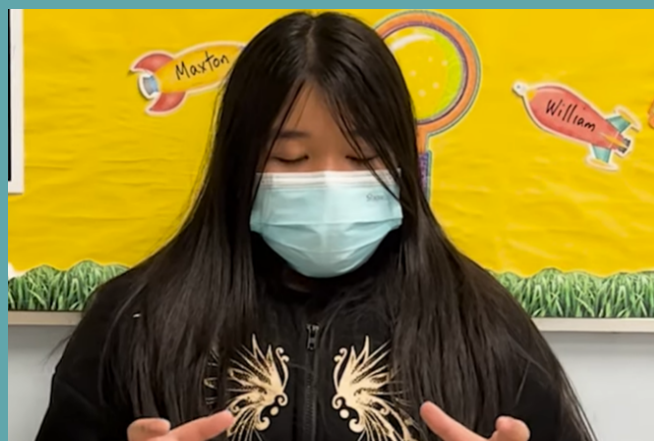


# ANNUAL REPORT 2022-2023



# Message From The Team

Dear Community,

Thank you from the bottom of our hearts for your heartfelt investment in the wholeness and wellness of our students and schools. Thanks to our collective efforts, resources, and connections, we have served students in 67 classrooms in 11 public schools, led almost 30 mindfulness workshops, and more. Students, educators, and families tell us how mindfulness practices have impacted their lives, teaching, or family. We hear the words **love, joy, necessary, better, peaceful, wonderful** and more to describe their feelings about our work. We feel honored to be doing such important work in and with the support of our community.

We would also like to acknowledge our dear friend and colleague, Tai Mattox, who is stepping down as Co-Director of Space Between to pursue her own work, Experiences by Tai, and will still remain connected to Space Between as a contractor and champion. Tai brings so much to our community and is a gracious reminder of being in the moment, reminding us all that we are “worth slowing down for.”

This year, as school budgets have been reduced in most of the public schools in which we are working, your continued support of our work is more important than ever and we thank you. Here’s to a 2023-2024 school year of happiness, ease, health, safety, and well-being.

With gratitude and love, The Space Between Team

*Your support of teachers  
and students is vital.*

– Teacher

*Mindfulness helps me  
so much! I love  
mindfulness!*

– 5th grade student

100%

of teachers  
saw an  
improvement  
in student  
well-being.

# Our Impact

*"Truly it's such a wonderful blending of worlds to experience firsthand (or rather secondhand through my kiddo) the amazing support and skill-building that a partner org like Space Between can provide to our kids! Thanks for reaching out, and for the great work you all do."*

- Seattle Public Schools employee & parent

- 100% of teachers said mindfulness positively impacted their teaching.
- 90% of teachers saw an increase in student compassion toward self and others.
- 95% of students noticed positive differences since learning mindfulness (focus, anger, happiness, etc.)
- On average, student climate surveys in Space Between schools are higher than the Seattle school district for belonging, positive behavior and safety, and social emotional learning.

## School Integration

Sanislo Elementary School, one of Space Between's first school partnerships where we have enjoyed practicing mindfulness together for the past six years, was featured on [Seattle Public Schools First Bell](#) this past spring. **Sanislo was recognized for practicing daily mindfulness** with the help of Space Between's school-wide program where students and teachers are leading the way to a more present and compassionate community.

## BIPOC Educators Mindfulness Retreat

As the school year came to an end, a group of BIPOC educators came together with us to create a space for rest and renewal at Young Women Empowered's beautiful center in Columbia City. The day included Qi Gong, visualizations, self-massage, mindful walking outdoors, and a Soundbath. Folks **"felt seen, held and nourished"** and appreciated "making this space for [their] health in this homestretch." Given the feedback, we hope to make this offering more frequently!

## Bringing Mindfulness Home

During the summer one of our staff members happened to walk by a parent on the street who was really excited to share a benefit of mindfulness that they had witnessed in their house that morning. Their child was really struggling and did not want to go to summer camp. He remembered to use a breathing practice that they had created during the school year to help tap into his lion mind instead of his puppy mind which responds without thinking. **His mom was so grateful that he had learned these powerful tools in school.**

## Community Partner Workshop

Space Between continued its partnership with the **UW Center for Child and Family Well-Being** this year, guiding Teens in an 8-week series based on Mindful Self-Compassion. Teens shared the many new skills and ways of coping that they learned, new ways of thinking and being kinder to themselves. A few comments that represent the group were *"I am so grateful for you"*, *"I appreciated the energy in this space"*, and *"this helps you have a more loving, compassionate, happy life."*



3791  
People Served

Partnerships with 11 public  
schools in 67 classrooms





# With Gratitude

## Corporate and Matching Gifts

Amazon Smile  
Acorn Catering  
Bill & Melinda Gates Foundation  
Cameron Catering  
Costco  
Feel Good Action  
Flora Bakehouse  
Jones Lang Lasalle

King County Employee Giving  
Microsoft  
Molina Healthcare  
Seattle Institute of East Asian  
Medicine  
SOL Yoga Seattle  
T-Mobile  
Yoga Bliss

## Grants and Foundations

Creag Foundation  
The Elliot Family Foundation  
The Norcliffe Foundation  
Norman Archibald Foundation  
Puget Sound Grantwriters Association  
Working Washington Grants

## Individuals

Anonymous (multiple)  
Andrew A Jay  
Cindy and Robert Abramowitz  
Sarah and Jason Adams  
Sarah Adams  
Dawn Aiken  
Nellie Allnut  
Emily and Marc Antezana  
Kim and Scott Armstrong  
Nancy Ashley  
Kelly Mulligan and  
David Averill  
Erika Ayer  
Yong Ae Bae  
Kara-Lee Ruotolo and  
Andrew Bae  
Lauren Baldwin  
Gemima Barlow  
Claudia and Conrad Bayer  
Lynn and Howard Behar  
Larisa Benson  
Katie Berman  
Anne Blackburn  
Kassi Blanchard  
Maria Bliss  
Julie Edsforth and Jabe  
Blumenthal  
Susan Borgman  
Julie McComish and  
Michael Bossi  
Julia Briggs  
Hal Brookins  
Tasha and Kyle Brown  
Keiko Budeich  
Karen Bullard  
Monica Burnside  
Gingi Cabot  
Blair Carleton  
Halana Chan  
Maggie Chappel  
William Chen  
Rhea Coler  
Deion Collins  
Courtney and Guy Comer  
Jenni Conrad

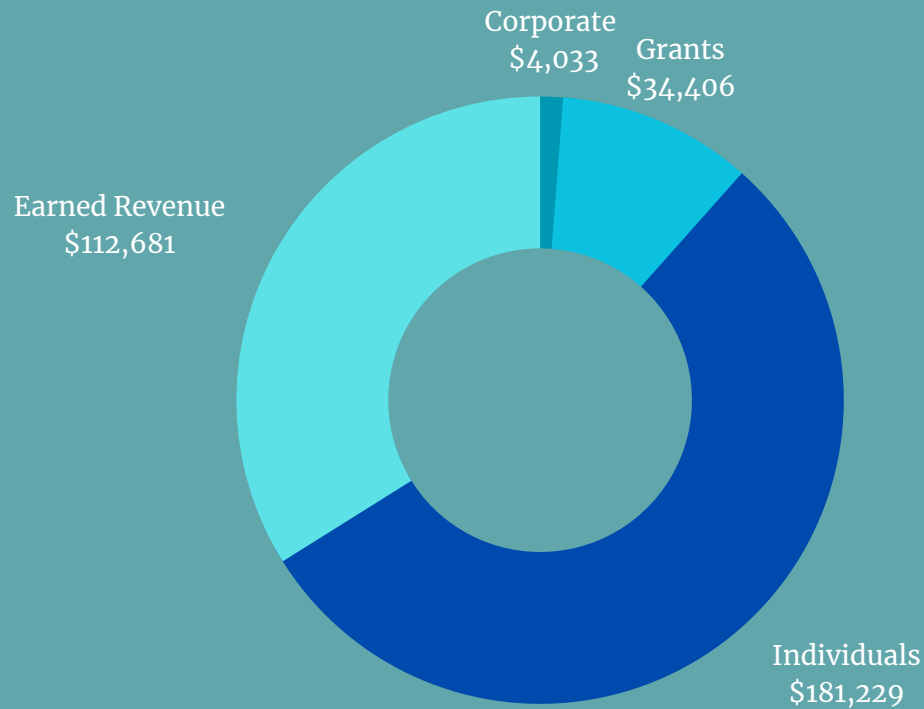
Jabe Blumenthal  
Kyla D  
Michele and Andrew David  
Jean Cho David Mankoff  
Liz Dedrick  
Wil Depusoy  
Peter Do  
Martha Draves  
Jenny Duncan  
Brianna Dwyer O Connor  
Mary Ann Esposito  
Alicia Essers  
Mou and John Ferry  
Dawn Yokoe and  
Andy Forrest  
Linda Gadola  
Gretl Dupre Galgon  
Annabel Garcia-Andresen  
Gabe Gedvila  
Yuan-Hou Giving Fund  
Sarah Goble  
Kimberly Goode  
Chaya Govindaraju  
Sarah Greene  
Sharon and Gary Gries  
Zachary Grossnickle  
Frederic Harder  
Sherreta Harrison  
John Hays  
Yvonne and Paul Hendricks  
Krista Hendrickson  
Cecilia Herrera  
Serena Heslop  
Jeanine Holmes  
Carlee and Stacy Hoover  
Maureen Horgan  
Constance Hutchinson  
David Ignacio  
Ellen and Thomas Jeffcott  
Brandon Judge  
Karen Keane  
Sara and Wilbur Kelly  
Zeeba Khalili  
Nelson Khov  
Kristi Kile

Trudi Knight  
Erin Krawiec  
Katie Kribbs  
Gina La Porta  
Marjorie Lamarre  
Florence and Adam  
Larson  
Sander Lazar  
Sandra Lee  
Meredith Lohr and  
Chase Barton  
Gail Lordi  
Kathleen M  
Juan Maldonado  
Philippa Marsh  
Melissa Matsui  
Tairea Mattox  
Minda Michelle Mattox  
David Maymudes  
Dara McAllister  
Cynthia McComish  
Eva McMulle  
Arianna Means  
Rebecca Meichle  
Claire-Helene Mershon  
Klio Moore  
Marta Moret  
Shauna Muhl  
Maya Nader  
Lance Neely  
Thinh and Huyen Nguyen  
Xiaoyun Norden  
Rebecca Norwood  
Shin Yu Pai  
Carrie Peterson  
Elka Peterson Horner  
Michelle Peyree  
Ann Watson and Michael  
Pickett  
Alyssa Pizarro  
Doug Popovich  
Linda Post  
Mollie Price  
Ginger Reeves  
Delight Roberts  
Victoria Elaine Romero  
Kari Rosenthal Annand

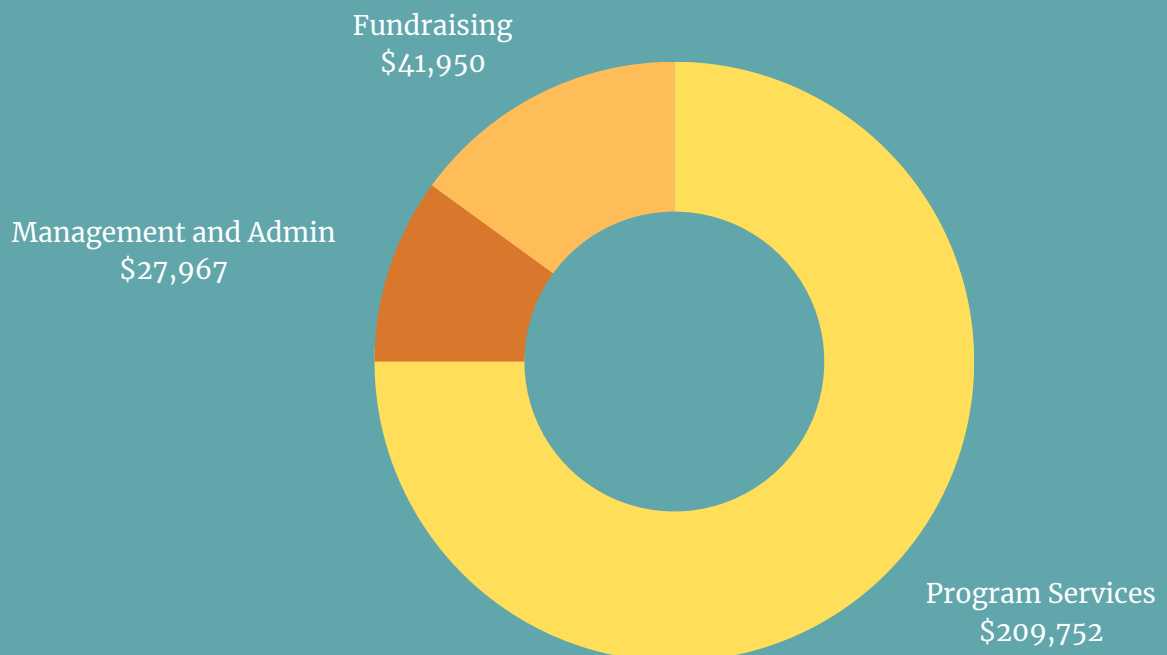
Xoey Roth  
Patricia and Robert Ruotolo  
Marci Pliskin and Renee Russak  
Coleen Sanders  
Anna and Robert Sanford  
Leslie Saxe  
Xixi and Jonathan Shakes  
Kimberly and Timothy Sharman  
Jill Sheldon  
Gilda Sheppard  
Allie Siegel  
Jan Silverberg  
Suvanee Sirivansanti  
Heather Slye  
Kelly and Korwin Smith  
Barbara and Joseph Sniezek  
Katie Snyder  
Basil Stamos  
Stephanie Sturgell  
Susan and Peter Sunstrum  
Sirima Svastisalee  
Dr Pela Terry  
Eileen Thomas  
Sally Thomas  
Nicole Trimble  
Natalie Tuck  
Jo Usher  
Veronica Valles  
Kim-Khanh Van  
Kristine Van der Hoeven  
Rosa Vissers  
Meg Vorm  
Deidra Wager  
Donald DeSalvo and Susan  
Wagner  
Sean Waite  
Judith Waldman  
Linda and Wally Walker  
Dina Wampold  
Deborah Wepman  
Heather Wilde  
Karen Wilke  
Erica Williams  
Agripina Wilson  
Jennifer and Tracy Wong  
Leah Wyatt  
Ciera Young

# Financials

Revenue Total: \$332,349



Expense Total: \$279,669





## Board

Alyssa Pizarro, Board Chair  
Brianna Dwyer-O'Connel, Treasurer  
Sara Kelly, Secretary  
Wil Depusoy  
Levina Robin  
Jasmine Covey  
Kristen Diamond

## Volunteers

Michael Bossi  
Trudi Knight  
Gina La Porta  
Meghan Manwill  
Julie McComish  
Victoria Romero  
Allie Siegel  
Sue Wagner  
Dr. Christopher Willard

## Staff and Contractors

Cami Auriolos  
Kim Armstrong  
Sejla Hasic  
Trudy Knight  
Damithia Nieves  
Tai Mattox  
Mary McGough  
Kara-Lee Ruotolo  
Nicole Sirivansanti

## School Partners

Dunlap Elementary  
Garfield High School  
Gatewood Elementary  
Hawthorne Elementary  
John Muir Elementary  
Lydia Hawk Elementary  
Nisqually Middle School  
Sanislo Elementary  
Serene Lake Elementary  
South Shore K-8  
Thurgood Marshall Elementary  
Rainier Beach High School  
Rainier Preparatory Academy

## Community Partners

French American School of Puget Sound  
Foundry10  
Feel Good Action  
Schools Out Washington  
Seattle Public Schools  
YMCA of King County

University of Washington Center for  
Child and Family Well-Being  
The Valley School  
Odessa Brown Childrens Clinic  
Y-WE

# THANK YOU

for your continued investment in

## THE WHOLENESS AND WELLNESS OF ALL STUDENTS

[www.spacebetween.community](http://www.spacebetween.community)