

Our Financial Health 2021-2022

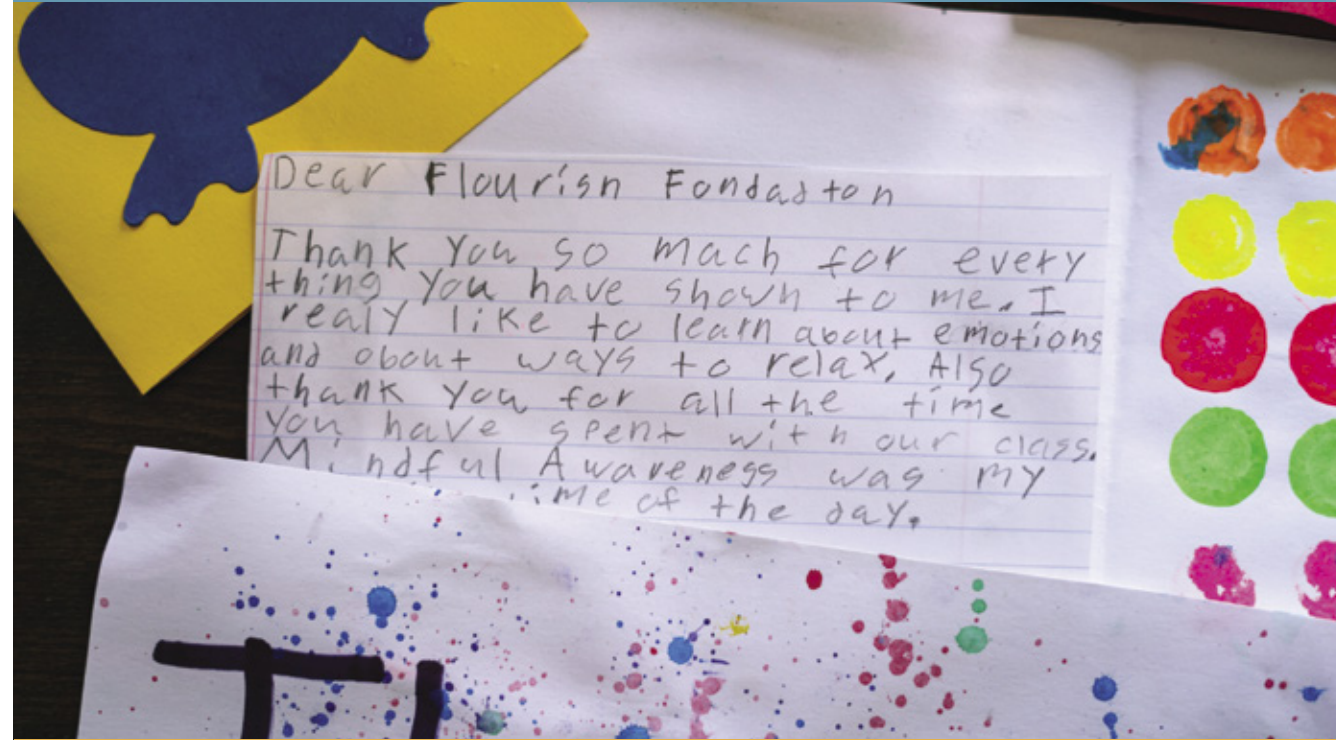
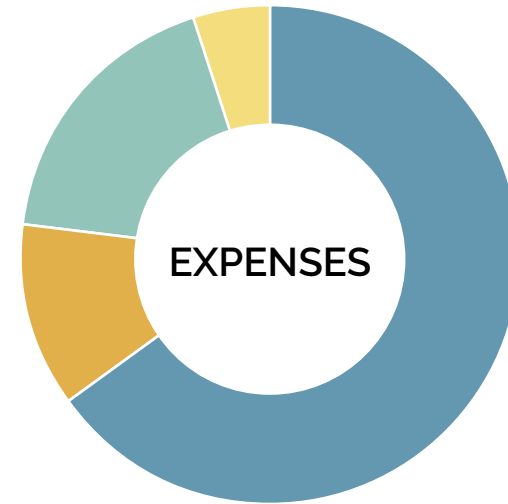
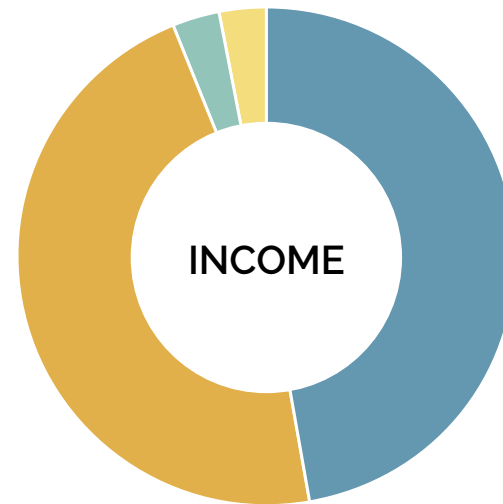
*Flourish fiscal year runs from 10/1 to 9/30

INCOME

Foundation Grants	47%	273,321
Individual Contributions	46%	267,814
Program Service Fees	3%	18,432
Miscellaneous	3%	18,935
	100%	Total \$578,502

EXPENSES

Programming	65%	330,857
Administration	12%	60,627
Fundraising	18%	90,053
Other	5%	25,762
		Total \$507,298



PO Box 2429 - Ketchum, ID 83340

Join our online community
 Instagram @flourishfoundation_
 Facebook @FlourishFoundationID

Adult Monthly Programming at 1030 Airport Way
 Meditation/Yoga Wednesdays 12-1 pm
 Monthly Meditation 1st Thursday of every month 6-7pm

Learn about all of our programs at flourishfoundation.org

Donate used outdoor gear to support the Environmental Stewardship Program

All photos featured in this Impact Report are of Flourish Foundation's programming and were taken by Noah Koski, Compassionate Leaders Program Director.
 Front and back cover: Compassionate Leaders alumni service trip to the Nā Pali Coast on Kaua'i



Awakening To Awe

Flourish Foundation supports personal growth in K-12 students and adults through self-awareness, community service, and environmental stewardship. This year we celebrated our 12th year of impactful, value-driven, heartfelt work. We are humbly grateful for your support!

IMPACT REPORT 2022

COMPASSIONATE LEADERS PROGRAM (CLP)

In 2022, an awe-inspiring 68 high school students participated in CLP's year-long program.

They volunteered with local groups, including Squash Blossom Farms, The Advocates, and Bloom Garden, to provide food for those in need, and support victims of domestic abuse. At the end of the school year, Compassionate Leaders embarked on an immersive trip abroad to South Africa to collaborate with other youth communities around the world.



"I have learned to fall in love with the little moments in life, to appreciate laughter, to appreciate hurt, and to appreciate all those who surround me.

I have learned to love the human connection,

I have learned to listen with open ears and an open heart,

I have learned to prioritize what is most important to me,

I have learned to live in the present moment,

I have learned to appreciate my worth.

I have learned to love my world"

— Junior at Wood River High School, Compassionate Leader

In the summer of 2022, Compassionate Leaders joined the Pulaski Users Group to **restore more than 42 miles of awe-filled backcountry trails** in the Sawtooth, Frank Church, and White Clouds Wilderness areas.

WHAT'S AHEAD FOR THE COMPASSIONATE LEADERS PROGRAM

- Engage 80 high school students in our Compassionate Leaders Program
- Expand Compassionate Leader Alumni programming and Stewardship Retreats in Hawai'i
- Continue collaborating with local community partners, activists, and NGOs in India and South Africa on International Immersion Trips
- Freely disseminate Compassionate Leader College Curriculum to Compassionate Leader Alumni

COMMUNITY ENRICHMENT

We provided **72 free Adult classes** and offered **3 five-week Mindfulness-Based Childbirth and Parenting courses**.

"Paige truly helped shift my mindset from the typical fear-based thinking to embracing what is to come."

"I feel much more at ease at calming my mind and choosing what I can focus on. I have been working to still my mind and not let my anxiety roll me away. This class REALLY helped!"

— Expectant Parent, MBCP Participant



In 2022, Flourish Foundation launched meditations on the Insight Timer app.

They have been played more than **700 times**.



WHAT'S AHEAD FOR COMMUNITY ENRICHMENT

- Initiate Outdoor Access Collaborative (OAC) with other Non-Profit Organizations to make wilderness recreation more accessible for diverse populations
- Expand Discovery Trips for Middle School students to explore their inner and outer wilderness
- Mindfulness-Based Childbirth and Parenting course
- Provide a spring and fall Meditation Retreat for adults
- Support the Flourish Foundation HQ adult ant colony in transforming their hearts and minds

MINDFUL AWARENESS PROGRAM

Our Mindful Awareness Program was taught in nearly 70, 5th through 8th grade classrooms in the Teton County School District. From October through May, Flourish Foundation served approximately 44 classrooms on a weekly basis in the Blaine County School District.

"Mindful Awareness is a place where I can reflect and allow for space to know how I actually feel. It helps me in my relationships to control my emotions instead of speaking out loud what I feel, because if I speak out loud, I may hurt others." — 8th grade student from the Mindful Awareness Program

"Mindful Awareness gave students vocabulary for their emotional states of being and a 'home base' for strategies or emotional awareness. MAP created a safe space for students to share and just be themselves. Honestly, I crave the 'practice' time and I know many of the students do to."

— Syringa Mountain School 7th-8th grade teacher

WHAT'S AHEAD FOR THE MINDFUL AWARENESS PROGRAM

- Expand the Mindful Awareness Program to 55 classrooms in the Blaine County School District
- Support the Mindful Awareness Program in 4 classrooms in Makhanda, South Africa
- Initiate year-long Teacher Rest and Renewal program in Blaine Country
- Begin after-school yoga and mindfulness program at Boys and Girls Club in Hilo, Hawai'i
- Offer the Mindful Awareness Program in Spanish



"I wanted to tell you about how impactful today's meeting was for me. [...] My body hasn't allowed me to cry in weeks, but I was finally able to cry and feel liberated of everything dragging me down and of society's expectation of me. I came home and apologized to my family for taking them for granted and now I'm going to color with my little brother! Whether you know it or not, you are changing lives, and impacting people in unimaginable ways. I am happy to live in a world where you're in it. You deserve all the happiness in the world."

— Junior at Wood River High School, Compassionate Leader

