



## UPLIFTING NEWS

# Bonsai July Retreat DC - A Clucking Good Time

07/20/2018 - BonChon Navy Yard

by [The MindReset](#) on 07/27/2018

Members of The MindReset (TMR) Community in Washington DC gathered for their monthly Bonsai Retreat to further friendship, food, and community growth. They were joined by a visiting Madison TMR Core Team member, Cole Schenck.

Over Korean fried chicken and other delicious plates, members bonded with each other by sharing more about their personal lives.

The dinner crew then explored the Navy Yard waterfront where they enjoyed ice cream while listening to a live band. The conversation gravitated towards the theme of the month, family, where members talked about their varying family dynamics.

Darryl, member of the PEco (Patient Ecosystem) Team, expressed his excitement about moving out from his parent's place into his own. As a person with epilepsy, he is looking forward to more independence and having freedom to make his own decisions.

Cole shared how his family was not very cohesive in the past, but through the encouragement of his partner, relationships in his family have been improving overall. A theme from this month's discussion is that relationships can be improved in already established systems by support from outside resources if conducted in a tactful manner.

All members in attendance agreed that in the future, meetings at restaurants and on-the-go would be fun to do. One member stated: "Let's do this again!"

The MindReset holds community events every month in geographic areas where there are members available to gather. If you would like to host a Bonsai Retreat in your community or would like to learn more about TMR, please contact [themindreset@gmail.com](mailto:themindreset@gmail.com).



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