



Ditch the devices.  Get connected.

Join us on:

What role does digital technology play in your life?

With the constant buzz of notifications and the pull of screens, it's easy to lose sight of what truly matters: meaningful connections with others and time for yourself.

True connection starts with intention. By being more mindful of how we use technology, we can create space for: **stronger relationships, simple joys, and a more present, connected life.**

Held the first of every month, Digital Detox Days are about taking small, manageable steps to regain control.

We're here to help people become more aware of how technology affects their daily lives and how it impacts their relationships, mental health, and overall well-being.