

Top Ten Things

1. **Legal name;** Mind Body Baby, Inc., Tax ID 82-5495504
 - a. A.k.a. Mind Body Baby, Mind Body Baby NC, MBB



3. **Board Chair-** Elena Arecco- Bridgmon, MBA, PCC / Co-Founder, COO LUMO leadership, Executive Coach <https://www.linkedin.com/in/elenaareccobridgmon/>
4. **Executive Director/ Founder** - Cynthia Wood - <https://www.linkedin.com/in/cskwood/>
 - a. Mind Body Baby was founded by four perinatal practitioners and mothers working to bridge the gaps in maternal care that can have long-term impacts, especially mental health care and resourcing, based on lived experience.
5. **Offices** -
 - a. Corporate address - 3112 Arundel Drive, Charlotte, NC 28209
 - b. Main Office - 1931 Selwyn Drive, #253, Charlotte, NC 28207
 - c. Phone # 980-224-0064
 - d. Main email - village@mindbodybabync.org

6. **Mission Statement:**

Mind Body Baby exists to bridge the gaps in mental health care for mothers and birthing people in our community by providing knowledge, resources, and equitable, peer-driven emotional support through their perinatal experience; because when parents are knowledgeable, equipped, and valued, their babies can reach their fullest potential.

Vision Statement:

We envision our community invested in every parent to feel valued, resourced, and equipped to be secure foundations for their babies.

7. Finance basics:

- a. Fiscal year: July - June
- b. 24/25 budget - \$235000.
- c. 23/24 expenses - \$102500./ income \$118380.

8. We are a 501(c)3 Charitable organization. Donations are tax-deductible.

9. Program Basics -

- a. How we do it - We achieve our mission through peer-driven support groups that offer education and community, a resource website providing access to evidence-based knowledge and free assistance for families, and personalized "case management" through our Community Care Program, a doula program, and resource navigation support, ensuring families are valued, equipped and empowered to be a healthy caregiver for their children and family.

10. Ways to Give:

- a. Website: button on top of every page - <https://www.mindbodybabync.org/>
- b. Paypal - @mindbodybabync
- c. Venmo - @mindbodybabclt
- d. Share Charlotte - <https://sharecharlotte.org/nonprofit/mind-body-baby-nc>
- e. Stock - <https://donatestock.com/mind-body-baby>
- f. Donor Advised Fund - Use corporate name and tax ID
- g. Corporate partnerships -
https://docs.google.com/forms/d/e/1FAIpQLScgTi2P2moUcfB-HDvdLMo73r2FOw4AgOl_aG6KSOclmj8WBA/viewform
- h. Volunteer options - see Share Charlotte link above.