



# COPPER BEECH INSTITUTE

2021 IMPACT REPORT

*July 1, 2020 – June 30, 2021*



## Our Work

**Copper Beech Institute** teaches mindfulness practice and contemplative wisdom to inspire purposeful living, awaken our full potential for compassionate action, and encourage a healing shift in how we relate to one another and our interconnected world. We are so proud to share this impact report with you our donors who empowered us to shine a bright light in a very dim year. *Thank you for all the dedication and love you have shown us over the years!*

CONNECT ON SOCIAL:



## Healing & Justice Statement

We believe that the pursuit of justice and the practice of contemplation are intrinsically linked journeys that contribute to the liberation of all beings. As a result of historically and intentionally constructed systems, many groups, specifically Black, Indigenous, and People of Color (BIPOC), have been excluded from mindfulness and meditation communities. Through awareness, connection, transformation, open-heartedness, and compassionate action, we strive to cultivate an environment where healing and justice are possible for all.

To learn more visit: [copperbeechinstitute.org/healing-justice](https://copperbeechinstitute.org/healing-justice)

*Mindfulness Practice. Compassionate Action.*

# Since Our Founding

Since 2014, Copper Beech Institute has shared research-based, **life-saving mindfulness skills with 50,000 people from over 50 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 **are incarcerated, experiencing homelessness, and most impacted by trauma, poverty, and systemic oppression.** Seeking to make these practices accessible to all, **we have offered \$350,000 in scholarships,** with a particular focus on funding for BIPOC.



Resilience and mindfulness training with **3,780 veterans, teens, and communities** most impacted by trauma, poverty, and oppression.



Offered **260 hours of free daily meditation** practice.



Broke down barriers through **\$67,000 awarded in scholarships.**



**18,883 people served in 2021,** 63% growth year over year.



Offered **520 free online** weekday, donor-supported mindfulness **sessions.**



## Our Impact in 2021

Copper Beech Institute has been a first responder in the mental health crisis created by COVID-19. Since our founding, we have been committed to outreach among communities most impacted by trauma, poverty, and oppression. With the generous support of our donors in 2021, we:

- Expanded mindfulness teaching to the Department of Corrections, even as incarcerated folks faced staggering COVID rates.
- Supported teen survivors of trauma in cultivating resilience and healing.
- Supported under-insured, uninsured, and undocumented folks with Volunteers in Medicine, a healthcare clinic.
- Shifted over **150 programs online** to support the needs of our community.
- Developed the first national mindfulness course for couples facing a new dementia diagnosis.
- Convened **meditation groups specifically for BIPOC** to meet the trauma of recent events.
- Partnered with Black-led nonprofits to create a healing group for those most impacted by systems of oppression.



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WE'VE WELCOMED PARTICIPANTS FROM NEARLY EVERY STATE  
IN AMERICA AND FROM EVERY CORNER OF THE GLOBE.



## Transformative Leadership Program

Empowering the changemakers, healing the healers, and caring for those who care, the Transformative Leadership Program empowers frontline social service and healthcare professionals to become more mindful, compassionate, and resilient.



Over **4,000 total professionals** served this year



**200 organizations** in collaboration since 2014



**500% annual growth** in sessions lead by BIPOC



**80 free and subsidized programs** to front line professionals and nonprofit partners working for equity and justice



Total value of **donated services and programming: \$41,400**



Over **50% growth** in workplace resilience programs in 3 years



# Why People Love Copper Beech

“Daily practice at Copper Beech Institute has been great for me. It’s so helpful to be with others and to know that community is available for support every day!”



– *Ken M.* –

“I’m completely blessed and honored to be a part of the Copper Beech circle. Copper Beech Institute has been the last puzzle piece to my mosaic allowing me to fully emerge and embrace my gifts no longer hiding from my calling and purpose.”



– *Jessica A.* –

“I completed the MBSR course at Copper Beech, and it caused a shift in my awareness. We always hear about meditation and its benefits, but very rarely do we have an opportunity to be taught how, and ways to apply it to life. Looking forward to attending many more workshops and retreats!”



– *Jelani A.* –

“Copper Beech Institute is an amazing support, resource, and space. I have gratitude every day that I am a part of this special, soul-filling community. I encourage everyone to experience it!”



– *Emily W.* –

## Thank You

We are so incredibly thankful for all our donors who made this year of impact possible. As a nonprofit organization, Copper Beech Institute thrives because of its partnership with countless dedicated donors who believe in the power of mindfulness practice to heal our aching world. Thank you for standing with us in our mission to radiate compassion and healing across the globe.

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