



**DOUGLAS COLLEGE COUNSELLING  
SERVICES PRESENTS**

# **VIRTUAL CALM**

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  
STARTING MAY 28**

TO SIGN UP:  
EMAIL [STUSERV@DOUGLASCOLLEGE.CA](mailto:STUSERV@DOUGLASCOLLEGE.CA)  
CALL 604.527.5486 OR 604.777.6185