



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 7:30PM–8:00PM
JANUARY 14 - APRIL 15, 2021

SIGN UP ONLINE:

[HTTPS://DOUGLASCOLLEGE-CA.ZOOM.US/MEETING/REGISTER/U5CVF-2GQJOUHDDZ9OK31BFEP CYGP-61KOI-](https://douglascollege-ca.zoom.us/meeting/register/u5cvf-2gqjouhddz9ok31bfepcygp-61koi-)

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