"I can't even begin to express what Copper Beech Institute means to me. I am a completely different person after my three years of practicing mindfulness with you. I now have tools to work through my trauma. You have literally changed my life!" — Recent Guest

Since our founding in 2014, nearly 20,000 PEOPLE from 25 COUNTRIES have joined our community and discovered the inner reservoir of strength, courage, and wisdom to meet the greatest challenges in our world today. At Copper Beech Institute, we empower the changemakers, heal the healers, and care for those who care. We believe all people need a community of compassion, where we are encouraged and inspired to reach our fullest potential.

Help Grow Copper Beech Institute
- Tell one new person about mindfulness
- Share our newsletters and social media posts
- Invite a friend to a workshop
- Offer a one-time financial gift
- Make a reoccurring monthly gift
- Volunteer with us

Join the movement at copperbeechinstitute.org
### Three Branches of Our Mission

#### I. Wisdom for Growth, Courage, and Healing

Growing the courage and compassion to meet the greatest challenges of our day.

We build communities of learning and evidence-based practice to heal chronic disconnection, discover timeless wisdom, and explore life’s enduring questions.

- **1396 Guests** Attending programming on campus
- **12% Increase** In attendance on campus year over year
- **500+ Visits** To meditation groups
- **$56,000 in Scholarships** And fellowships granted to people in need
- **6675 Total Attendance** For all programs on and off-campus
- **2367 Volunteer Hours**

#### II. Transformative Leadership Program

Empowering the changemakers, healing the healers, and caring for those who care.

We help frontline social service professionals become more resilient and purposeful through our Transformative Leadership Program.

- **260% Increase in People Served**
- **49 Partner Organizations Served**
- **2122 Professionals Served**

“At a time when social service providers are stressed and burning out in record numbers, Copper Beech cares for our caregivers so they can more compassionately help others.”

—Recent Guest

#### III. Outreach in Our Community

Transforming hurt into healing.

We offer donor-supported free programming that dissolves systemic barriers to mindfulness for courageous and vulnerable populations.

- **INSPIRE** Veterans and survivors of abuse and addiction to heal from trauma
- **CREATE** A compassionate place for the homeless to gather and find support
- **PREPARE** Incarcerated men for reentry into our communities by guiding them in practices of healthy decision-making and compassionate action

- **133% increase** In outreach to vulnerable communities
- **700 hours** Of free meditation
- **2657 people reached** In vulnerable and courageous communities

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**IN GRATITUDE**

We are incredibly thankful for the generosity of those whose support makes our healing work possible, including:

- Aetna Foundation, Angell Foundation, Berkshire Bank, Hemera Foundation, Holy Family Passionist Retreat Center, Trinity Health of New England,
- Wheeler Clinic, William Caspar Graustein Memorial Fund, as well as many generous Individual Donors