



The MindReset

www.themindreset.com

Rethinking the way we live to create Supportive, Inclusive, Compassionate, and Kind communities

November 2018

DONOR CORNER

The impact of our donors can never be overstated for our organization. Without the help of contributions from the public, we would not have the ability to make the impact we have and continue to strive for.

[October Donor of the Month](#)

Sawagro LLC



Sawagro LLC is a consulting group conducting business in both the U.S. and China. Their aim is to help both China and the U.S. solve their agricultural and biological-related challenges. They also serve as a bridge to extend business opportunities between the two countries.

Thank you Sawagro LLC for donating to help improve the well-being of our communities!

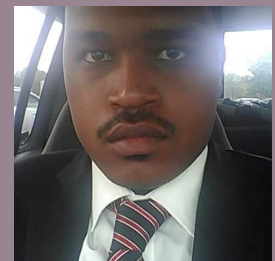
IMPACT

The MindReset strives to improve the mental, physical and emotional lives of our community members.

Across our platforms, the work of our community volunteers has had a deep and lasting impact, with:

- 80+ article publications
- 15,000 people reached across our platforms
- ~40 people trained through our Suicide Prevention Training program
- 500+ people and counting following our social media platforms

TESTIMONIALS



"My name is Daryl Tibbs and I was diagnosed with epilepsy during my freshman year of college. The one thing that keeps me sane are the support groups I attend, the monthly TMR support groups being one of them. I met [TMR founder] Jing through a support group and through this encounter became a part of The MindReset community. "

UPCOMING EVENTS

Nov. 5: Digital Support Group

Relate. Support. Heal.

Nov. 14: Talk Saves Lives Suicide Prevention Training

To learn more about warning signs and strategies for preventing suicide.

Nov 15: Brain Injury Support Group- Madison, WI. Meriter Hospital

6:30-8:00PM

Learn more about helping those with brain injury.

More events at

www.themindreset.com/events/

WHO WE ARE

The MindReset is a community of individuals who seek to inspire a social movement geared toward creating a more Supportive, Inclusive, Compassionate, and Kind society where anyone and everyone has the opportunity to thrive.

MISSION

To support the physical, emotional, and spiritual health and well-being of all individuals seeking support.

VISION

Our vision is for all people to achieve their optimal level of well-being through ongoing inspiration and sharing of success stories among our supportive community members.

This group also aims to encourage positive behaviors, intrinsic motivation, and community health improvement by leveraging partnerships and tapping into personal potential to share information and provide actionable opportunities.



THE MINDRESET IN THE COMMUNITY



Oct. 20th - The MindReset is all about amplifying the voices of individuals who need to be heard. TMR supported the American Foundation for Suicide Prevention (AFSP) in their Out of the Darkness Walk in DC.



ANNOUNCEMENTS

Watch out for HeartThreads Feature!

Founder of The MindReset will be featured on HeartThreads, a media/news company that aims to share the best stories about the best of us! Make sure to follow TMR online and subscribe to the website.

TMR is seeking out Volunteers!

Check out volunteer opportunities **HERE**.

TMR is fundraising! Check out local fundraisers and/or donate!

Learn more **HERE**.