



## WHO WE ARE

Spirit Awakening Foundation (SAF) is a 501(c)(3) arts organization dedicated to helping at-risk youth and children in the juvenile justice system realize their spiritual identity. We use meditation, creative writing, improvisation and visual arts to build character and raise self-esteem one child at a time. We have spent the past 23 years teaching the unheard the power of positive and productive expression. SAF has supported young people as they become doctors, teachers, business entrepreneurs and artists.

## AWARDS

- Whispers from Children Hearts Legacy Award
- The Children’s Life Saving Foundation Angel of The Year Award
- The Four Dames Freedom Award
- Society of Adolescence Health and Medicine Southern California Regional Award
- Agape International Season for Non-Violence Award
- Art Share LA Artist of the Year Award

## FAST FACTS ←

Founded: 1995  
Headquarters: Los Angeles, CA  
Students Served: 2,500

- A pioneer in the movement to offer meditation and yoga to incarcerated youth.
- Was one of the first organizations to facilitate wellness retreats for incarcerated children.
- At the forefront to offer international travel programs for system involved youth.

## OUR SOLUTION

### MENTORSHIP

We provide weekly mentoring and peer counseling meetings that include; tutoring, peer advocacy, professional counseling, emotional support, career preparation, housing & employment referrals, financial aid, wellness & meditation, entrepreneurship, leadership training, and delicious meals in a safe supportive space.

### VOICES OF THE UNHERD

We produce an annual celebration of the written and spoken word of child detainees in the juvenile justice system - Voices of the Unheard. The performance is a compilation of essays, poems, and metaphysical musings by detained and formally incarcerated children.

### WRITE OF PASSAGE

We have developed a writing curriculum that challenges scholars’ fundamental beliefs about themselves, exploring themes of identity, forgiveness, gratitude and success.

### LEADERSHIP RETREATS

We facilitate annual leadership retreats in Big Sur at the renowned Esalen Institute. The retreats consists of (5) days of introspection and soul searching in the solitude of nature.