

Introducing Calm

THE WORLD'S #1 APP FOR MENTAL HEALTH



SPARK Learning Lab is excited to partner with Calm to support Indiana early childhood education and care and out of school time professionals by providing access to a free premium subscription to Calm through February 2024.

Millions of people are experiencing lower stress, less anxiety, improved focus and more restful sleep with Calm. Whether you have 30 seconds or 30 minutes, Calm content is made to suit your schedule and needs.



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