

ReMind: Trauma-Informed Mental Wellbeing Program

WHEN Starts: Thursday, October 14th 2021 at 9:00 AM
Ends: Thursday, December 2nd 2021 at 11:00 AM

WHERE Online

COST \$450

The ReMind program is a trauma-informed 8 week exploration of creative practices.

We don't focus on diagnosis, and you are not asked to tell or share your story. Instead, we connect around ways and habits that bring you delight, that inspire you to shift your idea of yourself and your creativity. No 'experience' at creativity is required. It's about trying things you haven't tried before, reflecting, and figuring out what habits support your day-to-day wellbeing and self-care.

Timing: 8 weeks of 3 hours (approx 24 hours in total)



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and [registration details](#)