



MEDIA ALERT

FOR IMMEDIATE RELEASE

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CONTACT:

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NOVEMBER 6 – Mindful Littles Hosts 4th Annual Peace & Kindness Carnival for Bay Area Families

WHAT: Mindful Littles welcomes Bay Area families, community members, and businesses to celebrate its 4th Annual Peace & Kindness Carnival in Orinda, CA. **The carnival includes community service projects benefiting local nonprofits, carnival games, face painting, food trucks and more.**

WHO: Mindful Littles staff and founder Tanuka Gordon, nonprofit partners and volunteers and Carnival sponsors, including Safeway, Friedman's Home Improvement, Pleasant Hill Orthodontics, and Lamorinda Tooth Buds. Bay Area families and community members are invited, along with business representatives interested in meaningful community service and team building programs for their employees.

Interviews with Mindful Littles Founder and CEO Tanuka Gordon are available prior, during and after the event. Contact [Lisa Sadikman](mailto:LisaSadikman@mindfullittles.org) to schedule an interview.

WHEN: **Sunday, November 6, 2022, 10 a.m. to 2 p.m.**

WHERE: Orinda Community Park, 28 Orinda Way, Orinda, CA 94563.

WHY: Mindful Littles is the only nonprofit organization of its kind dedicated to **restoring connectedness through high-impact mindful service experiences.** This unique program combines mindfulness and authentic service experiences into a holistic model for the Whole Community. Research shows experiencing compassion has positive health benefits, including reduction in anxiety, stress and depression, increased mental and emotional resiliency, and increased connectedness and social relationships. Backed by several years of research, Mindful Littles offers workplaces, schools and community organizations both mindful service experiences and compassion training workshops. For more information about our services, please [contact us](#).