

# Unconditional Care.

 4th  
Trimester



Impact Report  
2023-2025

This past year has been a time of change, unexpected challenges, and a deep sense of purpose for us. I would like to begin this report by reflecting on how far we've come, what we've achieved, and, most importantly, introduce our new name and its significance for us and the future.

Over the past year, we've grown from a grassroots initiative into a nonprofit with a clear mission, a new identity, and a vision for national change. We completed our first three-year strategic plan, increased our organizational revenue nearly fourfold compared to 2024, and have delivered care to nearly 550 people in the first half of 2025 alone, bringing our total impact to over 1,500 people since we began.

This past year also brought unexpected challenges. When the devastating wildfires hit LA County and the US-Mexico border closed suddenly, our team responded rapidly in days. We distributed \$136,500 in direct cash assistance, supported hundreds of displaced families, and witnessed our community step up in huge ways.

Thanks to new partnerships, in-kind donations exceeding \$150,000, and pro bono legal and accounting support, we were able not only to respond but also to grow. We doubled our staff, launched monthly pop-up events, and initiated the development of a new program, RISE (Resources

for Income, Shelter, and Empowerment). This pilot program will provide unconditional cash transfers for postpartum families facing housing instability, set to launch in early 2026.

Where do we stand today? Reproductive and maternal health care in this country is facing mounting threats. Postpartum care in particular is not only broken; for far too many families, it doesn't even exist. The U.S. has one of the highest maternal mortality rates among developed nations, especially in the weeks after birth.

So we asked ourselves: What would it take for every mother and birthing person to feel well cared for in their fourth trimester? Not just supported, but seen, valued, and equipped in the weeks and months after birth. In a country where postpartum care is too often lacking, we recognized the need to take a big leap.

And now, we're taking one of our most significant steps yet: We're unveiling our new name and identity. Mama2Mama is officially 4th Trimester.

I want to explain a bit about what this new name means: "4th Trimester" is disruptive by design. By addressing the fourth trimester, we are calling attention to the need to disrupt the status quo mindset that maternal care ends at birth. We recognize the months following birth as a separate and special trimester – when new parents deserve special recognition, attention, investment, and care.

We are more focused than ever to make postpartum care a right for all women and birthing people. Over the next year, we will expand our reach with new initiatives, strengthen our partnerships, and boost our advocacy work. Most importantly, you will see more parents receiving the care they need because of your support.

All of this is possible because of our community. Whether you've volunteered, donated, collaborated, or simply shared our story - thank you.

With deep gratitude and hope,



**Rachel Scandling**  
Executive Director, 4th Trimester



4th  
Trimester



4th Trimester is a nonprofit transforming the postpartum experience for mothers and birthing people in California and along the U.S.–Mexico border. We provide practical support, emotional care, economic assistance, and advocacy, ensuring no parent navigates the fourth trimester alone.

### TARGET POPULATION

We focus on helping postpartum families who encounter significant obstacles to care. This includes low-income, immigrant, asylum-seeking, and disaster-affected mothers and birthing people. Our work prioritizes those who are most likely to be neglected by traditional healthcare and social support systems. We offer programs designed to address immediate needs and foster long-term well-being during the fourth trimester.

### WHAT WE DO

At 4th Trimester, we know that there is no single solution for the complex needs of postpartum families. Our approach is holistic, community-driven, and based on wrap-around care. This model recognizes the emotional, physical, and practical aspects of early parenthood.

## WRAP AROUND CARE



### PRACTICAL SUPPORT

We provide practical postpartum resources like diapers, formula, and recovery supplies, so families can meet their basic needs with dignity.



### COMMUNITY BUILDING

We build peer-to-peer networks, safe spaces for knowledge sharing, and communities to help reduce isolation and foster shared care.



### INTEGRATED SUPPORT THROUGH PARTNERSHIPS

We collaborate with like-minded organizations to address the multifaceted needs of new mothers and parents during the postpartum period.



### ADVOCACY AND NARRATIVE SHIFT

We're challenging the common misconceptions and conditions that make postpartum so hard in the first place.



### CRISIS RESPONSE

We support new mothers, parents, and birthing people during disasters, such as the recent LA wildfires.



## Wildfire Relief Effort

### COMMUNITY CARE

26,446

Essential items distributed

846

Individuals served through wildfire relief efforts

11

Number of in-person community events

### CASH ASSISTANCE

158

Families impacted by cash assistance

\$136,500

in grants distributed ranging from \$500-\$1,000 every three months

49%

of recipients receive Care Coordination support, including birthworker services and essential items

### MENTAL HEALTH & BIRTHWORKER SUPPORT

80+

birthworkers in our network of pro bono and subsidized care

\$32,295

in birthworker and mental health services for wildfire-impacted families

20

free virtual group mental health sessions hosted in 2025



Bell's Story, Wildfire Survivor and Mother to 6-month-old Baby Eaton

“It takes a village, and mine was you.”

When wildfires tore through Los Angeles in January of 2025, Bell was four months pregnant. Her home, community, and everything she had prepared for her baby were gone.

Living in an RV without power or running water, she was denied FEMA support because she didn't own or rent her home. “I felt like I had no support, no sense of family,” Bell shared. “I was deeply depressed.”

With her due date approaching, our team stepped in with emergency cash and essential baby supplies. But one of the most important things we offered was connection. “4th Trimester gave me a sense of family, friendship, and incredible support. I felt defeated every step of the way; now I'm blessed beyond belief.”

Bell named her baby Eaton after the fire that changed their lives. “One day, we'll tell Eaton how our community showed up for us and why we'll always show up for others.”



## Mamas at the Border

Our first program, Mamas at the Border, supports pregnant and postpartum mothers in Tijuana who are seeking asylum in the U.S. The program provides essential postpartum supplies, access to perinatal care, mental health support, childcare and group education to help them navigate pregnancy, birth, and early parenthood in a new and often challenging environment.

### KEY PARTNERSHIPS INCLUDE



**110** MOTHERS SERVED THROUGH THIS PROGRAM

201

Children Served

22

Pregnant Women

17

Teen Mothers

26

Single Mothers

**10,292** DIAPERS DISTRIBUTED as well as formula, clothes, bottles baby carriers and other postpartum items

### MENTAL HEALTH SUPPORT

offered by a licensed psychologist on site (April 2024 through Sept 2025)

101

Individual therapy hours

78

Group therapy hours

### EDUCATIONAL AND PEER GROUP

classes range from parenting to personal and professional development

170

Class hours

## Mandy's Story, Mamas at the Border participant

In the fall of 2024, we met Mandy, a 25-year-old pregnant woman, at a refugee shelter in Tijuana. She had traveled over 2,000 miles from Honduras with her husband and two young daughters in search of a safer life across the border.

Mandy was in her third trimester, sleeping in community bunks at the shelter, and trying to keep her family safe while dealing with the uncertainty of the asylum process. After two months in Tijuana, her family received the long-awaited news of a U.S. Customs and Border Protection appointment to request asylum. However, relief quickly turned to anxiety as the date was just ten days before her due date, and Mandy didn't know where or in which country she'd give birth.

Through our Mamas at the Border program, Mandy received prenatal care from our partners at Partería y Medicinas Ancestrales. Our team supported her every step of the way. Isa, our Program Coordinator, helped schedule appointments, provided transportation, and ensured Mandy had what she needed for a safe birth. When her baby arrived, she was surrounded by care, which included a postpartum visit with midwives from Refugee Health Alliance and help with securing her baby's birth certificate.

Mandy made it to her appointment and to the U.S. just in time. With support from our network of partners, she and her family were welcomed in California. We continue to support families like Mandy's as they settle into new communities by providing diapers, formula, warm connections to local services, and a network of care to help them move forward.

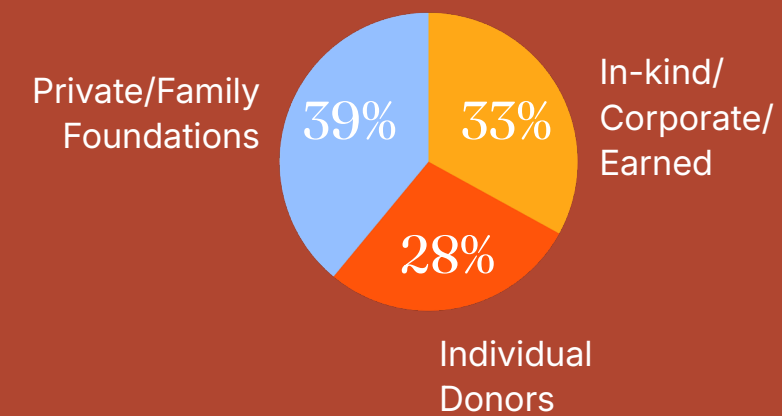
Today, Mandy is building a new life with her husband, daughters, and newborn son, supported by a strong community.



## TOTAL REVENUE FY2025 PROJECTION

**\$1.08M**

### KEY FUNDING SOURCES



### REVENUE HIGHLIGHTS

- ↑ 1900% In-kind Goods and Services donations as of September 2025
- ↑ 5500% Institutional Giving increase as of September 2025
- ↑ 1335% Program Service Expenses expanded between 2023 to 2024

The challenges of 2025 have highlighted the urgency of our mission and the importance of a community-driven response. From wildfire recovery to strategic growth, we've demonstrated what's possible when we prioritize postpartum families. In 2026, we will build on this foundation in four key ways:

## 1. Expand our Cash Assistance Programs

We are developing the design for RISE (Resources for Income, Shelter, and Empowerment), a new cash transfer initiative aimed at low-income, single parents. RISE will expand our commitment to promoting financial stability and dignity during the critical postpartum period. This program seeks to meet the diverse needs of birthing people—supporting the social, health, and financial needs essential for recovery and comfort in the fourth trimester.

We know practical cash assistance can positively impact maternal health outcomes and we look forward to sharing the insights and results with our community, reinforcing the power of direct support in fostering recovery and resilience.

## 2. Strengthening Community Partnerships

We are stronger together. We champion strong relationships with our ongoing partners and in the coming year, we will strengthen our collaborations with midwives, doulas, mental health providers, and organizations focused on direct service and advocacy. Our network of partners allows us to meet the wide range of needs of birthing people and their families without ever compromising our quality of care or personalized approach.

## 3. Investing in Measurement for Impact and Advocacy

We plan to invest in staffing and tools to evaluate impact and the real-life ripple effects of postpartum support on families' stability and well-being. We are preparing to take a more active role in advocacy, and in 2026, we'll begin to formalize how we evaluate success so that our learnings can evolve programming, design new services, strengthen storytelling and public perception, and inform policy and research beyond our organization. This work is critical to realizing the vision that mothers and parents are respected, valued, and supported by their community.

## 4. Building Long-Term Sustainability

Alongside expanding our programs, we are laying the groundwork for sustainability as we head into the third year of operating. This includes continued expansion of our donor base, increasing board leadership, and seeking multi-year funding partnerships to help strengthen our infrastructure and delivery of service.



Throughout all of this, we commit to our values: radical empathy, collective strength, sustained care, and confidence. These values shape everything we do. They are our north stars in how we support new parents, build programs, and respond to crises. These values remind us that transformation happens in community, not in isolation.

We are committed to listening closely and finding new ways to meet the changing needs of mothers and birthing people. The challenges ahead are real, but so is the energy and shared will to transform the postpartum experience.

Thank you to our incredible team, our volunteers, our donors, our partners, and especially to the mothers and parents who have trusted us during the fourth trimester.

We can't wait to see what 2026 brings.

With unwavering support,  
**The 4th Trimester Team**





**Unconditional Care.**



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