OUR IMPACT.

Guided by LIGHT. Grounded in Care.

LIGHT
HEALTH & WELLNESS

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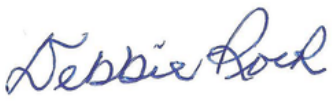
A note from our Founder...

Dearest Family & Friends of LIGHT

It is with heartfelt gratitude that I thank you for standing with LIGHT. Your belief in our mission has fueled every step forward and made each success possible. Together, we have reached remarkable milestones—earning accreditation, expanding our Pre-K program, and securing an $850,000 Fiscal Year 2024 Congressionally Directed Spending award, championed by Senators Ben Cardin and Chris Van Hollen and Congressman Kwesi Mfume, to grow LIGHT Rock Village Academy.

These accomplishments belong not just to LIGHT, but to you—our partners in this journey. With your continued support, we can build on this momentum and open even greater opportunities for the children, families, and communities we serve.

Sincerely,



Debbie Rock

Mission, Vision, & More.

Mission.

Since 1998, LIGHT's mission is to promote health and wellness and education of children, families and individuals impacted by health and social disparities.



Vision.

LIGHT envisions a community where individuals are empowered to make healthy decisions, receive treatment for mental and physical health, and obtain the social support services that will help them live healthy and fulfilling lives.



And more...

For over 28 years, LIGHT Health and Wellness has been a beacon of hope for individuals and families impacted by health and social disparities. Our comprehensive services—including non-medical case management, community advocacy, and critical childcare programs—provide essential support to those who need it most, particularly people living with HIV/AIDS and families facing economic hardship..

Programs and Care.





Child Care
At the heart of our organization is our childcare program. Since our inception as the Baltimore Pediatric HIV Program in 1998, we have worked to provide childcare and respite to families impacted by HIV in the Baltimore area.

Our childcare facility has three classrooms, divided by age group to best grow your child's academic and social skills. We have talented, experienced and credentialed teachers who are certified by the Maryland State Department of Education.

Non-Medical Case Management
Non-Medical Case Management Services assists HIV infected clients to maneuver the bureaucracies that exist in obtaining medical, legal, financial, housing, and other vital support services.

In addition, we encourage and educate clients on the importance of specialized health care, self-advocacy, supporting their confidence in understanding what help they need and how to obtain it with a spirit of self-assurance.







Here at LIGHT, we offer additional services to support the whole health of our clients and community. From our outreach program, **A Step Beyond**, or support groups, our priority is the health, happiness, and prosperity of each of our clients.

Stories of Impact.

Charmaine Stern-Megginson



I came to LIGHT unclear of what was instore for me. I was 16 when I was diagnosed with HIV. Lost and confused I was referred to a group called Youth Matters by my social worker. Meeting the LIGHT team changed my life. 22 years later, I am now proud to say I am the mother of 6 wonderful, healthy children. Each of my children have attended LIGHT Rock's child care services and are now graduates and scholars in school. LIGHT has afforded me the opportunity to not only strive as a mother but has helped me to grow in professional career. I am now the Program Manager for LIGHT's HIV Programs and I sit as the Chair for the Greater Baltimore HIV Health Services Planning Council. The Impact of this program has reached far beyond compare.

The Dent Family

When faced with challenging financial times, LIGHT was there for us! Because of the generosity of others, we were able to get child care for our triplets at a reduced cost, which relieved some of the financial pressure we were experiencing. We are still very grateful for the helping hand that was extended to us, and one of the best ways we can show our appreciation is to invest in LIGHT's mission and vision. We know our investment will help others in need.



Over the Years... in Numbers.

For nearly three decades, LIGHT Health and Wellness has stood as a lifeline of care, advocacy, and empowerment in Baltimore. What began as the Baltimore Pediatric HIV Program has grown into a comprehensive community resource, reaching more than 30,000 children, youth, women, and families—and providing vital support to over 400 young people living with HIV.

75-90
 # OF CHILDREN ENROLLED IN CHILD CARE ANNUALLY

Nearly 600
 # OF CLIENTS PROVIDED CASE MANAGEMENT SINCE 2020

100
 # OF OUTREACH EVENTS LIGHT HOSTED/ATTENDED SINCE 2020

175
 # OF CLIENTS SUPPORT THROUGH COVID 19 CRISIS

250
 # OF CLIENTS SUPPORTED THROUGH NON-MEDICAL CASE MANAGEMENT SINCE 2020

Nearly 400
 # OF CLIENTS ACCESSING HOUSING SUPPORT SINCE 2020

30,000
 # OF CLIENTS LIGHT HAS PROVIDED SERVICES TO SINCE 1998







We need your support.

Every day, LIGHT delivers life-changing programs—**non-medical case management, mental health and trauma support, health education, childcare, kinship caregiver services, life skills training, and peer advocate development.** Our childcare services ensure that parents navigating health challenges can access the care they need while their children thrive in a safe and nurturing environment.

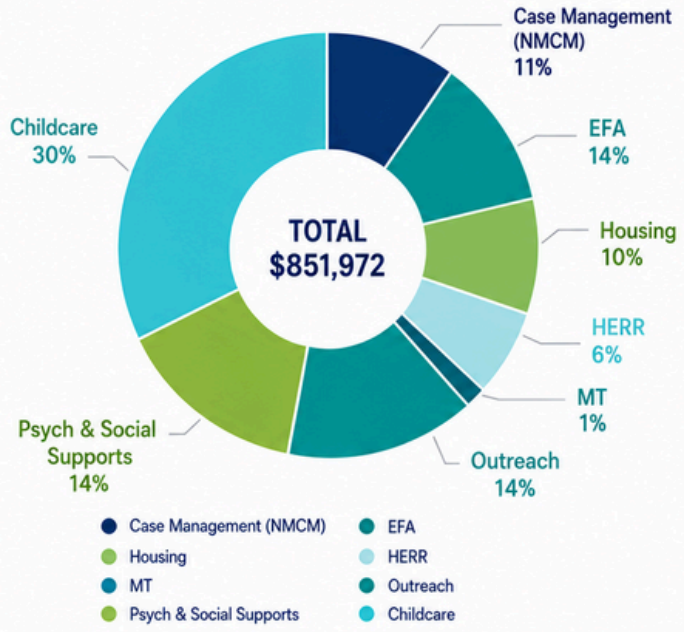
But sustaining and expanding this work requires you. **Your gift is more than a donation**—it is an investment in healthier families, stronger communities, and a more equitable Baltimore. With your support, we can:

- Strengthen and expand quality childcare programs.
- Provide holistic wraparound services that break cycles of poverty.
- Ensure every child and family we serve has the tools to succeed.

Behind every dollar cut is a person, a family, and a community placed at risk. For our clients—who already face barriers such as poverty, stigma, and systemic inequities—these reductions mean less access to lifesaving medication, supportive services, and holistic care.

LIGHT PROGRAM EXPENDITURES – FY 2026

FY 2026 PROGRAM EXPENDITURES	AMOUNT
Case Management (NMCM)	$90,991
Emergency Financial Assistance (EFA)	$115,732
Housing Support	$88,331
Health Ed Risk Reduction (HERR)	$52,789
Medical Transport (MT)	$9,307
Outreach	$115,011
Psych & Social Supports	$121,597
Childcare	$258,214
TOTAL FY 2026 EXPENDITURES	**$851,972**



LIGHT has always been a beacon of hope for so many individuals and families served throughout our history. To meet this moment, we need partners, advocates, and donors to stand with us to close this funding gap and ensure that no one living with HIV/AIDS is left behind.

FY 2026 TOTAL EXPENDITURES
$851,972

Together, we can LIGHT the path toward brighter, healthier futures.

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