

*Brunch 'n
Bible Study, Inc.*

ANNUAL REPORT 2025





Kayla Skipper

Founder and Executive Director

A WORD FROM OUR FOUNDER

As I reflect on this past year, I am deeply grateful for the community that continues to surround and sustain Brunch N Bible Study, Inc. This year was one of growth, learning, and deepened commitment to serving women with compassion, dignity, and care.

In 2025, Brunch N Bible Study, Inc. solidified its role as a trusted hub for wellness and food security for the women we serve. Amid shifting political climates and periods of uncertainty, we remained steadfast in our mission to promote spiritual, mental, and physical wellness for women. A major highlight of the year was the successful implementation of our partnership with Healthy Alliance. Through their capacity-building support and social care framework, we expanded our ability to provide enhanced, care services that address participants' health-related social needs.

Brunch N Bible Study, Inc. is intentionally designed by and for women who have been historically excluded from traditional wellness, mental health, and social care systems—including single mothers, low-income women, and women of color. Our programs are rooted in the lived experiences of our participants and reflect a demonstrated need for trauma-informed support circles, spiritually grounded wellness spaces, and access to culturally responsive food systems. Community voice guides every aspect of our work, ensuring our programming remains responsive, relevant, and impactful.

Looking ahead, we remain committed to creating accessible pathways to wellness so women can feel seen, supported, and empowered. As we reflect on 2025, we celebrate our successes while also critically examining our services, programming, and partnerships—so we may continue to grow, adapt, and effectively serve women throughout Syracuse and the surrounding areas.

None of this work would be possible without our volunteers, donors, partners, and board members. Your belief in this mission fuels everything we do. Thank you for trusting us, standing with us, and investing in the wellbeing of women and families in our community.

Kayla Skipper



TABLE OF CONTENTS



Who We Are



Our Programs

Events

Shaneika's Story



Our Future

Leadership

Financials/Awards



2025 Donors

WHO WE ARE

Brunch N Bible Study, Inc. advances holistic wellness for underserved women in Syracuse, NY by integrating spiritual, mental, and physical health support with food security initiatives. Our approach combines direct services, leadership development, and community engagement to create scalable, sustainable impact.



WHAT WE DO

Spiritual Health

We are committed creating a safe space for women to explore their spiritual walks by way of monthly bible studies, group outings and Facebook group support.

Mental Health

We are committed to amplifying the conversation surrounding mental health for women by offering mental health awareness programming and accessibility to resources and services.

Physical Health

We foster an environment that celebrates and encourages somatic healing and holistic wellness. We are committed to promoting positive health and wellness for all women.

Food Security

We aim to address food security among at risk women in our community through food pantry services and free meals at each of our programs.



Brunch N Peace Women's Circles

Health Related Social
Needs Services

Brunch 'n Blessings
Food Basket Exchange





Brunch 'n Bible Study

MONTHLY BIBLE STUDY GROUP



Spiritual Health

- Monthly faith-based gatherings providing spiritual tools for self-care, resilience, and personal growth with wellness components.
- Builds peer networks that foster collective empowerment.

This program served **33 unique participants in 2025** who were looking for support on their spiritual walks. Success was centered on participants' ability to adapt spiritual tools and practices into their personal lives. Of these women:

89%

Were satisfied with the topics covered in Bible study this year.

78%

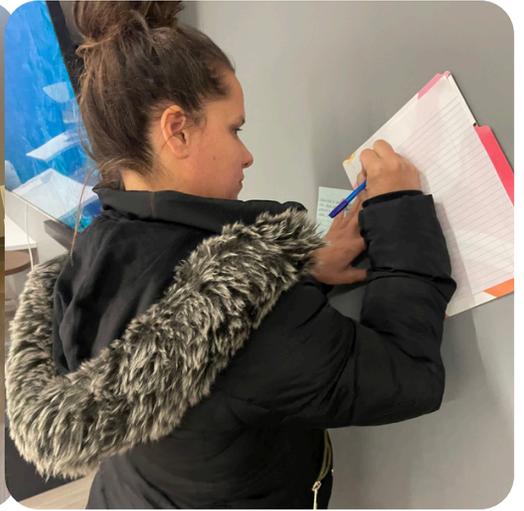
Found the spiritual tools and practices provided relevant to their personal lives.

56%

Felt comfortable sharing their thoughts, questions, and experiences during group discussions.

75%

Participants attended monthly bible study more than 9 times out 12 months.



Brunch N Peace Women's Circles

HEALING JUSTICE AND MENTAL HEALTH

- Trauma-informed mental health women's circles for at-risk participants.
- Access to coping strategies, guest speakers, and free meal for participants.
- Starting in 2026: All participants will have access to on-site counseling sessions

Because surveys were collected anonymously and participation varied by session, results reflect overall group-level trends rather than individual change.

TOTAL UNIQUE PARTICIPANTS SERVED:

171

WOMEN ACROSS 12 MONTHS

67% Participants rated their understanding of mental health symptoms (stress, anxiety, trauma) as much improved.

78% Participants felt very confident in their ability to manage stress, anxiety, or difficult emotions after participating in the program.

80% Participants felt that the program made mental health services feel more accessible and less intimidating.

80% Participants reported feeling emotionally safe and supported during the women's circle sessions.

50% Participants reported that meals provided during the program helped reduce stress and improve sense of stability.



FOOD SECURITY AND COMMUNITY ENGAGEMENT

The Brunch 'N Blessings Food Basket Exchange is a reciprocal food security program providing nutritious, culturally relevant food baskets to underserved women and their families in Syracuse, NY. Beginning in Q2 2026, the program will introduce Brunch 'N Blessing Days—quarterly gatherings that bring participants and community members together for a shared healthy meal and a brief educational workshop. Workshops will focus on topics such as healthy meal planning, financial literacy, and sustainable lifestyle practices.

Participation patterns indicate strong and consistent demand for the program. Each month, participants begin arriving up to 30 minutes before scheduled distribution times, and the majority of baskets are picked up within the first half hour of service. The program also experiences a high rate of repeat participation, with many women returning month after month. These patterns suggest both ongoing need and sustained trust in the program.

While the program has been operating for only four months, ongoing planning and refinement are underway to maximize long-term impact for the women and families served.

161

UNIQUE PARTICIPANTS
RECEIVED FOOD BASKETS

376

UNIQUE PARTICIPANTS
ENGAGED



32

Women Served: August 2025

18

Women Served: September 2025

41

Women Served: October 2025

25

Women Served: November 2025

45

Women Served: December 2025

Numbers

AUGUST-DECEMBER 2025

HEALTH RELATED SOCIAL NEEDS SERVICES

Brunch 'n Bible Study, Inc



For Women Medicaid Members

We have helped numerous women connect with essential services, empowering them to regain stability and move forward with confidence.

-Olivia Fraizer

Social Care Navigator, Brunch N Bible Study, Inc.

In June 2025, Brunch N Bible Study, Inc. went into partnership with Healthy Alliance, a social care network to improve the integration of health, behavioral health, and social care. Through this partnership, our organization offers free screenings to women who are Medicaid Members to help them identify unmet health-related social needs (HRSN's) such as housing instability, lack of transportation, and food insecurity, and then connect them to services to address those unmet needs.

The Numbers

June 2025-December 2025

72

Women engaged to identify Health Related Social Needs

43

Referrals accepted by Enhanced Care service providers

39

Active clients receiving social services case management



Self Care Sunday 2025

Brunch N Bible Study, Inc. hosted their 2nd annual Self Care Sunday: Self Care Basket Giveaway this past April. We distributed over **140 self-care baskets** to women in Syracuse and provided them a space to participate in self-care activities and connect with local spiritual, mental, and physical health centered resources. Participants were also able to engage with a simulated mental health spa experience that included massages, face-masks and a prayer reflection station.





Melodies of Hope

SURVIVOR'S POETRY NIGHT



This past October, Brunch N Bible Study hosted their 2nd annual Melodies of Hope - Survivor's Poetry Night. This year's theme *"Unmasked"* was all about shedding shame and reclaiming identity. Our biggest achievement from this event was being able to provide a space for **15+ survivors and victims** of domestic violence to share their stories and experiences with a wide audience. Through this vehicle of activism, we were able to use expressive arts to spread awareness about this matter in a way that was comfortable for our victims. We were also pleased to be able to provide a space for networking and peer support amongst victims, survivors, and community members to engage with each other and build relationships. Lastly, we were happy to see a **75% increase** in attendees from our 2024 event to our 2025 event with **120 free tickets** reserved for this one night event and **70 community members** attending the event.





It just feels like I have been under a rock. I love the village I have through Brunch N Bible Study, Inc.



SHANEIKA'S STORY

Brunch N Bible Study, Inc. has been such an amazing experience and stepping stone for me in becoming a better woman. My involvement and participation has gone up a lot. I love to come together with other women and just be able to have common ground. It feels good to also release in a safe space when the world can be so cruel.

I didn't know a lot about the organization, but as I attend more programs, I have been learning more and it really inspires me. I've been able to volunteer and I've also been able to perform at their annual poetry event for domestic violence - an experience in my life I never got to heal from. After my expression, the love and support I received after the event was truly heartwarming. There are a lot of networking opportunities when attending the events and so many people there to support us. The organization also offers me support from mental health, to physical health, to financial health and more. It just feels like I have been under a rock. However, I love the village I have through Brunch N Bible Study, Inc. - the opportunities and most of all the growth.



OUR VISION FOR 2026

Brunch N Bible Study, Inc. envisions a future where women—particularly those historically excluded from traditional systems of care—have consistent access to holistic, culturally responsive pathways to healing, nourishment, and community connection. Rooted in faith and guided by trauma-informed practice, our work centers the belief that spiritual, mental, and physical wellness are deeply interconnected and essential to long-term stability and health equity.

Over the next several years, Brunch N Bible Study, Inc. will strengthen and scale its integrative care model through cohort-based healing programs, community-centered food security initiatives, and expanded access to mental health support. Flagship programs such as Brunch N Peace: Women’s Circles and Monthly Bible Study will continue to serve women through structured peer support, somatic and mindfulness practices, and on-site individual and group counseling delivered in partnership with academic and community institutions. By embedding care within trusted, non-clinical spaces, we reduce barriers to participation while normalizing conversations around mental health and healing.

We are committed to building sustainable infrastructure that prioritizes community voice, practitioner and student development, and long-term impact. This includes investing in peer leadership pathways, supervised practicum partnerships, data-informed evaluation, and strategic collaborations—locally and globally—that extend our mission beyond Syracuse while remaining deeply rooted in the needs of the women we serve.

As Brunch N Bible Study, Inc. grows, our vision remains clear: to be a trusted hub of wellness, nourishment, and restoration where women are supported not only in moments of crisis, but across their full journey toward wholeness, dignity, and collective care.



BOARD OF DIRECTORS 2025-2026

Brunch 'n Bible Study, Inc



Kayla Skipper, Founder/ED

Brunch 'n Bible Study, Inc



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Brunch 'n Bible Study, Inc



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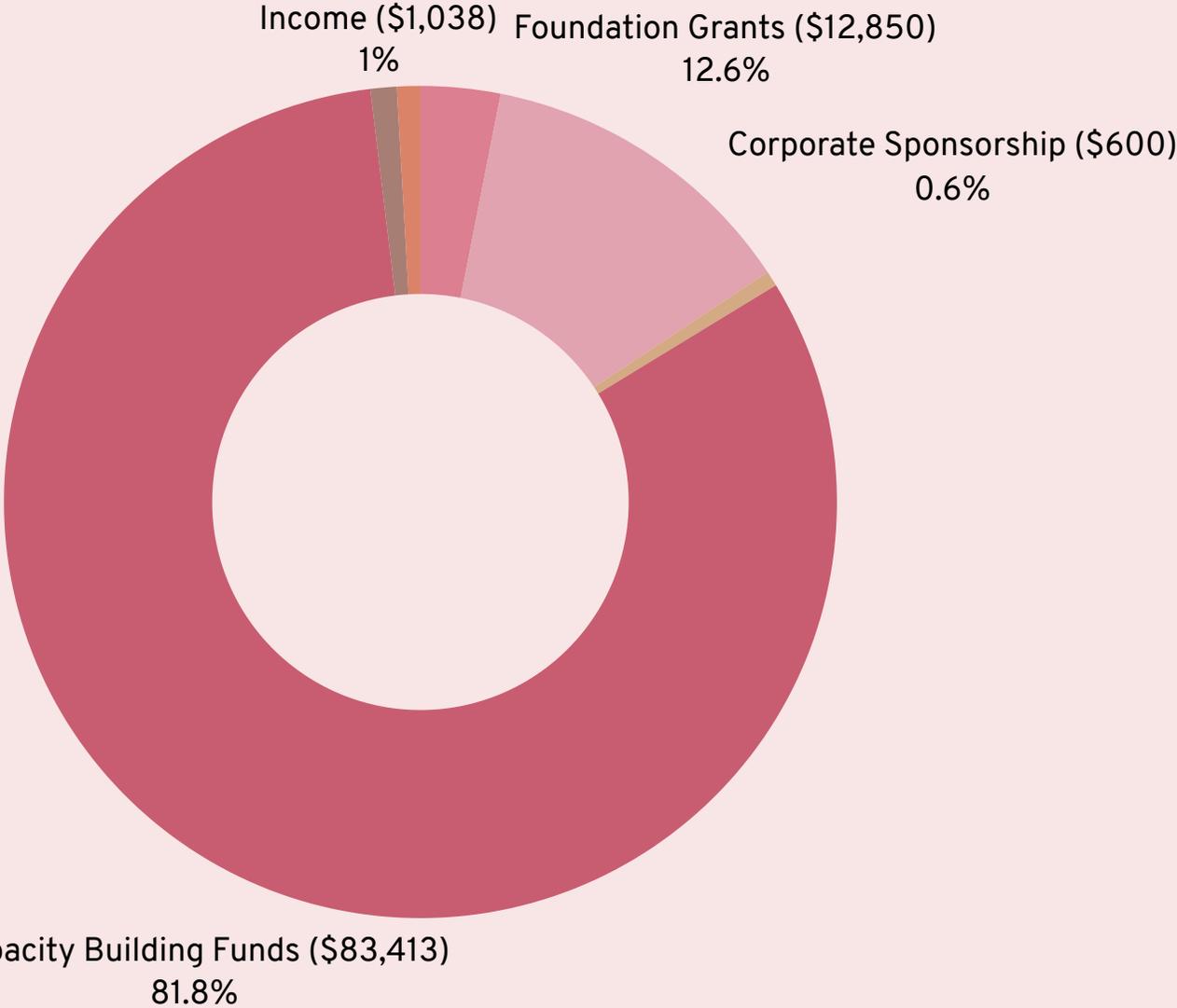


Yanika Betsey,
Board of Directors

REVENUE

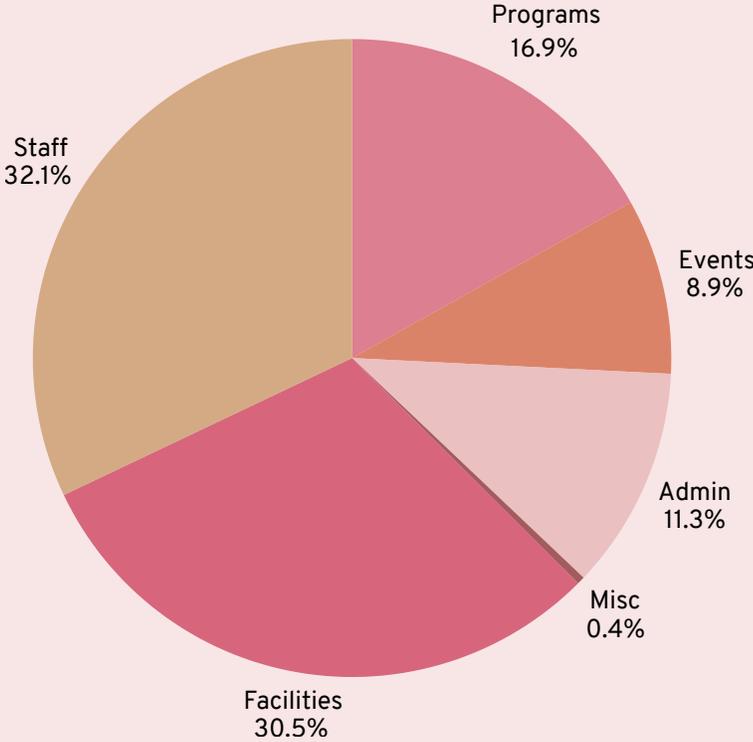
**2025
REVENUE
\$101,976**

- Private Donors (\$3150)
- Foundation Grants (\$12,850)
- Corporate Sponsorship (\$600)
- Capacity Building Funds (\$83,413)
- Income (\$1,038)
- In Kind Donations (\$925)



EXPENSES

**2025
EXPENSES
\$32,710**



2025 DONORS AND PARTNERS



DONORS, SPONSORS, FUNDERS

- Central New York Community Foundation
- Health Foundation for Western and Central New York
- CNY Arts
- Excellus Blue Cross Blue Shield
- Wegmans
- Walmart Spark Grants
- The Good News Foundation
- Healthy Alliance
- Stewarts Shops
- Syracuse Crunch
- Harney and Sons Tea
- Full Leaf Tea Co.
- Serve Syracuse

PARTNERS AND COLLABORATORS

- The Rescue Mission of Syracuse NY
- The Samaritan Center
- Cafe Sankofa
- LeMoyne College
- Grindstone Farms
- Brady Farms
- Fruit Valley Orchard
- YWCA of Syracuse
- Increasing Territories
- OCM BOCES
- CNY Crossroads



Donate to our
programs today!



Brunch N Peace
Women's Circles

Health Related Social
Needs Services

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Food Basket Exchange



Brunch 'n Bible Study 

**Your tax-deductible donation will help us to
continue to provide free mental, spiritual, and
physical wellness programming, support, and food
security to women in need!**

[DONATE HERE](#)

Thank you!



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