



November (date), 2017

Dear (first name),

As you know, we all face challenges in life. However, many children who have had to deal with trauma don't learn the necessary skills for coping with both every-day stresses and significant life events.

As these children get older, they tend to self-medicate by using drugs and alcohol. They also are likely to act out, get in trouble in school and receive disciplinary action. Once they slip into the school-to-prison pipeline, it's often impossible for them to turn their lives around as adults – the likelihood of recidivism is high.

At Shanthi Project, we've been working hard this year to stop this downward spiral before it starts by bringing our in-class mindfulness program to even more children throughout the Lehigh Valley. With your support, in 2017 alone, we worked with **2,000 students across 88 classrooms, 14 schools and six school districts.**

And we continue to see fantastic results.

The 3rd and 4th grade students who participated in our eight-week in-class mindfulness program at Cheston Elementary School showed a significant increase in their ability to **recover from strong emotions.**

In the powerful words of one second-grade boy:

"...now when I get mad, I take some breaths instead of punching a wall. I count to ten... when I lose in a game I don't shout or bang the wall, I just lose and wait my turn. Before I used to kick the doors and punch walls."

At Fountain Hill Elementary School, where we're working for the second year in a row, more than 70 percent of students said our mindfulness program helped them **calm down them and be happier at school.**

And teachers tell us that more learning is taking place now that students have techniques they can use to control their emotions. Even students who've had frequent outbursts in the past are better able to self-calm by doing mindful breathing. Teachers also say that they hear students reminding each other to "be mindful."

We're in our eighth year helping all of the youth who are incarcerated at Northampton County Juvenile treatment program **reduce stress, increase self-control, and manage their physical pain and discomfort.**

"It's helped me be a lot more mindful towards those around me and gives me a chance to channel positive thoughts," said one young man.

We reduced recidivism at Northampton County Prison six years in a row – **the average reduction was 28 percent.**

Inmates report decrease in stress, anxiety and physical pain. Some say the yoga classes “ease temptations” while others say it helps them “remain at ease.” And many say that they wish classes were longer and held more frequently.

These men and women are *finally* learning as adults the coping skills they never learned as children. They’re now more likely to have healthy and productive relationships with themselves and their families, and be more productive members of society when they’re released – hopefully breaking destructive patterns once and for all.

So, as you can see, Shanthi Project is having a far-reaching impact. Not only are we making a difference in children’s lives today, we’re also **giving them tools that will benefit them well into adulthood** so that they become better partners, parents and professionals.

“As we each become more mindful,” says Cheston Principal Kyle Yanders, “we’ll create closer communities.”

Because of our demonstrated success, our in-class mindfulness program continues to expand. Our goals for next year include reaching more students in emotional learning and behavioral support classrooms, and training more teachers in mindfulness techniques. With your support, we can help ensure a brighter future for *all* children in the Lehigh Valley. Won’t you join us in this important mission?

Wishing you a wonderful holiday season,

Denise Veres
Executive Director

P.S. – It only costs \$500 to give the gift of mindfulness to a local classroom!

YOU can help us set children up for success in school and life!

To **donate online** or **set up a recurring monthly gift** go to www.ShanthiProject.org and click the Donate button. Or you can fill out the form below and mail it with a check or money order to: Shanthi Project, P.O. Box, Easton, PA 18042. *Shanthi Project is a 501(c)3 nonprofit organization.*

Donation amount: ___ \$1,000 ___ \$500 ___ \$250 ___ \$100 ___ \$50 ___ Other: ___

Name: _____

Address: _____

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