

Mindful Reentry

ACTIVE

Grounding practices and mental tools to navigate the first days, weeks, and months home.

SERVES	Returning citizens
DELIVERY METHOD	Community-based, in-person and remote
ELIGIBILITY	Returning citizens in the reentry transition
PROGRAM TYPE	Secular, community-based mindfulness

What It Is

Reentry is one of the hardest transitions a person can face, often compressed into a matter of days. Mindful Reentry gives community members grounding practices and mental tools they can actually use in that window, so the transition home is met with steadiness instead of overwhelm.

The program is community-based and flexible by design, meeting people in-person or remotely depending on what they need and where they are.

Why It Matters

The first days and months home carry the highest risk of setback: housing instability, unfamiliar systems, strained relationships, and financial pressure all hit at once. Mindful Reentry gives people a practice to return to when everything else feels unstable, turning a moment of uncertainty into one of intention.

How You Can Partner

Reentry service providers: refer returning citizens into Mindful Reentry as part of your wraparound services.

Housing and employment programs: co-host sessions alongside your existing reentry support.

Volunteers: support as a mentor or group facilitator for returning citizens.

Contact us to build a referral pathway or co-facilitation partnership.

May all beings be free.