



THRIVE in mind

Thrive in Mind Cookie Policy

Last Updated: 30.10.24

This Cookie Policy explains how *Thrive in Mind* uses cookies and similar tracking technologies on our website. We are committed to transparency and clarity in how we handle data and respect your right to privacy. By continuing to use our website, you agree to our use of cookies as outlined in this policy.

1. What Are Cookies?

Cookies are small text files stored on your device when you visit a website. They help the website function correctly, improve user experience, and provide insights into how the site is used. Cookies do not typically store personal information but may store unique identifiers that allow websites to recognize users.

2. Types of Cookies We Use

We use a limited number of cookies to ensure our website functions effectively and to understand how users engage with our content. The types of cookies we currently use include:

- **Strictly Necessary Cookies:** These cookies are essential for the basic functions of the website. They enable core functionalities such as security, network management, and accessibility. You can disable these by changing your browser settings, but this may affect how the website functions.
- **Performance Cookies:** We use performance cookies to collect anonymous information about how visitors use our website, such as the pages they visit most often. These cookies help us improve our site's usability and performance. Information collected is aggregated and remains anonymous.
 - *Google Analytics:* We use Google Analytics to collect data on how users interact with our website. This data is anonymized and aggregated, giving us insights into page performance, visitor counts, and other usage patterns. Google Analytics does not allow us to identify individual users.

3. Managing Your Cookie Preferences

If you prefer to restrict, block, or delete cookies, you can do so via your browser settings. Each browser has different settings, so please refer to your browser's help section or visit

the links below for instructions on managing cookies:

- [Google Chrome](#)
- [Mozilla Firefox](#)
- [Microsoft Edge](#)
- [Safari](#)

Please note that disabling certain cookies may impact your experience and some website features may not function as intended.

4. Data Sharing and Third Parties

Thrive in Mind does not share any information collected through cookies with third parties for advertising or marketing purposes. Our cookies are solely intended to improve user experience and website performance.

5. Updates to This Cookie Policy

We may update this Cookie Policy periodically to reflect changes in technology or regulatory requirements. We encourage you to review this policy occasionally to stay informed about how we use cookies.

Contact Us

For any questions regarding our use of cookies, please contact us at contactus@thriveinmind.org.