

# CRADLE OF HOPE

CREATING HOPE, ONE WOMAN AND CHILD AT A TIME



## 2021 ANNUAL REPORT

[www.cradleofhope.net](http://www.cradleofhope.net)

# LETTER *from* LEADERSHIP

Dear Valued Partner,

The past year has been one filled with transformation at the Cradle of Hope.

In 2021, we intentionally invested time and resources into renewing and preserving our residential facilities. *(You can read more about the extensive repairs and improvements we made on pages 3 and 4.)* Undergirding all of this work, is the very real recognition that the Cradle is a desperately needed resource here in Glenside.

The women we serve come with difficult, trauma-filled pasts. Some of them experienced homelessness, forced to sleep in their cars in the cold before finding a warm bed at the Cradle. Others have survived relationship abuse and significant loss before being embraced by our community of healing and hope. The needs are acute, and that's why we are ensuring our homes can continue to be refuges for many more years to come. Because we are here to be a part of our client's lives for the long haul.

Relationship has always been what drives change and growth, and it's truly the basis for our work at the Cradle - we build deep relationships. **We are a big, ever-expanding family, and even after clients move on, we maintain a close bond.**

The coming year will mark the Cradle's 25th anniversary! Yet the need for our caring and deep embrace has never been greater. Thanks to the support and commitment of donors and partners like you, we can enter into this milestone year with strength, prepared to meet the needs of clients with love and mercy.

None of this transformational work would be possible without you. **Thank you for being in relationship with us.**

With Gratitude,

*Rachel Mullelly*

Rachel Mullelly  
Executive Director



# OUR MISSION

The mission of Cradle of Hope is to minister to the physical, emotional and spiritual needs of pregnant women, single mothers and children through transitional housing and support services.

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Impact by the Numbers

## OUR WORK



In 2021, Cradle of Hope provided transitional housing, healthy meals, mentoring, and life-skills development to **12** single mothers and their **12** children. **5** babies were born while living at the Cradle!



We stay in contact with many of the moms that graduate from the Cradle. Sometimes it is to help with an electric bill, car repair, children's clothing, or just visit and provide encouragement. **13** former residents benefited from follow-up support in 2021.



**104** women received counseling and support services through the Cradle Pregnancy Resource Center in 2021.

**79%**

of Cradle of Hope's transitional housing graduates from the past 3 years are **employed** and living in **permanent housing**.

Since its inception in 1997, Cradle of Hope has served

**109** women and  
**114** children

in its residential program.

## Transforming & Preserving **OUR FACILITIES**

Over the past year, we were able to see the fruit of our 2020 "Run for Cover" virtual 5K fundraiser in the replacement of the aged roofs on both of our homes! The difference is phenomenal.

Thanks to the generosity of our sponsors and donors, we were able to replace the gutters, cap the eaves drops, remove the old shingles and slate roofing, repair water-damaged wood, and install new roofing on both homes! We also had brickwork on both of the homes repaired and repointed to prevent future water damage. The new roofs make the residences feel cleaner, safer, solid and more secure.

In addition to the new roofs, we also had masons fix the sidewalks that had been cracked and broken, as well as the back steps on one of the homes. We repaired our back deck, and installed new fencing along the rear of our properties to separate us from the regional rail train tracks and an adjacent apartment building. Our backyards now feel more private and welcoming for moms to take their little ones outside in warm weather.

With the time and dedication of incredible volunteers from Calvary OPC, and help from Cornerstone Outreach, we also had both of our garages sealed and painted to keep out humidity, transforming what had been musty, wasted space. Outfitted with custom built shelving, the garages now serve as clean, moisture-free storage for the generous donations we receive from the community! Clients can find anything they need for parenthood, from high chairs to bath tubs to car seats.

Our 2021 "Run for Cover" helped pay for new flooring in our original house. The old carpeting we removed had been in use for 17 long years (and had sustained quite a bit of baby spit-up in that time!) Volunteers also helped us paint all of the rooms in the larger house, making the space feel so much cleaner and brighter.



"Home is where you feel loved and safe; it's where you can grow. That's why it's so important to keep Cradle's homes in good repair, so they can continue to serve this crucial foundation. Each of the moms we partner with go on to create their own homes, and it all starts here at the Cradle."

- Rachel Mullelly, Executive Director



These renovations are so important for ensuring the Cradle can continue to be a refuge and source of hope to vulnerable families.

Maintaining our facilities will continue to be a top priority as we sustain these homes as launching pads for many more clients in the years to come!

**Would you like to contribute to our work by making a donation toward our facilities?**

The next phase of maintenance repairs will focus on plumbing and kitchen restorations. Contact Rachel Mullelly at [cradleofhope@gmail.com](mailto:cradleofhope@gmail.com) if you would like to make a contribution toward this work.



## Year in Review

# HIGHLIGHTS



We were thrilled to launch birth education and breastfeeding classes, as well as post-partum support groups to further support clients of the Cradle Pregnancy Resource Center this year! Learn more about these amazing new resources in our Q&A with Nancy on page 9.



Our partnership with Zeta Phi Beta Sorority Inc. Gamma Alpha Beta Zeta has led to a powerful mentorship program, fueled by women of color who bring a variety of vocational backgrounds and career experiences. It has been beautiful to see the bonds that have formed among these incredible volunteers and Cradle's clients, and the support and encouragement that each client receives as she strives toward her goals. We celebrated a "Friendsgiving" meal together, and Gamma Alpha Beta Zeta have also been highlighting the importance of self-care during their monthly visits.



Empowering clients to pursue further education and job training continues to be a big focus of our residential program. In 2021, 7 moms attended classes or job training, and 2 completed driving school and received their driver's licenses.

## Client Testimonial

# TK'S STORY

“TK” became part of the Cradle of Hope family in November 2020. She was five months pregnant at the time and did not have any support or reliable housing. TK was working full time, but wanted to pursue higher education so that she would be better prepared to support herself and her son. The Cradle was able to refer her to a phlebotomy school, and TK began classes. She worked hard to complete her coursework, study, attend birthing classes with a doula from the Cradle, and to work full-time. She formed strong bonds with the other mothers at the Cradle, and they were able to walk together throughout maternity care and into a post-partum support group.

TK delivered her baby boy in April and was warmly greeted by many other mothers as she returned home from the hospital. Her son was immediately adored by the Cradle of Hope family. As she maneuvered through the infant stages of development, the community helped by providing meals, education, and encouragement. When her son was around two months old, he began to have difficulties with a hernia and acid reflux. The Cradle was able to connect TK to resources nearby to pursue the medical care he needed. The staff was also able to work through questions and fears that she was having. The Cradle staff attended doctor's appointments and provided



babysitting support during a stressful time. The Cradle was also able to help TK with her phone bill and car repairs while she was working on schoolwork and did not have a stable income.

In the fall of 2021, TK's mother passed away suddenly. A week later, her son was diagnosed with Cerebral Palsy. The Cradle provided counsel and emotional support as TK maneuvered the challenges that followed. The staff was able to refer TK's son to occupational and physical therapists, as well as arrange supportive meetings with local doctors. TK's mother had been helping with childcare while TK

was working. Thus, the Cradle helped connect TK to a local daycare and to transfer her job to a local grocery store.

TK's son is now nine months old and is a joy to be with. TK continues to meet with her post-partum support group friends, and has helped other mothers at the Cradle with maternity and post-partum care. She recently passed her state phlebotomy certification exam and has begun attending job interviews. TK has secured permanent housing, and will soon be moving into her own apartment! We are inspired by TK's determination, as she works toward her goals and creates a nurturing life for her son. We are privileged to be able to continue partnering with them on the road ahead.

*\*Name changed to protect client confidentiality.*



Making a Difference

# CRADLE PREGNANCY RESOURCE CENTER



The past year brought a dramatic increase in the number of new and expectant mothers reaching out for support through Cradle's Pregnancy Resource Center (CPRC). The CPRC - which offers holistic care to women who are pregnant and their families - received 193 calls for support in 2021 - **a 93% increase over 2020!**

The CPRC is so much more than a traditional pregnancy center, bringing comprehensive support to clients and their families. Staff and volunteers supported 104 women with a myriad of resources, including counseling, birth education, breastfeeding classes, lactation support, developmental assessments, career coaching, support for housing placement, prenatal and postpartum care, assistance applying for benefits, and connections with local resources, doctors and doulas.



Core to the CPRC's mission is to meet the physical needs of clients with donated baby items, visits to Cradle's pantry, maternity clothes, diapers, and so much more. Clients' emotional needs are supported through individual and group counseling sessions, the support of a network of fellow moms, and connections with local resources and the caring CPRC community to make single parenting a less overwhelming experience.



The CRPC partners with clients for the long-term, journeying throughout the pregnancy, newborn stage and beyond - often supporting the whole family throughout the baby's first year of life. In fact, relationships are so strong, that postpartum clients often call with questions about transitioning from milk to solids, how to treat eczema, and other puzzling phases

of their baby's development. The CPRC is committed to offering support throughout the whole process of learning to be a parent. This dedication is why the phone is always ringing and the group classes are always robustly attended!

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"When I found out that I was pregnant, I didn't know what to do or how to become a mom. I was really worried because I didn't know what to do. When I went to the Cradle Pregnancy Resource Center, I was really happy that God sent me to these three angels - Cheryl, Nancy and Rachel. They help me so much. There are no words to explain how grateful I am to have them in my life."

- EJ, pictured below with her son



"When I was referred to the CPRC, I had NO HOPE of what would be. It was the middle of the night when I sent an email, seeking assistance in getting my family situated. I was new here in the city, pregnant, with four small children, in what seemed to be the most destitute situation an expectant mother could be in."

A few days later, someone reached out to me. What I did not know at the time is that I would be gaining a new family. The love and warmth at CPRC is unmatched. I am beyond grateful to the staff at CPRC for cradling me and my babies, and giving us hope at a time when we thought there was none."

- KM, pictured above with her daughter

Get to know the Cradle's newest team member

## MEET NANCY

### **Can you tell us a bit about your role as the CRPC's Pregnancy Counselor/Educator?**

My background is a Certified Labor and Postpartum Doula, and I am a Lamaze Childbirth Educator and Lactation Counselor, so my focus at the Cradle is around offering support and education. I'm here to work with the young women who come into the pregnancy center, as well as residents of the Cradle who are new moms. I offer childbirth and breastfeeding education, and I run a little "Mama's Circle" postpartum support group, where we tackle all things newborn; everything from feeding their babies to sleep, but also self-care practices and the changes the new moms are dealing with during this transition.

My passion is to see the women develop as advocates for themselves and their babies, understanding they have agency over their bodies and their choices. Cradle's clients are navigating a lot of intimidating new frontiers, so I'm kind of like the "ask all" desk.

Oftentimes, when clients of the CPRC or Cradle residents go into labor, myself or another doula from the Maternity Care Coalition accompany them to the hospital. I stay with the laboring mother throughout their labor and delivery. Birth is a very intimate experience, and you've got to feel safe and supported when you're giving birth. We were never meant to do this on our own.

### **Can you tell us more about the post partum support group?**

Any mom who has come through the



pregnancy center or is a resident of Cradle can come and we meet up, and bring the babies! We call it the Mama Circle. Pre-covid, we met every other week, but now we're doing it once a month. The group leans on each other and forms relationships. They're the ones giving all the great input. I just get to facilitate this beautiful group of new mothers. They share their stories with one another, they exchange phone numbers, websites, tips and tricks, and they build each other's networks of support.

### **Would you tell us more about yourself and what you draw on from your background as you partner with clients?**

My family is originally from Philadelphia. I grew up in the Chestnut Hill area. I was fortunate to have parents who were able to provide a foundation that values education. My formative years were spent at SCH formally Springside School, and I really believe that many of the teachers and experiences at a young age led me down this path. I am a Lamaze Childbirth

Educator, a doula for the Maternity Care Coalition and a CLC. I also have my own business and work with beautiful clients who often give back and support my work at Cradle through monetary donations or by donating items for the CPRC.

### **How has COVID-19 impacted the way you engage with clients?**

It has actually opened some doors in a way, for example, I was recently doing a Zoom session with a young mom who is just about to leave Cradle, and because we meet virtually, I'm going to continue to Zoom with her weekly. That sort of continuity and long-term support wouldn't have been able to happen before.

Furthermore, this client is starting to wean her son and trying to get him to start solids. Because we were on Zoom, and it was one-on-one, we were able to focus on her baby's needs. Transitioning to solids can create a lot of anxiety. Together, we tackled his first avocado! Her little boy loved it, plus it was a healthy food choice. So in a way, COVID has given me more visibility, like when it came to being apart of this family's feeding session, so I've tried to leverage these opportunities.

### **What is your motivation, and what kind of impact do you desire to make?**

I just think what's really important is to have the women be able to access information, so they can make informed, evidence based decisions. They are raising the next generation, and their choices matter. We need to continue to improve birth outcomes in the United States for marginalized women. Both societal and health system factors contribute to high rates of poor health outcomes.



**"It's such a privilege to work at the CPRC, and I'm super humbled to do it. It matters. Every time, I just feel so blessed, and I think 'Thank goodness for the Cradle,' because there really is nothing else like it." - Nancy**

# We are so grateful to our community that supports us

Despite the many waves of the COVID-19 pandemic, our community has found ways to support us - to continue to demonstrate God's love and mercy in action. While we weren't able to have as many volunteers facilitate on-site lifeskill classes, we benefited from work groups who organized donations and helped with yardwork, painted, and even helped move graduating clients into their new homes. Volunteers have been an incredible source of support to our team and clients over the past year.



Thank you for making such a difference!

# OUR VALUED PARTNERS

## FOUNDATION SUPPORTERS

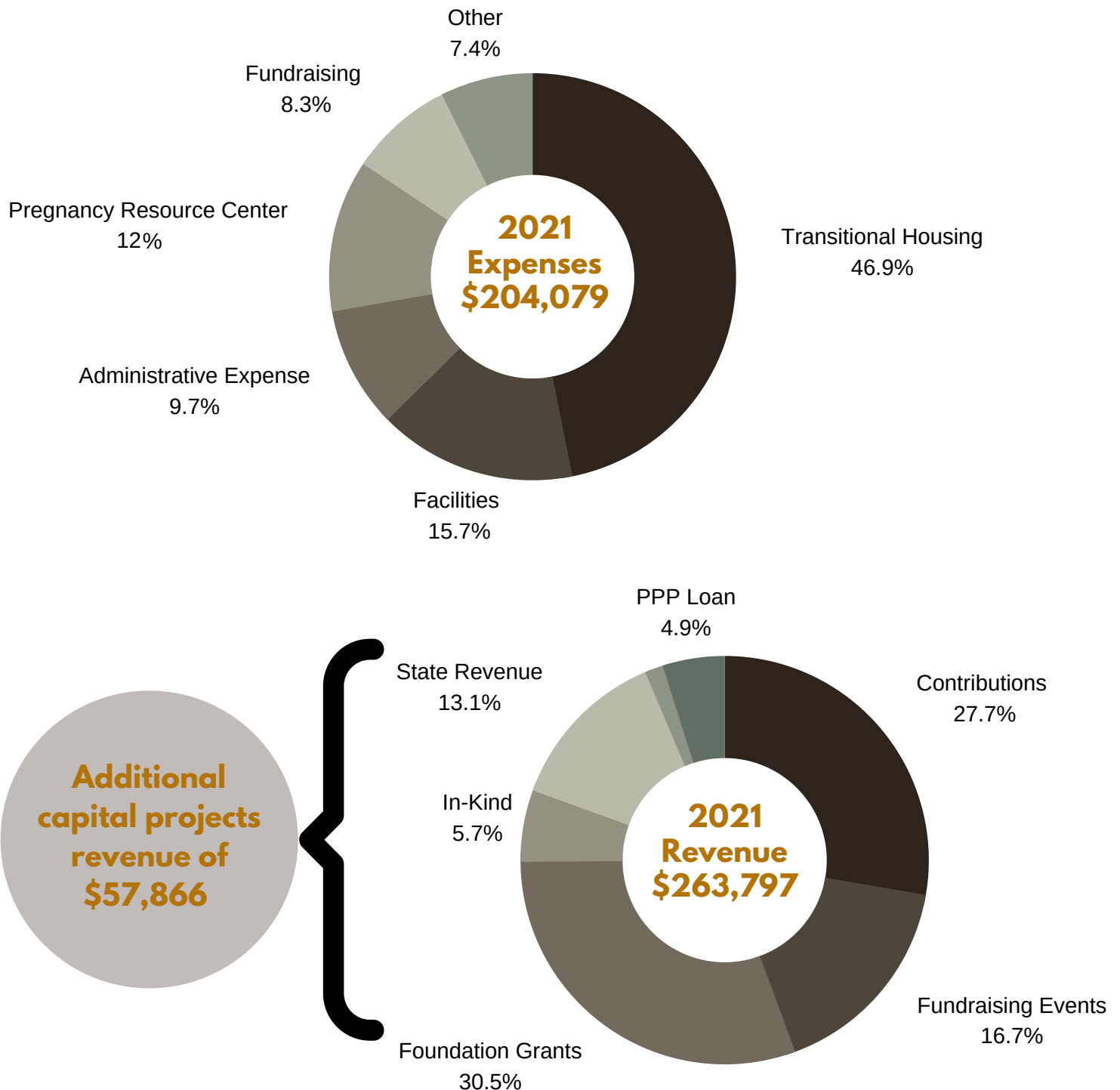
Bill and Katie Weaver Charitable Foundation	Millspring Foundation
BNY Mellon Mid-Atlantic Charitable Trusts	The Lawrence Saunders Fund
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Dolfinger-McMahon Foundation	Montgomery County Foundation, Inc.
Emergency Aid of PA Foundation	Redevelopment Authority Montco Strong
Genuardi Family Foundation	The Saturday Club
George W. Rentschler Foundation	WSFS Community Fund
Jaymar Foundation	W.W. Smith Charitable Trust
Key Bank Foundation	

*We are so grateful to the many foundations, donors, and community partners who make our work possible.*

Arcadia University	Jenkintown Football Team
Ardsley Bible Chapel	Just 4 People
Bridge Community Church	Khalsa Aid
Calvary OPC	Knights of Columbus
Chelten, a church of hope	Lenape Valley Church
City Light	Lightbridge Academy in Glenside
Cornerstone Outreach	Maternity Care Coalition
Every Good Gift	Moms Club of Jenkintown
First Presbyterian of Warminster	St. Luke's Church
Giant	Willow Grove Baptist Church
Glenside Bible Church	WSFS Bank
Holy Trinity Church	Zeta Phi Beta Sorority Inc.
Immaculata University	- Gamma Alpha Beta Zeta

# FINANCIALS

Cradle of Hope is committed to the highest fiscal integrity and transparency as it carries out its life-changing mission. Below is a snapshot of the organization's 2021 revenue and expenses.



# WAYS TO GET INVOLVED

There are many ways to support Cradle of Hope's mission and make a life-changing difference for the families we serve.



## VOLUNTEER



- Conduct a life-skills class on Zoom about something you're knowledgeable in (*we're especially in need of credit repair skill-building!*)
- Provide yard work and maintenance
- Organize a socially-distanced self-care treat for clients
- Connect with us on social media!



[@cradleofhope1](https://www.instagram.com/cradleofhope1)



[facebook.com/Cradle-of-Hope-Greater-Philadelphia-108411511743168/](https://facebook.com/Cradle-of-Hope-Greater-Philadelphia-108411511743168/)

## GIVE FINANCIALLY



- Make a donation through our website:  
[www.cradleofhope.net/donate](http://www.cradleofhope.net/donate)
- Support us all year long by becoming a monthly donor!
- Organize a virtual donation drive with an Amazon Wish List!

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**Questions?** Contact Executive Director Rachel Mullelly at 215-572-5937.

# BOARD OF DIRECTORS

## PRESIDENT

Theresa Supka, MBA | Debate Coach, St. Hilary's School

## TREASURER

Heather LaRocca, MSW | Director, New Day to Stop Trafficking Program,  
The Salvation Army

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James Chun | Jr. UX Designer, AWeber

Ray Cwiertniewicz | Student, Westminster Seminary

Maureen Krueger | Attorney, Retired

Maggie Zulauf | Childcare Volunteer, Cradle of Hope

# STAFF MEMBERS

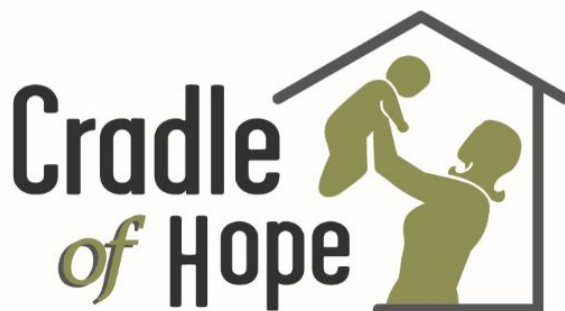
Rachel Mulley | Executive Director

Cheryl Sumitra | Director CPRC

Nancy Widener | Pregnancy Counselor/Educator

Catherine Richman | Bookkeeper

Lisa Dawson | Resident Supervisor



A Home for Single Mothers and Children

[www.cradleofhope.net](http://www.cradleofhope.net)  
1657 The Fairway #140  
Jenkintown, PA 19046  
215-572-5937