



THE HEARTWELL
INSTITUTE

2022 HEARTWELL INSTITUTE

HEARTWELLINSTITUTE.ORG

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THE HEARTWELL INSTITUTE
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Greetings,

What a year it has been! After almost two years operating virtually, we are grateful to be opening our doors to extend a warm welcome to our community. We believe that mindfulness and contemplative practices are needed, more than ever, to foster collective healing and well-being.

Our focus at the HeartWell Institute is two pronged. First, we focus on building resilience for BIPOC, LGBTQI+, and those underrepresented in our society by breaking down barriers of access to health and wellness. Second, we are committed to supporting the health and wellness of mental health providers, educators and our whole community.

We have focused on nurturing the Spanish-speaking community with programs in Spanish, considering that often marginalized and vulnerable individuals and families had scarce stress reduction programs and mindfulness resources available. Our aim is to help curb the anxiety, fear, and stress that the global pandemic brought so suddenly to our communities and the world. And thus, from our local mindfulness and meditation groups, an international community has sprouted, gathering virtually to support each other in contemplative practices, cultural reflections, and sharing art, poetry, and well wishes. We are ready to offer our programs in person, and we hope to bring even more programs to life at our urban retreat center nestled in Tatnuck Square in Worcester, MA.

We are excited to share that HeartWell has received a grant to fund our signature and other sponsored programs. We are committed to fostering the well-being of our community by investing in everyone's well-being. We explicitly help participants with developing self-compassion, deep listening skills, and stress reduction practices, so that they can be part of the solution, as we all work toward improving the relational capacity in our community at the individual, collective, and systemic levels.

The HeartWell Institute is approved to offer continuing education and professional development credits to participants who work in the mental health and K-12 education fields.* These professionals are charged with alleviating the pain and suffering of many while facilitating optimal conditions for learning and development. This has become increasingly challenging due to the COVID-19 pandemic. As a result, we are committed to providing "brave" spaces, and to nurturing positive relationships through our programs, while helping professionals meet their continuing education credits.

It has been our privilege to draw local organizations in partnership with us, such as the Latino Education Institute, Worcester Creative Hub, Transformative Action Project, and the Cambridge Health Alliance Center for Mindfulness and Compassion (CMC) at Harvard Medical School. Our community enjoys discounted rates for all CMC 8-week programs. Please check the Partners page on our website for more information.

There are many offerings to explore here at HeartWell, and you are invited to join this growing community. Participate in weekly meditations in both English and Spanish at no cost, classes for personal and professional development, or even rent our space to host your next group event.

We are able to provide many of our programs at discounted rates, especially to members of the Black, Indigenous, and People of Color (BIPOC) community. Limited scholarships are available for those who are experiencing financial hardship. We have included here an infographic, visually introducing HeartWell and our programs, which we encourage you to kindly share with your family, friends, colleagues, and clients.

Please email info@heartwellinstitute.com with any questions and visit us at www.heartwellinstitute.org for more information about our community and upcoming events. We look forward to seeing you soon!

Warm regards,

A handwritten signature in black ink that reads "Zayda Vallejo". The signature is written in a cursive style with a prominent initial "Z".

Zayda Vallejo, MLitt
Executive Director
The HeartWell Institute

**Approved by the American Psychological Association, Association of Social Work Boards, National Board for Certified Counselors, and the Department of Elementary and Secondary Education.*



THE HEARTWELL INSTITUTE

GROW WITH THE HEARTWELL INSTITUTE IN 2022

WHO WE ARE

The HeartWell Institute's mission is to foster collective healing through mindfulness and contemplative practices. We have a two-pronged approach. First, we focus on building resilience for BIPOC, LGBTQIA+, and those underrepresented in our society by breaking down barriers of access to health and wellness. Second, we are committed to supporting the health and wellness of mental health providers, educators, and our whole community.

OUR BELIEFS


We believe that mindfulness and contemplative practices are needed, more than ever, to foster collective healing and well-being.



2022 SPONSORED PROGRAMS

MINDFULNESS AS A CATALYST FOR EQUITY AND COLLECTIVE HEALING

Mindfulness as a Catalyst for Equity and Collective Healing strives to inspire individuals to become agents for social change by using trauma-informed relational mindfulness practices infused by frameworks of psychosocial and cultural competency. The foundational pillars of this program are grounded in fostering trust, courage, acceptance, and compassion to facilitate a transformational journey with life-long personal, interpersonal, social, and global impact.

 32.5 CE Credits Available

[Click for more details](#)

MINDFULNESS IMMERSION

This experiential educational program provides a solid foundation of mindfulness, self-compassion, and deep listening practices. The program encompasses the didactic components and practices of the world-renowned Mindfulness-Based Stress Reduction Program (MBSR). Participants will be presented with an array of images, videos, and mindfulness practices to enhance and deepen the learning experience.

 26 CE Credits Available

[Click for more details](#)

JOIN US FOR OUR FREE WEEKLY MEDITATION AND MONTHLY CULTURAL REFLECTION.

(SPANISH + ENGLISH SESSIONS AVAILABLE)

[CLICK HERE FOR MORE DETAILS](#)

MINDFULNESS-BASED STRESS REDUCTION (MBSR) IN SPANISH

 26 CE Credits Available. This program is in Spanish and Online

NASW-MA, APA, NBCC

[Click for more details](#)



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