



MINDFUL MORNING SERIES

PROGRAM PROPOSAL

OPEN TO ALL AGES
FALL 2017 AND SPRING 2018
SATURDAYS, 10AM-11AM
CONCORD FREE PUBLIC LIBRARY LAWN

ORGANIZATION BACKGROUND

Established in 2011, Ivy Child International is a Massachusetts-based 501(c)(3) nonprofit devoted to universal mindfulness education, prioritizing the multicultural needs of children and communities. We bring culturally-tailored programs to diverse educational systems and communities, with a special focus on urban populations. Currently Ivy Child has provided over 125 campus, community, and professional development programs. Our Mindfulness-Based Learning (MBL) curriculum brings together meditation, deep breathing, creative movement and the arts to help build resilience, self-regulation, and healthy habits for life.

BENEFITS OF MINDFULNESS & MOVEMENT

Research has shown that mindfulness and movement helps to:

- Reduce and manage stress
- Improve self-regulation and emotional intelligence
- Enhance performance and productivity
- Increase body awareness, healthy practices and mental clarity
- Boost focus, attention, and memory
- Strengthen the immune system
- Increase engagement, morale, and performance
- Bring a greater sense of unity, compassion and inclusion

The effects of mindfulness, when practiced diligently, can be immediate and long-term.

PROGRAM BACKGROUND

The Mindful Morning Series is part of a larger Mindful Concord initiative that has established support from multiple community stakeholders. The vision for Mindful Concord is to create a community of happy, healthy, and connected residents. Community-based partners of the Mindful Concord initiatives include, but are not limited to: Ivy Child International, Concord Free Public Library, Emerson Wellness Center, and the Concord Public Schools and Concord-Carlisle Regional School District. These stakeholders have committed to support on-going mindfulness programs to meet our diverse community needs and promote a culture of wellness.

PROGRAM OVERVIEW

The program will consist of two, 4-week sessions of weekly mindful movement programming to occur in the Fall of 2017 and Spring of 2018. One-hour mindful movement classes will held on Saturdays from 10-11am at the Concord Free Public Library lawn. The program is open to the entire community, free of charge, and no prior experience in yoga or mindfulness is necessary. The Fall 2017 class dates are: September 30, October 7, October 14, and October 21. Spring 2018 classes are to be determined.

Classes will have an intergenerational focus and are open to children, adults, and seniors of all ages and abilities. Each session will be facilitated by a certified yoga and/or mindfulness instructor. Our classes are designed to serve participants of all ages and abilities including families with young children, expecting mothers, and the elderly.

GOALS AND OBJECTIVES

The goal of the proposed project is to bring together children, youth, adults, and seniors to provide access to healthy movement and mindfulness techniques that promote wellness and reduce stress. There are three objectives:

1. To provide structured social engagement opportunities for children, adults, and seniors to interact and enhance well-being.
2. To guide participants through mindfulness movement techniques that can promote participants' physical and emotional wellness (i.e., balance, positive mood, sense of purpose, autonomy, and initiative)
3. To facilitate a programmatic collaboration to promote enhanced community relations and increased comfort of children and adults with elders and disabled community members.

POPULATION/GEOGRAPHIC AREA SERVED

Mindful Morning Series is offered **free** of charge to the entire community. The program will be open to participants of all ages (0-90+), abilities, races, ethnicities, and socio-economic backgrounds.

Ivy Child will market the intergenerational mindful movement program to residents of Concord and the surrounding communities. Specific effort will be given to marketing to community members through the Concord Public Library, Concord Connected Home Care, Concord Children's Center, and Emerson Wellness Center who are already serving our target population of youth, families, and senior adults.

EVALUATION

Ongoing evaluation is an important part of the proposed project to ensure that program objectives are being met and that participants' unique needs are being accommodated. Given the developmental stages and cognitive abilities of our targeted population, a hybrid qualitative interview and short survey measures will be used. Participants will be given these measures during check in/registration as a pre-survey; then measures will be given again at exit. Data is gathered using iPads to facilitate efficient integration into the Ivy Child database system. Specific outcomes to be measured are:

- Participant engagement and habitual attendance
- Perceived efficacy of the activity in meeting mindfulness learning objectives
- Participants' sense of social and emotional wellbeing