

The Catalyst Initiative of the George Family Foundation: 3 Years of Impact

We empower individuals and communities throughout Minnesota to improve their health and wellbeing by adopting integrative health and healing (IHH) practices that reflect culturally meaningful ways to normalize healthy behaviors.

SINCE 2015, CATALYST HAS INVESTED IN ...



18 convenings



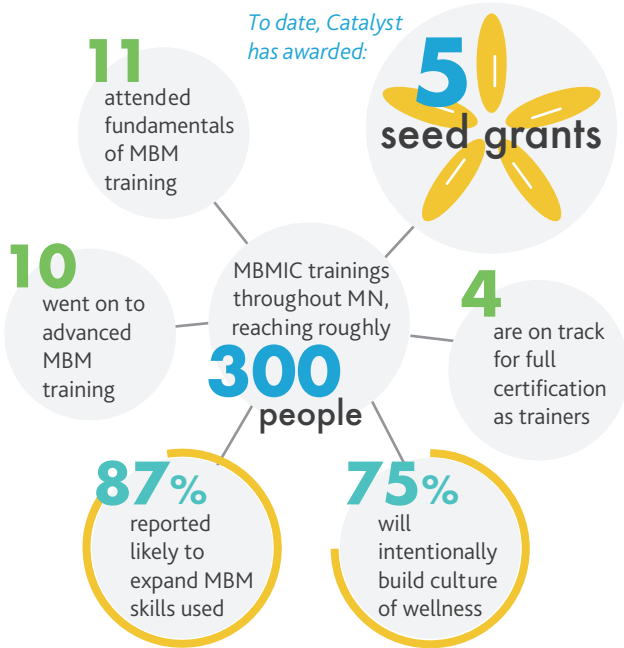
60 seed grants



SEED GRANTEE CASE STUDIES

MBM in Indian Country

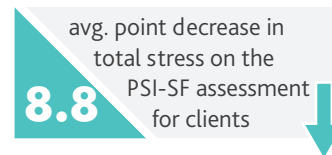
Supported multiple trainings to build mind body medicine (MBM) practices to heal historic trauma among American Indians.



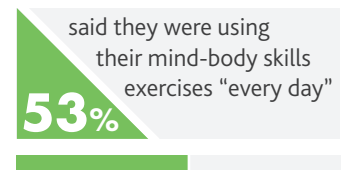
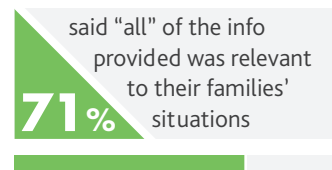
CornerHouse

Seeded mind body healing skills as an organizational core competency with child welfare staff and families.

Home visit program participants experienced positive results:



Support group participants reported positive and lasting experiences:



YOUTH OF COLOR COHORTS: BUILDING GRASSROOTS-LED SOCIAL CHANGE



Irreducible Grace Foundation (IGF) trained **17 youth of color leaders** in self-regulation using mind body (MB) practices



These youth have trained **38 law enforcement, 261 school & 116 community members** in how to use MB skills to calm anxiety



4 new seed grants will expand outreach to **75 youth** with tools to help improve executive functioning

Engage with Catalyst!

REGISTER FOR CATALYST SPARK NEWSLETTER:
<http://eepurl.com/b3A9tL>

CONTACT SUZANNE KOEPLINGER, DIRECTOR:
Suzanne@GeorgeFamilyFoundation.org

<http://www.georgefamilyfoundation.org/catalyst-initiative> @CatalystGFF