



Douglas College Counselling Services  
Presents

# VIRTUAL CALM

As a student there are very few times where the mind has a chance to rest! Learning how to calm the mind and having brain downtime allows us to better face the challenges of school and life.

Join a Douglas College Counsellor for 30min of calm in the comfort of your home. Each week we will be hosting a 30min virtual sit-in where we will practice an activity aimed at increasing your sense of calm and resilience.

Some examples of the activities that will be covered: Mindfulness Meditation, Progressive Muscle Relaxation, Loving Kindness Meditation, and much more!

**THURSDAY EVENINGS 7:30 PM - 8:00 PM**  
**SEPTEMBER 10 - DECEMBER 17**

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**SIGN UP ONLINE:**

[DOUGLASCOLLEGE-CA.ZOOM.US/MEETING/REGISTER/U5CKC-MQQDWVE9P3UAMPGMZLXH4IGP8NLBWQ](https://douglasscollege-ca.zoom.us/join/REGISTER/U5CKC-MQQDWVE9P3UAMPGMZLXH4IGP8NLBWQ)

There will be no open discussion in this group. For 1-on-1 support or if you have any questions, please contact us at [stuserv@douglascollege.ca](mailto:stuserv@douglascollege.ca)