



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
MAY 20 - AUGUST 5, 2021

SIGN UP ONLINE:

<https://douglascollege-ca.zoom.us/meeting/register/u5YvcuGqqjwqHNI5GJxGiL66p2liV3i1WX6n>

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