

Who we are

EduMind Charity (Mindfulness in Education) in Poland, our founders, and the entire team have decided to join the activities that support people in Poland who help refugees from Ukraine.

Our intention is to organize 8-week mindfulness trainings dedicated to:

- teachers who have children and young adults from Ukraine in their schools,
- families who share their homes with Ukrainians or are involved in aid activity,
- teachers to introduce mindfulness practices in their schools.

We are also planning to offer compassion trainings for the teachers as well as mindfulness retreats during the Summer holiday in Poland, mindfulness classes for the children in both primary schools and high schools, who have invited Ukrainian students in.



I stand with Ukraine

“If every 8-year-old in the world is taught meditation, we will eliminate violence from the world within one generation.”

Dalai Lama

EduMind Charity registered in Poland

Lucka 20 /1301

00-845 Warsaw, Poland

SANTANDER BANK:

PL 78 1090 2590 0000 0001 3505 2178

SWIFT/BIC: WBKPPLPP

or PayPal / Credit Card

<https://www.fundacjaedumind.pl/en/donate/>

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FOUNDATION
EduMind

MINDFULNESS IN EDUCATION

We deeply believe what Thich Nhat Hahn claimed:
We cannot stop tanks;
we cannot stop suffering
but we can water the
seeds of calm and peace
within ourselves and
potentially in others.



**We aim to raise
\$100.000**

We appreciate you joining us as Ambassadors in helping us reaching our goal and ultimately in helping others during such difficult times.

What we believe

HEARTFULNESS

In our opinion area of mental health, self-regulatory skills, resilience and stress reduction are crucial for supporting well-being (or rather being) of everybody who is touched by the war and also for people who are involved into supporting Ukrainians.



MINDFULNESS TRAININGS

During sessions adults receive tools which help them to deal with stress, anxiety and difficult emotions.

The skills of recovering the calm, balance and emotional self-regulation are taught.

Accordingly, the skills of self-acceptance and balanced internal system allow us to soften internal critique and see the better aspects of life, which is fundamental when the burden and confusion of war is concerned.

We put a strong emphasis on the practical aspects as well as making them the most useful in day-to-day life both private and future professional life.

We plan to offer both in-person and on-line trainings – comprised of morning and afternoon sessions.

We are ready to launch in April.

THANK YOU FOR YOUR DONATIONS: [HTTPS://WWW.FUNDACJAEUMIND.PL/EN/DONATE/](https://www.fundacjaedumind.pl/en/donate/)
WERONIKA & MICHAŁ CHMIELEWSKI

“It’s a mystery how healing happens.
But we can never give up hope.
And never give up the possibility that
there’s something, tiny little
something that we can offer to the
world, without attachment to
outcome, that may actually make a
profound difference and even save
one child or one mother or one
person’s life forever”

Jon Kabat-Zinn

“Facing the tragedy in the world”
#mapoflove, March 2022

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If the amount raised exceeds our own Charity targets, we will donate directly to another registered and related Charity.

