



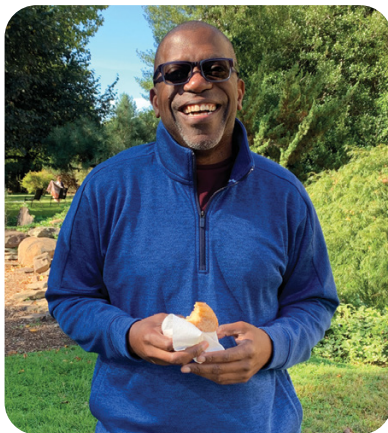
COPPER BEECH INSTITUTE

2022 IMPACT REPORT



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.



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 about our Accountability Plan visit:
copperbeechinstitute.org/accountability-plan



CONNECT ON SOCIAL:



Mindfulness Practice. Compassionate Action.

Since Our Founding

Since 2014, Copper Beech Institute has shared research-based, life-saving mindfulness skills with over 65,000 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 are incarcerated, experiencing homelessness, and most impacted by trauma, poverty, and systemic oppression. Seeking to make these practices accessible to all, we have offered over \$400,000 in scholarships, with a particular focus on funding for BIPOC.



FY22 CARE 9,215
people served



500+ free
mindfulness sessions



275+ hours
of free daily meditation



600 hours
of volunteer time
offered by our Mindfulness
Facilitator Certification students



\$77,362
in scholarships



1,164 people served
Free and reduced-cost programs
for caregivers and those supporting
communities experiencing trauma



15,000+
in attendance



1,715 *people joined together*
for our 14 Days of Love
Meditation Challenge





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:

- 1 Community Collaborations - with those most impacted by trauma, poverty, and systemic oppression
- 2 Transformative Leadership Program - Offering free and subsidized mindfulness programming to frontline nonprofit professionals working with communities most impacted by trauma, poverty, and systemic oppression
- 3 Scholarships - To eliminate financial barriers to Copper Beech programming
- 4 Free Mindfulness Sessions - Twice daily mindfulness practice sessions, weekly Dharma Recovery group, and monthly BIPOC Meditation Group



Why People Love Copper Beech

“I want to thank you for an absolutely life-changing experience at Copper Beech last week. I made fabulous friends and enjoyed the gorgeous grounds. The staff was so accommodating and gracious. I didn’t want to leave- EVER!!! I will cherish each moment I spent and appreciate the knowledge I acquired to live a gentler, kinder life and hopefully project that outward to all.”



– **L.L.** –

“Being in community with others committed to the hard work of cultivating depth, self-awareness and healing was refreshing. I enjoyed connecting with folks at various different moments in their lives, and exchanging wisdom and perspective with one another.”



– **Marni L.** –

“I have been truly blessed after joining the Copper Beech community. The meditation this morning about grieving was really profound and renewing. My son Diego said to me after the session “including forgiveness makes sense because we sometimes have to find blame when we are sad”. His insight really touched my heart. Blame and separation can be so much easier than just truly being present to what hurts and separates us as humans.”



– **Yvonne F.** –

“I am happy to support Copper Beech because I fundamentally believe in its mission of helping people to be whole and healthy. By practicing mindfulness and compassion, we can grow as individuals and contribute positively to society. In a world that is facing so many daunting challenges, more than ever, we need a space like Copper Beech to allow us to focus on the importance of living emotionally healthy lives. In supporting Copper Beech, I feel that in a small way, I am helping to build a world that is more kind, thoughtful, and compassionate.”



– **Bryan P.** –



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– SPECIAL THANKS TO OUR FUNDERS –

