

BCITSA WELLNESS NEWS

New free wellness programs for BCIT students in March & April



ONLINE WELLNESS SUPPORT GROUP

Are you feeling stressed & looking for support & connection with other BCIT students? Then sign up for a free online support group and learn new tools to support your mental health. Register here: <https://bit.ly/3ai9iQS>

PERSONALIZED VIRTUAL NUTRITION COACHING

Do you have questions about nutrition? Would you like tips how to eat healthier meals at home or on a budget? Personalized nutrition coaching can help you with a variety of issues. Sign up for a free 30 minute virtual or phone appointment at <https://bit.ly/2vQjZLu>



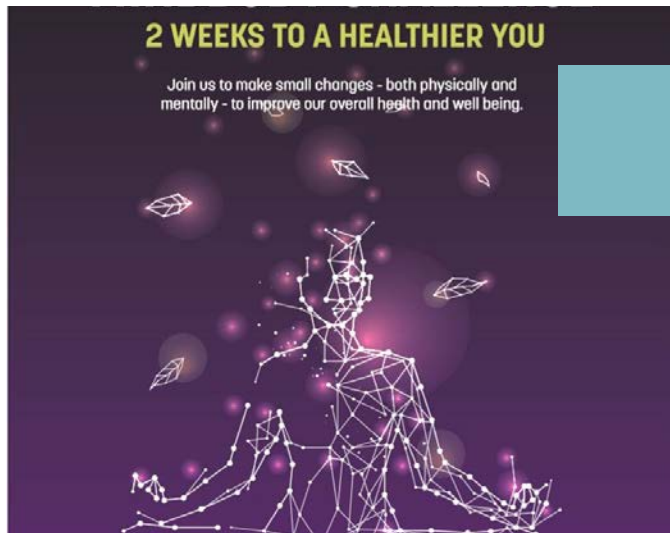
MINDFULNESS & RESILIENCE TRAINING WEBINARS

BCITSA is hosting a series of free weekly mindfulness and resiliency training webinars to help you manage stress and support your mental wellbeing. This event is facilitated by Scott Orth, Resiliency and Mindfulness Coach for CPAs. Register to join a session at: <https://bit.ly/3bxGK6h>



BCITSA WELLNESS NEWS

New free wellness programs for BCIT students in March & April



MIND-BODYWELLNESS VIRTUAL RETREAT

Sign up for a 2 week virtual retreat from March 30 to April 10th with fun online activities to support your mind & body. If you complete the retreat you will be entered into a draw for 1 Free Rockies Tour! Sign up by March 30 at:

<http://bit.ly/mindbody2020>

FREE WEBINAR TO MANAGE STRESS AND ANXIETY

In recent weeks, COVID-19 has been on many of our minds. It may have understandably increased our anxiety and stress levels. Join this free webinar to learn tools to manage these stressors and support your loved ones. Click here to register: <https://bit.ly/3bqdhZ>



BCITSA COVID-19 ONLINE INFORMATION HUB

Looking for resources & support to help you navigate this uncertain & stressful time? BCITSA has got your back! Visit the BCITSA Covid-19 online Info Hub at <https://www.bcitsa.ca/infohub/> If you have resources you want to share with other students, please email us at wellness@bcitsa.ca

Got Questions?

BCIT Student Association's Health & Wellness Team is here to support you! If you have questions about the services, please contact us at wellness@bcitsa.ca

