

# CTH Virtual Calm Room

Your space to relax, recharge, and find balance

## What is It?

A virtual sanctuary offering tools and strategies to help you manage your emotions and feelings during overwhelming times.



## Take Time for YOU

Explore resources designed to help you navigate your emotions with care and kindness.

## What You'll Find:

- Soothing music
- Guided meditations
- Relaxing visuals
- Breathing exercises
- Mindfulness activities

<https://bit.ly/3BkLRct>



**Disclaimer:** The following links are for educational purposes only and are not a substitute for professional psychological treatment. If you need immediate help, consult a licensed mental health professional or call 911.