

THE
GOOD
LOUNGE

IMPACT
REPORT

**FIVE YEARS OF
WELLBEING THROUGH CONNECTION**

PUBLISHED: JUNE 2026

A MESSAGE FROM OUR FOUNDER

The GOOD Lounge was born from a deeply personal awakening, one that revealed how often critical conversations about health, financial stability, and emotional wellbeing are missing from the spaces that need them most.

After surviving a life threatening health crisis, I began to recognize a pattern. So many women, particularly those within Black and LGBTQ+ communities, were navigating similar challenges in silence. When I shared my story, it opened the door for others to do the same. Stories poured in, filled with questions that had gone unasked, experiences that had gone unheard, and a shared desire for spaces where we could learn, heal, and grow together.



This is the purpose of The GOOD Lounge.

We exist to create intentional, community-centered spaces where conversations around emotional wellness, financial empowerment, and physical health are prioritized. Our work is rooted in the belief that access to knowledge should never feel out of reach. It should feel safe, practical, and deeply human. By bringing together expertise and lived experience, we ensure that information is shared, understood, and applied in ways that elevate our communities.

Over the past five years, you've witnessed what happens when people are connected and able to be seen, heard, and supported. I've facilitated experts sharing life changing tools. We've heard individuals bravely tell their stories so others could feel less alone. I've partnered with leaders and organizations to create impactful experiences. Through your engagement, community has taken shape in rooms where, hours before, we were strangers. For our journey together, I am deeply grateful. This report is a reflection of what we've done and who we've grown to become together.

As we look ahead, my vision for The GOOD Lounge is both simple and expansive. To go deeper, to reach further, and to build more spaces where our community can gather in real, tangible ways. We are committed to expanding our focus on financial wellbeing, increasing in-person experiences centered around physical health, and creating a physical home for our work to live and grow. Our five year anniversary is more than a milestone, it is a movement toward sustainable wellbeing through meaningful connection. Whether you have joined The GOOD Lounge community as a participant, expert, partner, donor, volunteer, supporter, or sponsor... we invite you into our next chapter.

With intention and gratitude,

Janet P. Pope

President and Founder of The GOOD Lounge



2021
Founded



2022
1st Partnership with
women/Black/queer-
owned businesses



2023
1st Physical
Wellness
event



2024
Expanded virtual
and in-person
programming



2025
Participation
growth



2026
Celebrating
5 years of
Impact



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VISION AND MISSION



VISION

The GOOD Lounge envisions a world where wellbeing is accessible, sustainable, and rooted in collective joy. We strive to create spaces where women, Black, and LGBTQ+ communities feel seen, supported, and empowered with the tools, conversations, and resources needed to thrive emotionally, physically, and financially. Through intentional connection and educational experiences, we reimagine how wellbeing is practiced and aim to build a future where healing, growth, knowledge sharing, and communal care are more a part of everyday life and fun.



MISSION

The GOOD Lounge supports sustainable wellbeing by connecting women, people of color, and LGBTQ+ communities to trusted financial, physical, and emotional wellbeing resources and practical tools.

OUR CORE PILLARS



FINANCIAL

Expanding knowledge across communities to continuously evolve our approach to money management and empower confidence with money decisions. We share insights for wealth management and facilitating a healthy money mindset.



EMOTIONAL

Normalizing conversations on mental and emotional health by sharing tools and creating experiences that support healthy self-reflection and human to human relationships. We enable access to experts and spotlight options people can leverage to support themselves and others.



PHYSICAL

Encouraging healthier lifestyles and caring for our bodies with movement, nourishment, recovery, rest, and health care because it fuels our quality of life. We promote building routines that balance physical activity, preventative care, nutrition, and restorative practices.

— ONE COMMUNITY. THREE PILLARS. ENDLESS IMPACT. —

Living your best life isn't one dimensional. Our ability to navigate financial, emotional, and physical wellbeing is interconnected. The GOOD Lounge shares practices that help us find our own balance in ways that last.

**SUSTAINABLE WELLBEING...
THAT'S WHAT'S GOOD!**



WHO WE SERVE

OUR COMMUNITY REFLECTS OUR WHY

82%

of participants
identified as
women

94%

of participants
identified as
Black or African
American

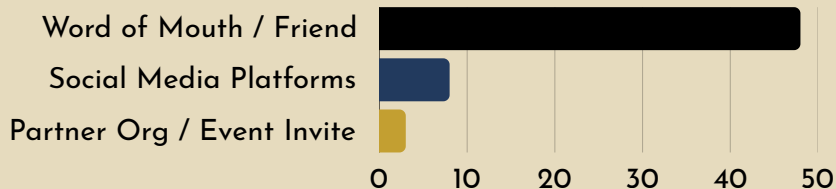
57%

of participants
identified as
LGBTQ+

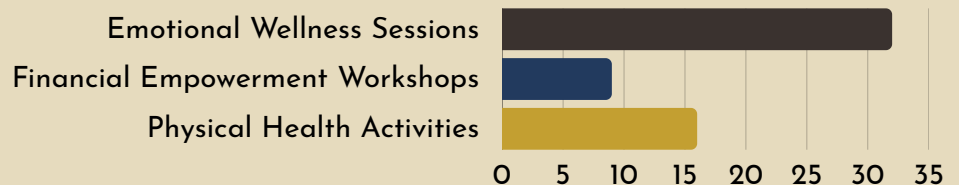
82%

of participants have
been connected to
The GOOD Lounge
for over a year

HOW PEOPLE FOUND THE GOOD LOUNGE



HOW PEOPLE ENGAGE WITH THE GOOD LOUNGE



IMPACT THROUGH CONNECTION AND BELONGING

PARTICIPANTS SHARED THESE INSIGHTS THROUGH OUR 5-YEAR
IMPACT REFLECTION SURVEY:

59%

gained practical
tools they can use in
real life

EXPANDING ACCESS TO WELLNESS EDUCATION

Participants reported increased understanding of emotional wellness, physical wellbeing, and restorative care practices through experiences designed to make wellness conversations feel accessible, culturally relevant, and actionable in everyday life.

55%

felt more connected
to community

BUILDING LONG-TERM COMMUNITY CONNECTION

We continue to cultivate return-worthy experiences. Over 80% of participants attended multiple experiences and more than half reported feeling more connected to community in their engagement. Participants also emphasized the importance of spaces where they feel seen, valued, and understood.

40%

have taken action in
their wellbeing journey

CREATING PATHWAYS TO SUSTAINABLE WELLBEING

Participants are taking action, reflecting how meaningful engagement and ongoing investment in community-centered wellness programming creates pathways to sustainable wellbeing.

PARTNERSHIPS & COLLABORATIONS



Khaliah O. Guillory

“ The GOOD Lounge creates meaningful and unforgettable experiences for our community. Through this partnership there was a friendship formed. When you partner with The GOOD Lounge you feel community and warmth.



Courtney Harris

“ The GOOD Lounge partnership gave my business exposure and impact. My partnership with The GOOD lounge continues to expand visibility for my business.



Hazel Monae

“ Partnering with The GOOD Lounge is a rare masterclass in strategic alignment and mutual respect, all driven by a refreshingly fun energy that makes the connection feel effortless.



whitney williams-Black

“ The GOOD Lounge became a fiscal sponsor for me which was really impactful to my business. The GOOD Lounge is one of those places where liberatory theory and practice really meet for community connection.



67%

of program spend supported women-owned, Black-owned, and queer-owned businesses



17

In-person and virtual experiences hosted with partners

Includes 2 sponsorships



1,426

people engaged through programs

Average in-person attendance: 24
Average views per session: 190

Note: Data reflects activity through the end of FY2025

PROGRAM OVERVIEW

The intentional virtual and in-person spaces we've created over the past five years are the clearest expression of our journey in motion. Through experiences rooted in financial, emotional, and physical wellbeing, we have shared practical tools, cultivated opportunities for connection, and supported building meaningful relationships across communities.



October 2022

The Necessity of REST



January 2023

How We See Ourselves: Changing the Dialogue on Body Dysmorphia



April 2024

Protect Your Bag to Protect Your Peace



September 2022

Summer Closeout 90s Splash Fundraiser



December 2022

Winter Social: Community Conversation on Seasonal Depression



March 2023

Love to Move to Live (Yoga Event)



June 2024

Invest in Rest (Partnership Event with Nap Bar)



November 2024

Reclaiming My Time, Testimony, and Transformation



April 2025

Barrels & Brew: Chai Edition



December 2025

Unfiltered Connections: Building Bonds Beyond Today's Tech at 40+



October 2024

Barrels & Brew Launches



December 2024

Wellness Reset NYE 2024



May 2025

Fuel and Flow: A Conversation on Loving Our Bodies with More Intention, Nutrition and Movement



December 2025

Wellness Reset NYE 2025



March 2026

Healing Relationship Patterns: Platonic, Romantic, Familial, or at Work



April 2026

Barrels & Brew: Connection Over Perfection Edition



May 2026

Grief Isn't Linear (Part II) Making Space for Loss, Change, and Transition



2026...

More partnerships, more activations, more ways to connect in community

Sponsorships

Queens of the South
Masquerade Ball & Charity Event
Karaoke at Caribbean Creole Coffee
The Perfect Match: Speed Networking with a Therapist

THE POWER OF WELLBEING IN COMMUNITY

ACROSS EXPERIENCES, PARTICIPANTS REPORTED FEELING
SUPPORTED, POSITIVE AND AFFIRMED:



77% feel encouraged through
our experiences



67% feel inspired by our sessions



63% feel more supported in
their wellbeing journey



59% feel informed



57% feel empowered and
welcomed



TOP SELF IMPROVEMENTS PARTICIPANTS EXPERIENCED

Mindset Shifts

Increased self-awareness and emotional growth

New Peer Networks

Stronger relationships + supportive connections

Healthier Habits

Less anxiety and better focus on mental and
physical health

KEY DRIVERS OF MEANINGFUL PARTICIPANT EXPERIENCES

Insightful Learning and Validation

Depth, quality, and credibility of information

Practical Tools for Everyday Wellbeing

Actionable tips that translate into real life

Community Connections

Inclusive environment is conducive to meeting
new people and sharing perspectives

THE LANGUAGE OF THE GOOD LOUNGE

People engaged with The GOOD Lounge described it using words rooted in connection, empowerment, and informative community. 63% of participants shared that The GOOD Lounge has also been very helpful in providing supportive language for their wellbeing journey. These reflections highlight the type of community we are creating.



“

“I always feel welcomed, seen and valued in a GOOD Lounge room. It’s a nice break from everyday life.”

“

The GOOD Lounge has provided me a space to share with others and help communities that I deeply care about.”

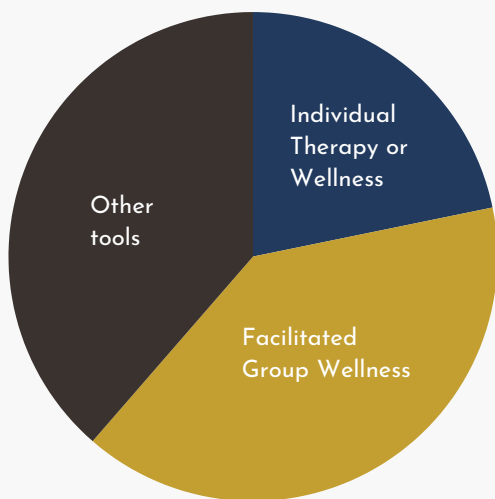
“

I’m really grateful for how intentional the experience is and I look forward to attending many more events in the future.”

FINANCIAL OVERVIEW

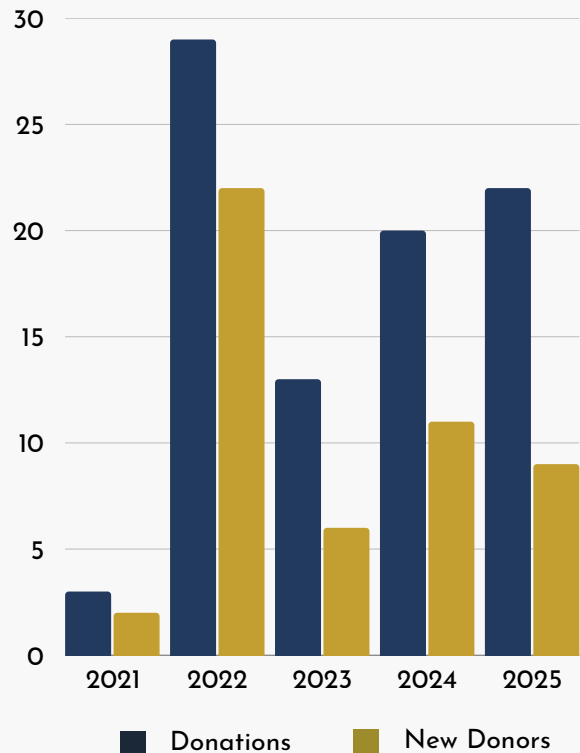
\$8k

invested in resources delivered
directly to beneficiaries



Tools / Resources
provided by type

Donations and New Donors by Year



Average gift size: \$198

GROSS DONATIONS OVERALL

\$25k+

% SPEND ON PROGRAMMING

78%

TOTAL # OF DONATIONS

87

We translated donor support into impact with 78% of our spending directly invested in program activities reaching 1,426 participants across in-person and virtual experiences. 67% of the total program spend and 52% of all spend was with women-owned, Black-owned, or queer-owned businesses. Our operational model reflects sustainability and intention balancing donor growth with continued reinvestment in partnerships that reflect the communities that we support.

Over the past five years, The GOOD Lounge has experienced growth in community support. Through increased donations, we expanded our programming. The organization has maintained positive net assets annually and earned a 2026 Candid Platinum Seal of Transparency for sharing financials, programs, goals, impact metrics, and board demographics.

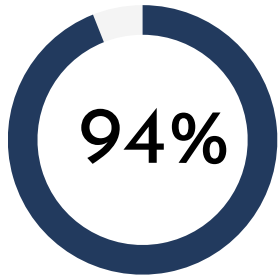


	FY 2021	FY 2022	FY 2023	FY 2024	FY 2025
REVENUE					
Donations	\$9150.15	\$4265.11	\$2626.24	\$2995.28	\$6050.79
Events and Interest Income	\$0.02	\$1.48	\$4.67	\$206.57	\$1.11
TOTAL REVENUE	\$9150.17	\$4266.59	\$2630.91	\$3201.85	\$6051.90
EXPENSES					
Program	\$250.00	\$1424.25	\$2828.94	\$1708.26	\$3836.10
Administration	\$0	\$321.66	\$433.40	\$606.76	\$1454.26
TOTAL EXPENSES	\$250.00	\$1745.91	\$3262.34	\$2315.02	\$5290.36
NET ASSETS <i>As of December 31</i>	\$8,900.17	\$11,420.85	\$10,789.42	\$11,676.25	\$12,437.79

Notes:

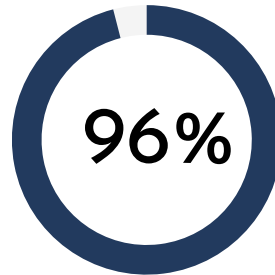
1. FY 2025 financial statements were reviewed by an independent third-party accounting firm. Financial information for 2021–2024 was prepared internally.
2. Financial information is presented on a cash basis of accounting.
3. As of December 31, 2025, the organization held no donor-restricted funds.

WHAT'S NEXT: INSIGHTS FROM OUR COMMUNITY



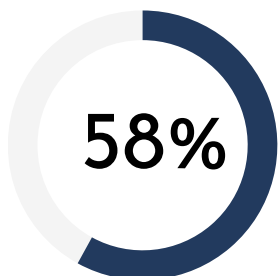
of participants said spaces like The GOOD Lounge are “absolutely essential”

Survey responses reinforced the continued need for culturally affirming spaces centered on emotional wellness, physical health, and intentional community care.



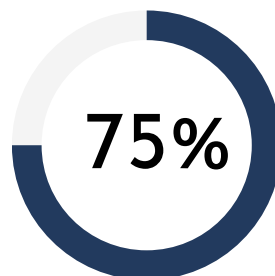
of participants would visit a GOOD Lounge physical space multiple times per year

Participants expressed strong interest in a future physical space designed for social connection and workshops that enable wealth building fundamentals and self-care.



of respondents want expanded opportunities for engagement

Continued engagement reflects a strong foundation for deeper long-term community impact; more events, ways to connect, and experiences in other cities were requested.



want to see more social experiences produced by The GOOD Lounge

As plans to focus on more programming are being realized in 2026, this data point reinforces the desire for more spaces that enable collective joy and connection.

The GOOD Lounge continues to create spaces where people can connect and experience community in meaningful ways. Participants shared a desire for more opportunities to gather and grow together through experiences. Many also expressed excitement around the possibility of a future permanent home for The GOOD Lounge, reflecting the importance of spaces that make people feel welcomed and supported. Together, we’ve learned that the most powerful change happens in intentional spaces where people feel safe enough to be honest, open enough to learn, and supported enough to take action. We are committed to preserving that intimacy while creating new pathways for engagement.

COMMUNITY VOICES: IN YOUR WORDS...

Positive Representation

"The GOOD Lounge helped me imagine more for myself. I love being in community with people who look like me further along in their lives and careers. It not only inspires me to dream bigger but gives a blueprint and tools to dream for myself. As a queer Black woman in my early 20s I deeply appreciate the positive representation The GOOD Lounge provides." - **Delanyo M.**

Equipping the Community

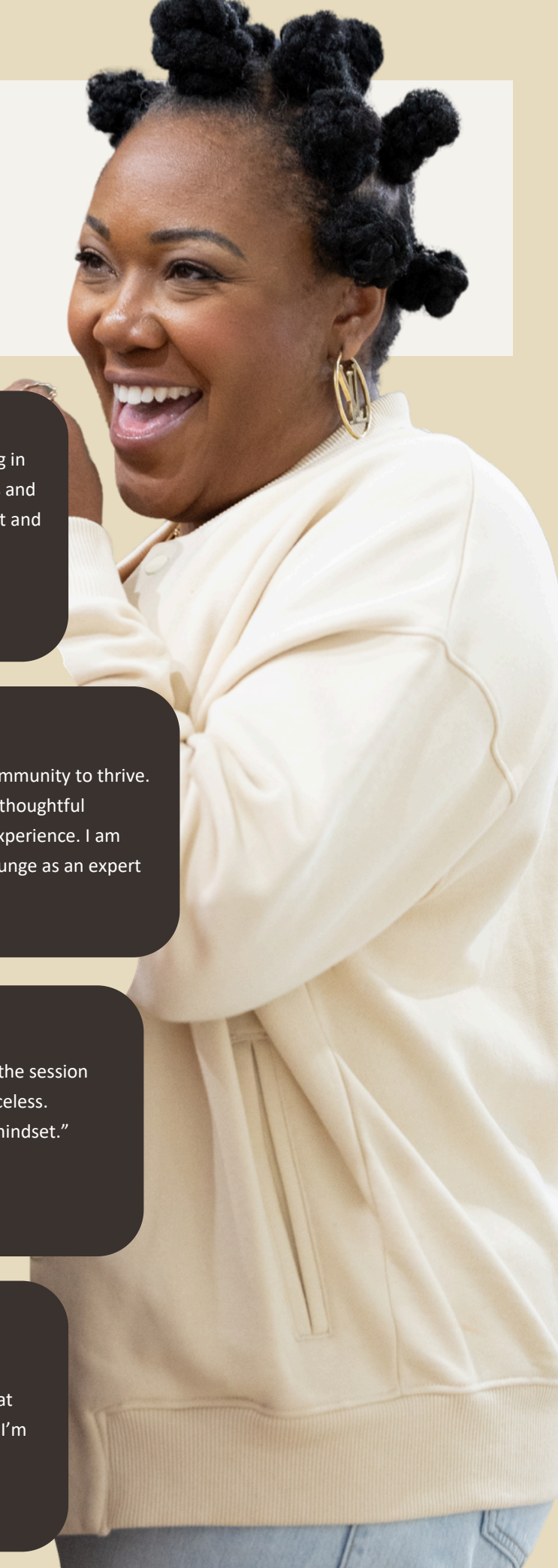
"The GOOD Lounge is instrumental in equipping the community to thrive. I respect the quality of events that are offered and the thoughtful planning that goes into making everything a valuable experience. I am always honored to support the efforts of The GOOD Lounge as an expert in mental and emotional wellness." - **Tamara J.**

Financial Freedom

"The GOOD Lounge helped me gain financial freedom with the session and become more self-aware and that kind of growth is priceless. Grateful for spaces like The GOOD Lounge to elevate your mindset." - **LaToya C.**

Valuable In our Community

"The GOOD Lounge is an incredible organization that combines community with practical resources in this season there's nothing that could be more valuable than an organization like The GOOD Lounge. I'm thankful for Janet Pope and her leadership and her vision to create something so special." - **Zach N.**



FUTURE PLANS

As The GOOD Lounge enters its next phase, our focus is on strengthening what works while expanding our reach. **We are building more consistent, immersive in-person experiences designed to enable action**, particularly across financial and physical wellbeing topics. These activations will deepen engagement, support practical application, and increase the frequency with which our community can connect and learn together.

Collaboration will continue to remain central to our work, mobilized through strategic partnerships that bring together expertise, lived experience, and practical tools. Offerings that are relevant, expert-led, and grounded in real-world application will anchor how we partner with values-aligned organizations. To sustain our growth, The GOOD Lounge is strengthening its ecosystem and infrastructure by establishing clearer engagement rhythms and the operational capacity needed for long term impact. **This includes the development of a physical home where our work can live, our partnerships can thrive, and our community can be elevated.**

The future of The GOOD Lounge is more connected, more impactful, and deeply committed to increasing our investment in women-owned, Black-owned, and queer-owned businesses. **We recognize that economic participation is a vital component of sustainable, community wellbeing and therefore our collective wellbeing.** We invite you to continue building with us and look forward to your partnership.



Your Support fuels our Mission.



Your donation helps us provide access to therapy, coaching, tools, and intentional experiences that elevate our communities to foster sustainable wellbeing.

The GOOD Lounge is a 501 (c) 3 nonprofit established as a public charity in December 2021. The tax ID number is 84-4060620.



Thank you!



“

The GOOD Lounge helped me connect with community in a powerful way.



CONTACT US



The GOOD Lounge



W: thegoodlounge.org



P: (832) 681-9188



E: goodloungeorg@gmail.com



@thegoodloungeorg

“

The GOOD Lounge helped me align to a life that is filled with abundance of wisdom, love and community.



“

The GOOD Lounge helped me find a community that is in alignment with my overall wellness values.



SCAN TO CONNECT



SCAN TO CONNECT