Open Groups Program Results:
The MBA Project uses weekly program evaluation surveys with the youth we serve in open groups (attendance may shift during the program).

- 22.6% Strongly Agree, 77.4% Agree
- 16.1% Strongly Agree, 64.5% Agree
- 32.3% Strongly Agree, 61.3% Agree

This is a safe place to share, MBA group helped me manage my emotions, MBA group decreased my stress

Ethnicity: The youth range in age from 15 - 18
- Mixed Race 40.9%
- Black 36.4%
- Latino/a 17.8%
- Pacific Islander 5.9%
- White 0%

Closed Groups Program Results:
The MBA Project uses statistically validated pre-post self-report survey measures for youth in closed groups (attendance remains consistent during the program).

- 23.6% Mindfulness
- 31.7% Self-regulation
- 33.2% Stress

For more information about the Mind Body Awareness Project
www.mbaproject.org   (415) 824 - 2048   info@mbaproject.org
I’m coming to the MBA class with a lot of stress. And it helps me with my stress. Meditation makes me think about what’s going on in my life.

When I started coming in here, I thought it was just a good way to get out of my fourth period class. But it really helps me put my feelings in check. I don’t get as mad about stupid stuff like I used to. When I’m in a difficult situation I can take a step back and think about it.

Instead of getting mad at people, I try to meditate and take deep breaths. Instead of ‘flashing’, basically, blowing up on people, instead I think about it twice, step aside and take time to breathe.

I was there when my brother got shot. It messes me up, and I can’t sleep. MBA has helped me be able to get to sleep faster. I used to just snap at people. MBA helped me with that.

The MBA class has helped me find inner peace. I find myself doing this (meditation) at home and when I am about to lose my temper. It is helping me chill out like smoking does, but it isn’t bad for me like that.

Being in juvenile hall makes you feel like you want to die... like your heart is broken. MBA taught me how to cope with my emotions and other people better and be a better person. I highly recommend people to join the MBA Project.

Meditation helps keep my mind off of things even when they might be stressful.