

Summer 2025

Harmony Haven: A 21-Day Mental Wellness Retreat



What

"Harmony Haven: A 21-Day Mental Wellness Retreat" is a comprehensive program designed to promote mental wellness and provide individuals with tools to enhance their mental health. It offers a structured 21-day experience focused on various aspects of mental well-being, such as stress management, mindfulness, emotional regulation, and self-care

When

The toolkit spans over a duration of 21 days, providing participants with a three-week immersive experience. Participants may choose to engage in the toolkit at a time that suits their schedule, depending on the availability of the program

Why

The toolkit aims to address the increasing need for mental wellness resources and support, especially in today's fast-paced and stressful world. It seeks to empower individuals to take proactive steps towards improving their mental health and well-being

How

Participants are encouraged to actively engage with the material, practice the techniques learned, and integrate them into their daily lives for long-term benefits