



Birthline Bulletin

Everything Life Affirming

Spring 2025

Serving families in need from conception to kindergarten.

Wrap, Care & Share A Lenten Invitation



A SEASON OF CHANGE & COMMITMENT

Andrea's Corner



Dear Friends,
As we step into a new year, change is all around us -- both in the world and in our own lives. For me, that change is deeply personal, as I welcomed my own little one into the world on December 22. Holding my baby in my arms has only deepened my belief in the importance of Birthline's work -- because every parent deserves the support and resources to care for their child with confidence and hope.

At Birthline, we remain steadfast in our commitment to families, even as challenges like natural disasters and political shifts dominate the headlines. The needs of our community don't pause, and neither do we. Your generosity fuels this mission, ensuring that every mother and baby we serve feels seen, supported, and empowered.

As you embrace this season of renewal, I invite you to stand with us -- through giving, volunteering, and sharing our mission. Together, we build a future of hope.

With gratitude,
Andrea Estrada Yumol
Executive Director

A New Beginning: Alexis' Journey

Alexis cradled her newborn daughter, the weight of the future pressing down on her. She had worked hard to reclaim her life from addiction, but as her time at the Kiva Learning Center for Women and Children came to an end, uncertainty loomed. Where would she go? How would she provide for her baby? She had already overcome some challenges, but now she faced a bigger battle -- building a stable life for the two of them. That's when Kiva referred her to Birthline.



"I thought I would only get a few diapers and maybe some housing referrals," Alexis recalls. "But when I walked into the boutique, I was in awe. There were baby clothes, books, toys -- so many things I never thought I'd have access to. When my client manager, Ita, told me I could fill a whole bag to take home, I could hardly believe it."

That moment was just the beginning. Over the next two and a half years, Alexis returned to Birthline regularly, meeting with her client manager, receiving resources, and finding a safe place where she felt seen and supported. "Going to Birthline was something I really looked forward to every month," she admits. "Every time I left, I felt lighter, like I had people rooting for me."

Last month, Alexis graduated from our services. She has been clean and sober for almost three years, secured housing, and is studying online in pursuit of an associate's degree in psychology. Her daughter, now almost three, is thriving. "She's so tall and learning so much," Alexis beams. "She keeps me going."

At Birthline, we are honored to walk alongside women like Alexis, offering encouragement, resources, and hope. Her journey is a testament to resilience, the power of community, and the belief that every mother deserves a chance to build a better future. Alexis, we are so proud of you!

SAVE THE DATE

Love Another Mother

Thursday, May 8, 2025

Volunteer and sponsorship opportunities are available.

Come be a part of our annual Mother's Day celebration!

For more information contact Adilene at adilene.sadiq@birthlineofsd.org

Birthline's 2024 Impact At-A-Glance

Total People Served	Client Appointments Per Month	Newly Enrolled in County Services
2,450	250	291
Diapers Distributed	Baby Shower Gift Bags Given	Total Value of Baby Shower Gift Bags
244,479	214	\$64,200

CARING FOR MOMS AND EACH OTHER

Do YOUR Part to Wrap, Care & Share



For the second year, Birthline is gearing up for a special Lenten campaign -- it is a heartwarming opportunity to provide needy mothers with beautiful, warm, and cozy blankets from Sackcloth & Ashes, a socially conscious business dedicated to community empowerment.

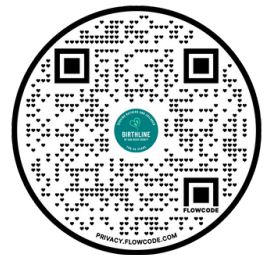
A large percentage of our mothers are housing insecure and live below the poverty line, so a majority of their resources go towards their housing and children. They don't have the chance to buy any extras. Wrap, Care & Share is a chance to show these women that someone cares for them.

A huge thank you to Sackcloth & Ashes for their compassion and generous donation of many blankets to help our Birthline community during these colder months.

We often give up something for Lent... Here's an opportunity to give someone warmth and comfort instead.

Each \$100 contribution will provide a vulnerable mother in need with an attractive and durable winter blanket PLUS two hours of peer-to-peer counseling.

Scan here or visit our website and look for the "Wrap, Care & Share" button.



Birthline Recognized as a LiveWell Partner

Live Well San Diego involves partner organizations in all communities and sectors from across the county through a shared purpose -- to make San Diego a region that is Building Better Health, Living Safely and Thriving. On December 17, two representatives from the County's Health and Human Services Agency Office of Border Health, Public Health Services paid a visit to Birthline. They recognized our vital contribution to the greater San Diego community and officially declared December 17 to be "Birthline of San Diego Day"! We are honored by this proclamation and happy to be part of this network that is bringing positive change to our community!



Superstar Volunteers Run in Families!



When Debbie Higdon began volunteering at Birthline, we learned that the inspiration for her service was her own mother, Ginger Infantino, a former Birthline volunteer! Ginger was a wonderful, regular volunteer at Birthline over the years and her six children took notice. Ginger stays very active running St. Catherine Laboure's Adult Faith Formation, and is involved in their bereavement and lecturing ministries. Her daughter Debbie began volunteering at Birthline's new site by sorting donations and helping in any way she could, including being a lead volunteer at our recent Christmas Holidazzle event for clients. Debbie's enthusiasm for community service is very

evident. She serves on the Family Life Committee and is a guitarist and cantor at St. Catherine Laboure. She is also their Director of Volunteers for the Interfaith Shelter. Debbie also volunteers for Feeding San Diego at their 'Marketplace' which she enjoys. Wherever there is a need, Debbie steps up and models this for her family, and so this special legacy of service endures. She is an inspiration to us all! Thank you, Debbie and Ginger, for all that you have done for Birthline and for our community. You both have BIG hearts!

COMMUNITY INVOLVEMENT

Heartfelt Thanks for Your Generosity

This past holiday season and into the new year, the generosity of our community partners has brought joy and relief to the families we serve.



Destination Baby Co.'s 2nd Annual Holiday Drive was a huge success, collecting thousands of gently used essentials. **St. Therese of Carmel Catholic Church** and **Notre Dame Academy** teamed up for a heartwarming Pajama Drive, donating over 240 brand-new pajamas just in time for Christmas! **Clairemont Christian Fellowship** and **Newman Center UCSD** collected hundreds of new toys, clothes, and diapers, while the **San Diego Gulls** delivered over 200 stuffed animals. **Church of the Nativity** in Rancho Santa Fe blessed us with 100 gift bags filled with fun and practical items for little ones. We are also grateful to **San Diego Intuit Corporation** for donating nine cases of diapers—an invaluable gift for our families. Lastly, a special thanks to the talented women of **Our Lady of Mt. Carmel** for their beautifully crafted blankets, burp cloths, and lovey toys. Thank you all for making the season brighter for so many!

Ways to Make a Lasting Difference

Join Birthline's mission to save and improve the lives of vulnerable babies, mothers, and families. Here's how you, your family, and friends can keep hope alive for vulnerable families in San Diego



DIRECTED GIVING

With a planned giving strategy, you can earmark contributions for any area of Birthline's work that you choose, including the Love Another Mother program, diaper fund, and other programs.



MEMORIAL OR HONORARIUM GIFTS

This is a gift made in memory of, or in honor of, a loved one. A notification of your gift, with the amount undisclosed, is sent to the recipient indicated.



GIFT OF CASH

This is the most common type of support. You can make a one-time gift, monthly payments, or pledge to donate over a one- to five-year period.



LIFE INSURANCE

Donating a no longer needed policy entitles you to an immediate tax deduction for the policy's current cash value. This applies to whole life policies only.



LIFE INCOME GIFTS

The most common type of life income gifts are charitable gift annuities and charitable remainder trusts.



BEQUESTS

You can provide a donor's estate with a charitable deduction to offset federal taxes.

If you would like to discuss giving, please contact **Andrea Yumol, Executive Director**, via email at andrea.yumol@birthlineofsd.org

In Memory: Margaret Goldau



Margaret Frances Goldau passed away on September 21, 2024 after a bravely fought cancer battle and surrounded by family at her home in San Diego. Margaret's life was marked by her kindness, endearing personality, and profound love for her family and friends near and far. After a long career as a professor of Spanish in Texas, Margaret and her husband Gus retired to San Diego. There, she dedicated her time giving back to the community, volunteering with the Mission Beach Women's Club, and serving as a Spanish translator at Birthline. Upon her passing, the family asked that, in lieu of flowers, donations be made in her honor to Birthline of San Diego. We are so grateful for her many years of service and will continue to honor her memory.

