

PAWS YOUR STRESS USASK PRESENTS

PAWS YOUR STRESS ON ZOOM

JOIN ST. JOHN AMBULANCE THERAPY DOG TEAMS IN
BREAKOUT ROOMS ON ZOOM

WHAT TO EXPECT

- THERE WILL BE **ONE-HOUR ZOOM DROP IN SESSIONS EVERY TWO WEEKS**, JUST LIKE WHEN WE WERE IN PERSON!
- YOU CAN REGISTER FOR A SESSION AT [THERAPYDOGS.CA/THERAPY-DOG-ZOOM-MEETING](https://therapydogs.ca/therapy-dog-zoom-meeting) AND YOU WILL BE SENT A LINK TO JOIN
- THERE WILL BE DIFFERENT **BREAKOUT ROOMS** WITH DIFFERENT DOGS THAT YOU CAN CHOOSE FROM. A FACILITATOR WILL PUT YOU IN THE ROOM OF YOUR CHOOSING.
- YOU CAN LEAVE THAT ROOM AT ANY TIME AND **JOIN A DIFFERENT ROOM** IF YOU LIKE. YOU CAN ALSO LEAVE THE SESSION AT ANY TIME.
- YOU CAN STAY **ANONYMOUS** WITH YOUR VIDEO AND MIC OFF. YOU CAN EVEN CHANGE YOUR NAME!

YOU CAN ACCESS SUPPORT THROUGH THE STUDENT WELLNESS CENTRE BY VISITING [STUDENTS.USASK.CA/WELLNESS](https://students.usask.ca/wellness) OR CALLING 306-966-5768

REMEMBER

THESE SESSIONS ARE AN **OPEN SPACE** SO FEEL FREE TO STAY QUIET OR TALK AND ASK QUESTIONS. **BE KIND** TO THE VOLUNTEERS AND OTHERS ONLINE. WE ARE ALL DOING OUR BEST WITH NEW TECHNOLOGY AND NEW PROGRAMS.

VISIT [THERAPYDOGS.CA](https://therapydogs.ca) TO REGISTER

This is a USask event and harassing and discriminatory behaviour and statements will not be tolerated

