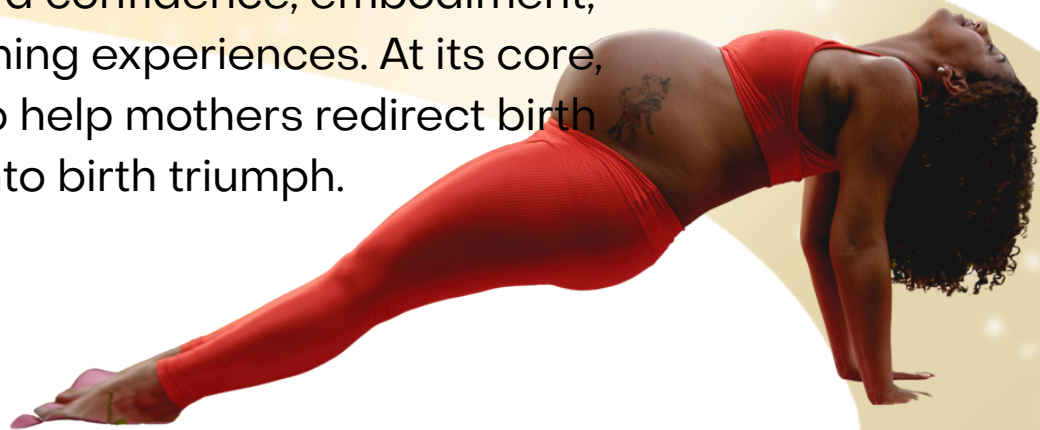
The Mothership Method of Maternal Mental Wellness

Meditative Mama™

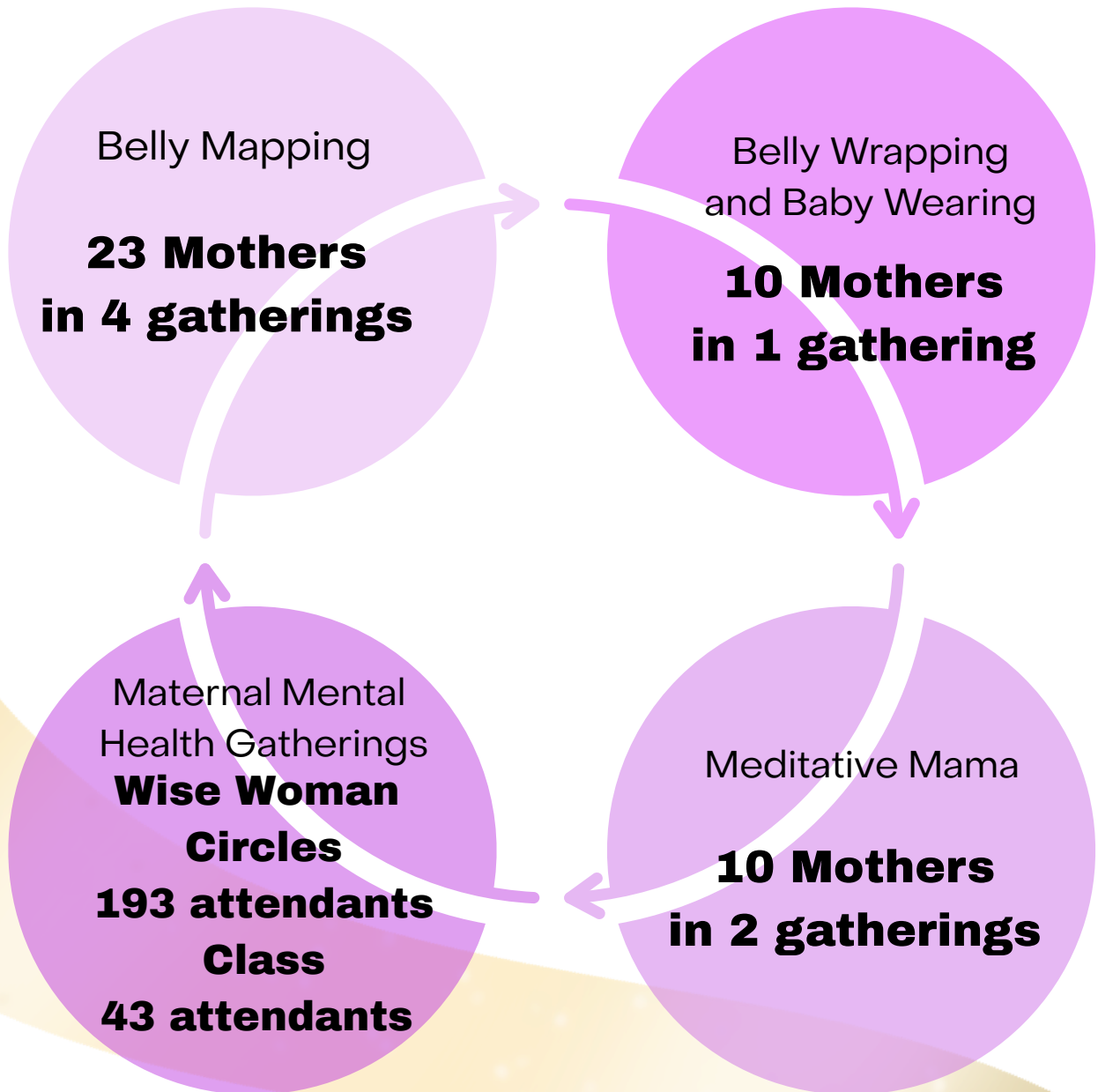
Redirecting Birth Trauma into Birth Triumph Through Somatic Healing

The Meditative Mama™ Program, a signature offering within The Mothership Method of Maternal Mental Wellness, is a transformative maternal wellness experience designed to support mothers in healing, preparing, and reconnecting with their bodies during pregnancy and postpartum. Rooted in trauma-informed, somatic-based approaches, this program helps mothers release fear, reduce anxiety, and cultivate emotional resilience by addressing the mental and emotional experiences that often accompany pregnancy, birth, and early motherhood.

Many women enter pregnancy carrying layers of stress, unresolved trauma, fear of childbirth, previous birth wounds, or emotional overwhelm. Meditative Mama™ was created to gently guide mothers through a process of restoration—helping them shift from cycles of fear, tension, and birth-related anxiety toward confidence, embodiment, and empowered birthing experiences. At its core, the program seeks to help mothers redirect birth trauma into birth triumph.



Mindful Mama Project Impact 2025



Testimonials



“After my preeclampsia turned into eclampsia, I felt out of control. The Mothership’s class prepared me to understand my body and my rights. When things got serious, my doula made sure I was heard. I didn’t feel powerless—I felt protected.” ~ Angela Taylor



“After a traumatic birth, I didn’t think breastfeeding was possible. The Mothership supported me physically and emotionally. They helped me heal and successfully breastfeed—it gave me my confidence back.” ~ Malika



“The Mothership’s parenting classes gave me courage. Their birth village helped me feel supported instead of alone. That made all the difference.” Ann Colvin



"The Women’s Wisdom Circle became a place where I could finally exhale. I felt heard without judgment, supported by women who understood the weight I was carrying, and reminded that healing happens in community. I leave each gathering feeling lighter, stronger, and more grounded!"

Maternal Wellness Classes

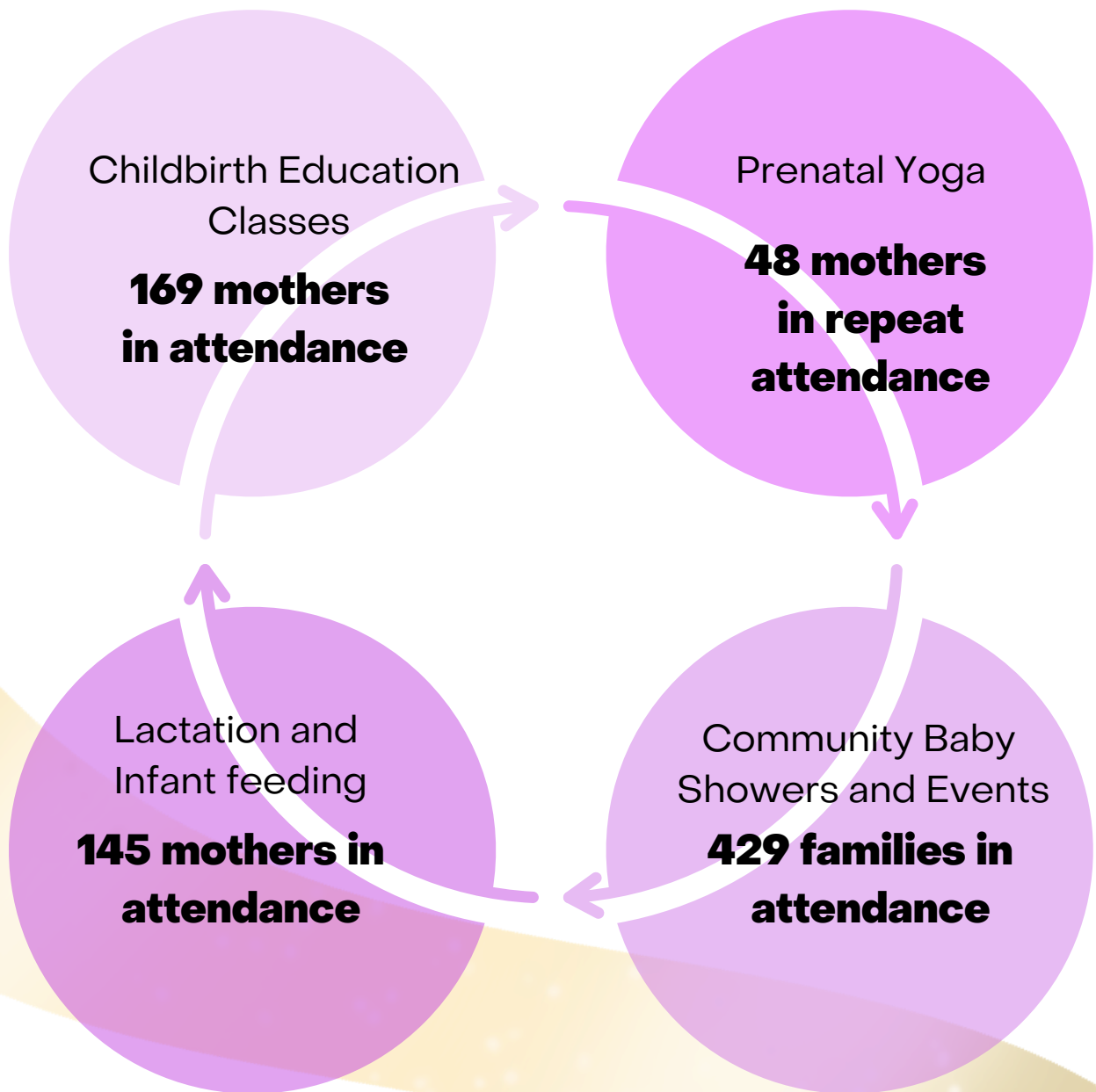


At The Mothership Institute, our Maternal Wellness Parent Classes are designed to support families through pregnancy, birth, postpartum, and early parenting with education, healing, and community. Our classes empower parents with knowledge, confidence, and culturally rooted support through childbirth education, prenatal yoga, lactation and infant feeding education, and our A New Dawn postpartum wellness program.

Whether you are preparing for birth, nourishing your baby, or healing after delivery, we are here to help families thrive—mind, body, and spirit. More than parent education, our Maternal Wellness Parent Classes are a community of support where families can build meaningful connections, strengthen parenting skills, and gain the knowledge needed to create healthier outcomes for themselves and their babies. At The Mothership Institute, we are committed to helping families not only survive pregnancy and postpartum—but truly thrive in parenthood through education, empowerment, and culturally rooted care.



Maternal Wellness Programs Impact 2025



The Motherships Resource Closet



At The Mothership Institute, we understand that welcoming a new baby and caring for a growing family can come with unexpected challenges. The Mothership Resource Closet was created to help bridge gaps and provide practical support to mothers, babies, and families during pregnancy, postpartum, and early parenting. We believe that every family deserves access to essential items that support health, dignity, comfort, and wellness—regardless of financial circumstances.

Our Resource Closet serves as a community-centered space where families can access much-needed baby and maternal care essentials, including diapers, wipes, baby clothing, maternity items, breastfeeding supplies, hygiene products, infant care necessities, and other supportive resources as available. More than providing items, the Resource Closet reflects our commitment to showing families that they are seen, supported, and never alone on their parenting journey.

Through partnerships, donations, and community generosity, The Mothership Resource Closet helps reduce barriers that can create stress for expecting and postpartum families. We recognize that when mothers are supported, babies thrive, and communities grow stronger. Our goal is to ensure families have access not only to education and emotional support, but also to tangible resources that help create a healthier start for both mother and child.

At The Mothership Institute, we believe care goes beyond childbirth—it is about nurturing families through every stage of their journey. The Mothership Resource Closet stands as an extension of that care, offering hope, compassion, and essential support to families when they need it most.

The Motherships Resource Closet



**120 Mothers received \$30, 000
in Infant clothing, breastfeeding,
carseats,
baby beds, dispers and other
resources**

Connecting Mothers to Compassionate Doula Care



At The Mothership Institute, we believe every mother deserves to feel supported, informed, respected, and cared for throughout pregnancy, birth, and postpartum recovery. This program was created to connect expecting and postpartum families with trained, compassionate doulas who provide emotional, educational, physical, and advocacy support during one of life's most important transitions.

Through this program, mothers gain access to personalized support that improves confidence, reduces stress, increases birth knowledge, and promotes healthier maternal and infant outcomes. Our doulas serve as a calming presence, trusted guide, and empowering support person—helping families feel heard, informed, and cared for before, during, and after birth.

At The Mothership Institute, we understand that no mother should have to navigate this journey alone. This is more than a referral service—it is a pathway to connection, advocacy, education, healing, and community-centered care that helps families thrive.

Connecting Mothers With Doulas



56

**Mothers were connected
to doulas in 2025**



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