



PEACE. LOVE. PRACTICE

2025 At A Glance



8 Years



20+ Annual Sites



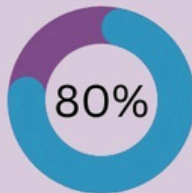
2000+ Served

Mindful Movement Florida (MM) offers health and wellness programming for Pinellas County youth and adults from historically excluded populations. We deeply believe that representation matters, and one of the main ways we will have successful outcomes through MM is by engaging with historically excluded communities by and from people who are also from these communities.

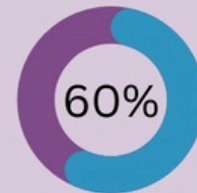
Schools

We reach youth by offering our program in 10 Title 1 Pinellas County schools and 2 private schools.

We also provide our program to youth at 5 after school enrichment programs 2 with the Shirley Proctor Foundation, 2 with Boys & Girls Clubs of the Sun coast sites 1 with City of St Petersburg Cohorts of Champions program. We serve each of these schools and organizations 1-2 times a week.



of youth involved in peer counseling will show increased emotional intelligence after six months of participation in MM sessions.



of youth served will indicate a stronger ability to self-regulate their emotions after a semester of MM programming.

Community Classes

MM also serves adults with 5 weekly community classes in accessible locations across south St. Petersburg. This includes the Sanderlin Family Center, Carter G. Woodson Museum, Enoch Davis Center, Mt. Zion Church, and the Willis S. John Center.

Mindful Movement serves Mindful Movement services to approximately 1,200 (youth and adults) annually. About 400 of these students are unduplicated students from the schools we serve, as we get a new group of students each semester. The remaining 800 students are duplicated and come from our weekly community classes and after school