



01 IT GOES WHERE YOU GO.
Access live and on-demand video and audio sessions anytime, anywhere.

02 MAKE IT PERSONAL.
Customize your experience and change it up whenever you want.

03 THE BEST VERSION OF YOU.
Build the skills and confidence to handle whatever life throws at you.

04 SO LITTLE TIME, SO MUCH TO GROW.
Got 3 minutes? How about 20? That's all it takes to start your journey.

05 NEW SESSIONS ADDED REGULARLY.
Add them to your calendar and bookmark your favorites to revisit later.

06 TRAIN YOUR BRAIN.
Build it into your daily routine and use it as many times as you want.

Mindstream™ is part of the SupportLinc program and available at no cost.

Visit supportlinc.com to try Mindstream™ today!
group code: cityofkent