



THE MINDFUL RESET

Overwhelmed? Do you want tips and tricks to manage it better? If so, The Mindful Reset is for you!

A safe and welcoming space to explore a range of mindfulness exercises (not just meditation) that are designed to help you grow and improving overall wellbeing and mental health.

Every Wednesday between 10am and 11am.
Locations may vary across Darwin and Palmerston.

*For Adults between the ages of 16-64