



DOULGAS COLLEGE COUNSELLING PRESENTS

INQUIRING MINDS

The Inquiring Mind will help you better understand mental health, the stigma surrounding it and its effects on campus. We'll look at how to encourage mental health conversations through an easy-to-use tool to check in with yourself and others. We will also learn how to strengthen your resilience by practicing coping strategies. Finally, we'll discuss actions you can take to build a supportive campus community.

OCT 16th & 23rd | 9:30 - 11:30 am

Participants must attend and complete both sessions to receive a certificate from the Mental Health Commission of Canada

REGISTER AT

[douglascollege-ca.zoom.us/meeting/register/u5Esc0-opzgjHNdMc46kvM0nBYotwcA-1iTx](https://douglascollege-ca.zoom.us/j/746468788)

OR CALL

604.527.5486 | 604.777.6185