



MINDFUL KIDS
MIAMI
STRONG HEARTS•STRONG MINDS

Our Vision is to improve the lives of all children in the community by giving them access to mindfulness skills which reduce stress and anxiety, develop attention and focus, promote emotional regulation and impulse control, teach empathy and compassion, and create a sense of well-being.

Mindful Kids Miami (MKM) carries out its mission through its educator training program that includes the two signature core programs, the 8-week **Mindfulness-Based Stress Reduction (MBSR)**, and the 12-week **Mindful Teachers Training Program (MTTP)**.

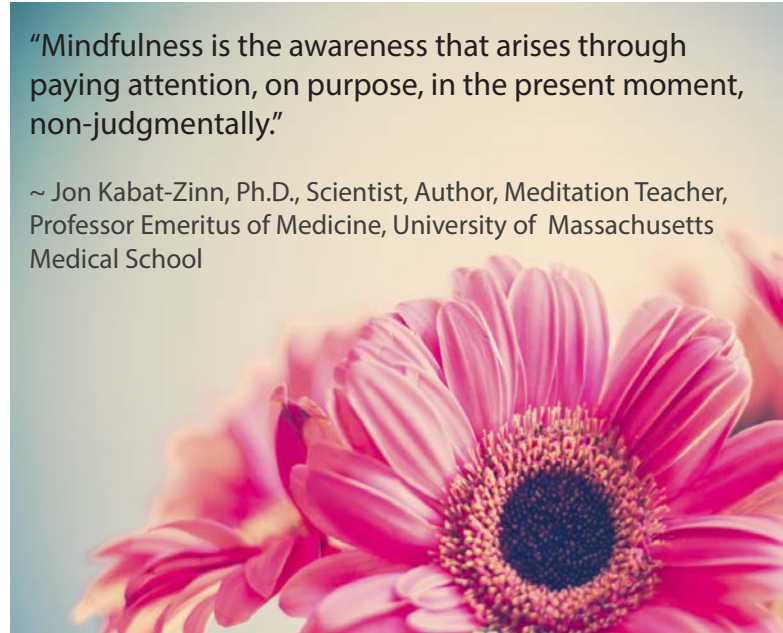
Since 2011, MKM has provided its two core mindfulness trainings to more than 600 educators at over 120 schools, and reached greater than 2,800 participants through mindfulness workshops and trainings for educators, students, parents, and childcare providers throughout Miami-Dade County.

In 2015, **MKM** implemented a groundbreaking mindfulness training collaboration with Miami-Dade County Public Schools (M-DCPS). Program testimonials and anecdotal reports from **MKM's** mindfully trained teachers confirm that the introduction of mindfulness concepts in the classroom has led to increased focus among students, an improved learning environment, and fewer behavioral problems including a decrease in bullying.

Clinical studies demonstrate the efficacy and value of mindfulness in decreasing physical and psychological symptoms. **Mindfulness-Based Stress Reduction (MBSR)** and other Mindfulness-Based intervention have been shown to help reduce stress, improve focus and concentration, decrease anxiety, prevent relapse of depression and substance abuse, improve relationships, strengthen emotional resilience, develop relaxation and a sense of well-being.

"Mindfulness is the awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally."

~ Jon Kabat-Zinn, Ph.D., Scientist, Author, Meditation Teacher, Professor Emeritus of Medicine, University of Massachusetts Medical School



Mindfulness Kids Miami Programs

Mindfulness-Based Stress Reduction (MBSR) Program

Mindful Teachers' Training Program (MTTP)

Mindful Self-Compassion (MSC) Program

Mindfulness Kids Series

FREE Mindfulness Monthly Community Classes

Mindfulness Workshops

Mindfulness Training for Child Healthcare Providers

Private Sessions

Family Day

Mindful Kids Miami 5275 Sunset Drive, Second Floor Room #19, Miami Florida 33143 305-270-3262 www.mindfulkidsmiami.org

Mindful Kids Miami, Inc. (MKM) is a 501(c)(3) non-profit organization founded in 2011, whose mission is to bring the benefits of mindfulness to children from Pre-K through the 12th grade in Miami-Dade County. MKM helps educators, health providers, and caregivers teach mindfulness skills to children and youth in schools and other settings.