

# DM Vision

## Our One-year Vision

- Strengthen our Community
- Increase e-list from 400 to 1,000
- Have a Champion in every school board
- Full Tool Kit: Fact Sheets and Presentations
- Complete program guide
- Trained outreach volunteers who can explain:
  - why mindfulness programs can improve student and teacher well-being
  - what DM is and what it does

# Get Involved

## Get Involved

- Be a Champion or contributor
- Chair a committee or lead a project
- Volunteer – esp Admin & Technical
- Spread the word
- Donate