

STAYCONNECTED

Here are some ways to stay connected as a student during these social distancing times. Come back and visit this page often as information will continue to be added as it becomes available. Stay connected, stay safe!

INFO SESSIONS

For more information click [here](#)

COUNSELLING

For more information click [here](#) or to make an appointment email counselling@okanagan.bc.ca

COFFEE CONNECTION CHATS

Join OC Athletics & Recreation for a coffee date online. For more information click [here](#)

JUMP START

For more information click [here](#)

RECREATION & STUDENT LIFE ACTIVITIES

Check out [social media platforms](#) for information and to win prizes

WELLNESS RESOURCES

For more information click [here](#)

SMART START

For more information [click here](#)

FALL 2020 ORIENTATION

For more information [click here](#)

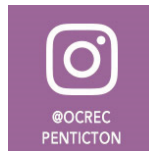
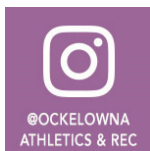
STAY CONNECTED STAY SAFE

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COFFEE CONNECTION CHATS

Please check our Facebook & Instagram page for our next Coffee Connection. Join us for Coffee Connection chats with special guests related to aspects of wellness like mindfulness, fitness, and financial tips.

Visit Athletics, Recreation & Student Life social media for information on our virtual events:



Contact your Athletics, Recreation & Student Life Team:

Catherine cnewton@okanagan.bc.ca for information on our Coyotes Athletic Teams and for the Coffee Connection Zoom links

Heather hcarson@okanagan.bc.ca with your fitness, event and Outdoor Adventure activity questions

Cassandra ctompkins@okanagan.bc.ca for Intramural and eSports extracurricular information and opportunities

