

FORM 7

MONTHLY PROGRESS REPORT

Name of Listed Issuer: Mind Cure Health Inc. (the "Company" or "Issuer").

Trading Symbol: MCUR

Outstanding Listed Securities: 93,906,327 common shares; 19,164,550 warrants

Date: November 4, 2021

Monthly Progress Report must be posted before the opening of trading on the fifth trading day of each month. This report is not intended to replace the Issuer's obligation to separately report material information forthwith upon the information becoming known to management or to post the forms required by Exchange Policies. If material information became known and was reported during the preceding month to which this report relates, this report should refer to the material information, the news release date and the posting date on the Exchange website.

This report is intended to keep investors and the market informed of the Issuer's ongoing business and management activities that occurred during the preceding month. Do not discuss goals or future plans unless they have crystallized to the point that they are "material information" as defined in the Policies. The discussion in this report must be factual, balanced and non-promotional.

General Instructions

- (a) Prepare this Monthly Progress Report using the format set out below. The sequence of questions must not be altered nor should questions be omitted or left unanswered. The answers to the items must be in narrative form. State when the answer to any item is negative or not applicable to the Issuer. The title to each item must precede the answer.
- (b) The term "Issuer" includes the Issuer and any of its subsidiaries.
- (c) Terms used and not defined in this form are defined or interpreted in Policy 1 – Interpretation and General Provisions.

Report on Business

1. Provide a general overview and discussion of the development of the Issuer's business and operations over the previous month. Where the Issuer was inactive disclose this fact.

The Company presented at the KCSA Psychedelics Investor Conference on October 13, 2021.

The Company announced its financial results for the three months ended August 31, 2021 which are available under the Company's profile on SEDAR at www.sedar.com.

Ongoing development of the iSTRYM platform, the Company's digital therapeutics platform and deployment of the minimum viable product version into partner clinics across North America.

Ongoing exploration of therapeutic potential of psychedelic compounds for traumatic brain injuries and related conditions.

Ongoing development of the Company's Desire Project, a clinical research program focused on the treatment of female hypoactive sexual desire disorder with MDMA-assisted psychotherapy.

2. Provide a general overview and discussion of the activities of management.

Screening continued for new employees and advisors.

Oversight of product development, marketing and investor relations strategies continued.

3. Describe and provide details of any new products or services developed or offered. For resource companies, provide details of new drilling, exploration or production programs and acquisitions of any new properties and attach any mineral or oil and gas or other reports required under Ontario securities law.

No new products or services developed or offered.

4. Describe and provide details of any products or services that were discontinued. For resource companies, provide details of any drilling, exploration or production programs that have been amended or abandoned.

No products or services were discontinued.

5. Describe any new business relationships entered into between the Issuer, the Issuer's affiliates or third parties including contracts to supply products or services, joint venture agreements and licensing agreements etc. State whether the relationship is with a Related Person of the Issuer and provide details of the relationship.

The Company entered into a non-binding letter of intent with Awakn Life Sciences (NEO: AWKN) (OTCQB: AWKNF) ("Awakn"), a biotechnology company with clinical operations researching, developing, and delivering psychedelic medicine to better treat addiction. Upon execution of a definitive agreement, the Company will be a distributor of Awakn's ketamine-assisted psychotherapy for Alcohol Use Disorder protocol in the US and Canada. Awakn's protocol will be distributed through iSTRYM.

The Company entered into an agreement with an independent consultant to assess the go to market strategy and revenue potential utilizing payer models of the Company's psychedelic and digital programs.

The Company has engaged Sandstone Media LLC to provide a broad range of product and brand awareness, marketing and media services, including

message development, content creation, social media, advertising, marketing and retargeting, which may include related investor relations services.

The Company continues to sign master subscription and services agreements with clinics to provide setup and implementation services, training, and support regarding the integration of the clinics' infrastructure with the Company's iSTRYM platform for the purposes of accessing and assessing the Company's iSTRYM platform.

6. Describe the expiry or termination of any contracts or agreements between the Issuer, the Issuer's affiliates or third parties or cancellation of any financing arrangements that have been previously announced.

The Company's agreement with Jack Taylor Corporation expired on October 15, 2021. Jack Taylor Corporation was providing public relations and strategic communications services to the Company.

7. Describe any acquisitions by the Issuer or dispositions of the Issuer's assets that occurred during the preceding month. Provide details of the nature of the assets acquired or disposed of and provide details of the consideration paid or payable together with a schedule of payments if applicable, and of any valuation. State how the consideration was determined and whether the acquisition was from or the disposition was to a Related Person of the Issuer and provide details of the relationship.

No acquisitions or dispositions occurred during the month.

8. Describe the acquisition of new customers or loss of customers.

No new customers or loss of customers.

9. Describe any new developments or effects on intangible products such as brand names, circulation lists, copyrights, franchises, licenses, patents, software, subscription lists and trademarks.

None.

10. Report on any employee hirings, terminations or lay-offs with details of anticipated length of lay-offs.

The Company hired a Controller.

11. Report on any labour disputes and resolutions of those disputes if applicable.

There were no labour disputes to report or resolve.

12. Describe and provide details of legal proceedings to which the Issuer became a party, including the name of the court or agency, the date instituted, the principal parties to the proceedings, the nature of the claim, the amount claimed, if any, if the proceedings are being contested, and the present status of the proceedings.

There were/are no legal proceedings involving the Issuer.

13. Provide details of any indebtedness incurred or repaid by the Issuer together with the terms of such indebtedness.

The Issuer has no indebtedness.

14. Provide details of any securities issued and options or warrants granted.

Security	Number Issued	Details of Issuance	Use of Proceeds
Common Shares	36,618	Contractor compensation	
Stock Options	10,000	Grant date: Oct.1, 2021; exercise price \$0.325 per share; expiry: Oct.1, 2026; vesting: 2,500 on Apr.1/22, 2,500 on Oct.1/22; 2,500 on Apr.1/23, 2,500 on Oct.1/23	
Stock Options	10,000	Grant date: Oct.12, 2021; exercise price \$0.325 per share; expiry: Oct.12, 2026; vesting: 2,500 on Apr.12/22, 2,500 on Oct.1/222; 2,500 on Apr.12/23, 2,500 on Oct.12/23	
Stock Options	50,000	Grant date: Oct.18, 2021; exercise price \$0.325 per share; expiry: Oct.18, 2026; vesting: 2,500 on Apr.18/22, 2,500 on Oct.18/22; 2,500 on Apr.18/23, 2,500 on Oct.18/23	

15. Provide details of any loans to or by Related Persons.

No loans to related persons.

16. Provide details of any changes in directors, officers or committee members.

No changes.

17. Discuss any trends which are likely to impact the Issuer including trends in the Issuer's market(s) or political/regulatory trends.

Every month is seeing new entrants into the Issuer's market, creating a greater awareness to the public of the growing market but also creating a growing number of competitors.

Certificate Of Compliance

The undersigned hereby certifies that:

1. The undersigned is a director and/or senior officer of the Issuer and has been duly authorized by a resolution of the board of directors of the Issuer to sign this Certificate of Compliance.
2. As of the date hereof there is no material information concerning the Issuer which has not been publicly disclosed.
3. The undersigned hereby certifies to the Exchange that the Issuer is in compliance with the requirements of applicable securities legislation (as such term is defined in National Instrument 14-101) and all Exchange Requirements (as defined in CNSX Policy 1).
4. All of the information in this Form 7 Monthly Progress Report is true.

Dated: November 4, 2021.

Michael Wolfe
Name of Director or Senior
Officer

M Wolfe
Signature
Chief Financial Officer
Official Capacity

Issuer Details	For Month End	Date of Report YY/MM/D
Name of Issuer		
Mind Cure Health Inc.	October 2021	21/11/04
Issuer Address		
170, 422 Richards Street		
City/Province/Postal Code	Issuer Fax No. ()	Issuer Telephone No. (888) 593-8995
Vancouver BC V6B 2Z4		
Contact Name	Contact Position	Contact Telephone No.
Michael Wolfe	CFO	416-553-9832
Contact Email Address	Web Site Address	
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