

FORM 11

NOTICE OF PROPOSED STOCK OPTION GRANT OR AMENDMENT

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

Trading Symbol: "MCUR"

Date: October 17, 2020

1. New Options Granted:

Date of Grant: October 14, 2020

Name of Optionee	Position (Director/ Officer/ Employee/ Consultant/ Management Company)	Insider Yes or No?	No. of Optioned Shares	Exercise Price	Expiry Date	No. of Options Granted in Past 12 Months
Frank Mark Geoffrey Belair	Employee	Yes	200,000	\$0.79	October 14, 2025	Nil.

Total Number of optioned shares proposed for acceptance: 200,000 Common shares

2. Other Presently Outstanding Options:

Name of Optionee	No. of Optioned Shares	Exercise Price	Original Date of Grant	Expiry Date
Philip Tapley	250,000	\$0.20	June 10, 2020	June 10, 2025
Stephen D. Inouye	250,000	\$0.20	June 10, 2020	June 10, 2025
Jason Pamer	250,000	\$0.20	June 10, 2020	June 10, 2025
Terese Gieselman	250,000	\$0.20	June 10, 2020	June 10, 2025
Various Consultants	600,000	\$0.20	June 10, 2020	June 10, 2025
Kelsey Ramsden	2,500,000	\$0.25	September 20, 2020	September 20, 2025
Curtis Christopherson	550,000	\$0.25	September 20, 2020	September 20, 2025
Various Consultants	725,000	\$0.25	September 20, 2020	September 20, 2025
Various Consultants	400,000	\$0.25	September 20, 2020	September 20, 2030
CIFC Capital Corp	180,000	\$0.33	September 21, 2020	September 21, 2025

3. Additional Information

- (a) If shareholder approval was required for the grant of options (including prior approval of a stock option plan), state the date that the shareholder meeting approving the grant was or will be held.

On May 31, 2020, the shareholders of the Issuer approved the Issuer's 2020 Incentive Stock Option Plan (the "Plan")

- (b) State the date of the news release announcing the grant of options.

October 15, 2020

- (c) State the total issued and outstanding share capital at the date of grant or amendment.

45,382,230 Common shares

- (d) State, as a percentage of the issued and outstanding shares of the Issuer indicated in (c) above, the aggregate number of shares that are subject to incentive stock options, including new options, amended options and other presently outstanding options.

13.6%

- (e) If the new options are being granted pursuant to a stock option plan, state the number of remaining shares reserved for issuance under the plan.

2,921,446 Common shares remain available for issuance under the Plan

- (f) If the Issuer has completed a public distribution of its securities within 90 days of the date of grant, state the per share price paid by the public investors.

The Issuer issued Common shares at a price per Common share of \$0.20 on September 17, 2020 in connection with the completion of its initial public offering, pursuant to the Issuer's long-form prospectus dated August 27, 2020.

- (g) Describe the particulars of any proposed material changes in the affairs of the Issuer.

Not applicable

4. 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 11 Notice of Proposed Stock Option Grant or Amendment is true.

Dated: October 15, 2020.

Stephen D. Inouye
Name of Director or Senior
Officer

"Stephen D. Inouye"
Signature

Chief Financial Officer
Official Capacity