



Douglas College Counselling Presents

# BETTER COPING

Uncertainty, personal struggles, and not knowing what to do are all part of being human (and a student!). These experiences can become even more overwhelming during times of uncertainty and increased distress.

Join a Douglas College Counsellor and your fellow students for an hour of connecting and skills building. Positive connections help us grow and learn. Join us in a safe space where you can connect with other students, share how you feel, and receive support.

**WEDNESDAYS 2:30 PM - 3:30 PM**  
**SEPTEMBER 23 - DECEMBER 17**

**Register online:**

[douglascollege-ca.zoom.us/meeting/  
register/u5AoduGhrjMrHdWloCaBaRm0Tg  
tiAL6OBRme](https://douglascollege-ca.zoom.us/join/register/u5AoduGhrjMrHdWloCaBaRm0TgtiAL6OBRme)