



# ***Cultivating Growth***

The Impact of the Mindful Gardeners  
Griffith STEAM Magnet Middle School

## Mission Statement

The Mindful Gardeners are a group of ambitious and dedicated middle-school students from Griffith STEAM Magnet Middle School in search of change and leadership, addressing conflicts in our school environment and community. More specifically we focus on the dilemma of increasing mental health awareness in our community of East Los Angeles.



## Self-Care Activities for Students & Parents





## Short Term and Long Term Impact





# Accomplishments



## Accomplishments





# Accomplishments





## Community Partnerships



### How East L.A. middle school students use gardening to spread mental health awareness

Known as the Mindful Gardeners, this dedicated school-based group at Griffith STEAM Magnet Middle School meets regularly to discuss mental health, plan engaging activities, and share accessible resources with the East Los Angeles community.





# Our School's Garden and the Impact of the Mindful Gardeners





## How our Social Work Team leads the Mindful Gardeners





## Future Goals & Conclusion

