



COPPER BEECH  
INSTITUTE

# 2023 IMPACT REPORT

**Our Mission:** Copper Beech Institute is a community dedicated to mindfulness practice, compassionate action, and social justice in our interconnected world. We are committed to dismantling oppressive and racist systems by creating transformative learning experiences where differences are cherished and all voices are heard. Collaboration with communities most impacted by trauma, poverty, and oppression is at the heart of our work.

*Mindfulness Practice, Compassionate Action*

# SINCE OUR FOUNDING

Since 2014, Copper Beech has shared research-based, life-saving mindfulness skills with over 68,000 people from over 55 countries around the world. In addition to the in-person and online programs held on our beautiful campus in West Hartford, CT, we move beyond our walls to partner with our community members—who this year are City Employees and urban youth, and in past years have been incarcerated or homeless populations who are most impacted by trauma, poverty, and systemic oppression. Seeking to make these practices accessible to all, we have offered over \$500,000 in scholarships with a particular focus on funding and programming for BIPOC, as well as elevating facilitators of color.



*"I encourage everyone to unplug for a weekend to reconnect to self — and to learn about love, compassion and kindness for oneself and for others. Thank you for a soul-impacting weekend!" — A Scholarship Recipient*

## OUR YEAR AT A GLANCE



265

students reached through youth programming



275+

hours of free daily meditation



2605

in attendance



721

people served through CARE related programming



594

people joined together for our 14 Days of Love meditation challenge



19,054

People reached through free online mindfulness content



\$100,825

awarded in scholarships

# 2023 PROGRAM HIGHLIGHTS

Follow along with our work on social:



## THE HARTFORD PROJECT

In 2023, we embarked on a groundbreaking partnership to bring self-care and wellness resources to Hartford residents, administered by the City's Office of Safety & Wellness. We provide self-care and mental wellness training to city employees, focusing on key departments like Health and Human Services, Families, Children, Youth and Recreation, and the Hartford Public Library. This training program aims to instill a culture of mindfulness amongst city employees, enabling them to promote self-care resources and support for the residents they serve. We also host mindfulness pop-up events at citywide public gatherings to raise awareness and invite everyone to join our free daily meditation practices.



## YOUTH PROGRAMMING

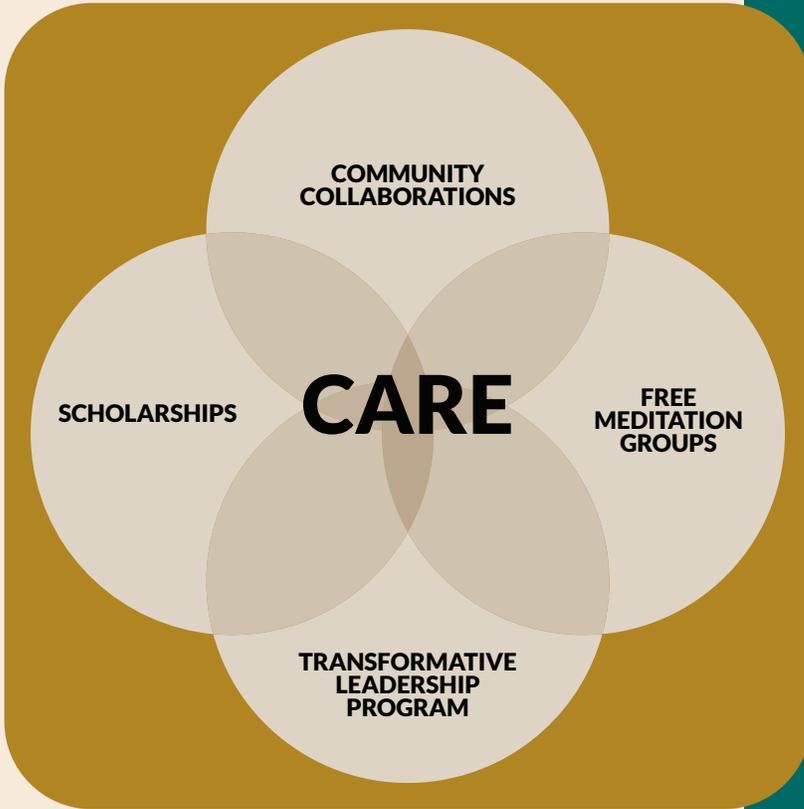
Through a meaningful collaboration with the United Way of Greater Waterbury, we embarked on a journey to bring mindfulness education to local youth. By teaching young minds that they possess the power to understand their emotions, and choose how they respond to the world around them. We're nurturing a generation with invaluable life skills and building a foundation of resilience, empathy, and self-awareness for a more harmonious future.



## MINDFULNESS 101

We took a significant step towards demystifying mindfulness by introducing our Mindfulness 101 course. Our goal is to provide a welcoming entry point into the world of mindfulness, reaching new comers and ensuring that mindfulness practices are more accessible. Through Mindfulness 101, we empower individuals with the foundational knowledge and practices needed to embrace mindfulness in their daily lives.





## Community Collaboration & Resilience Exchange (CARE)

Copper Beech believes access to mindfulness and contemplative practice is a human right. Through our CARE program, we have served over 23,518 veterans, survivors of trauma, those in the prison system, people in recovery from addiction, educators, and the frontline professionals who support them.

### CARE HAS FOUR INTER-RELATED DIMENSIONS:

Community Collaborations - with those most impacted by trauma, poverty, and systemic oppression

Transformative Leadership Program - Offering free and subsidized mindfulness programming to frontline nonprofit professionals working with communities most impacted by trauma, poverty, and systemic oppression

Scholarships - To eliminate financial barriers to Copper Beech programming

Free Mindfulness Sessions - Twice daily mindfulness practice sessions, and monthly BIPOC Meditation Group

“Thank you for a life-changing experience. In a way, I feel as if the winds have changed course and I am heading towards a more balanced life with greater equanimity and peace.”  
- Carla J, Program Participant



## THANKS TO OUR FUNDERS



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