



Looking to unwind  
in a stress-free zone?

## Then “Drop in and Chill” in our virtual Living Room!

Let’s face it – finals and the end of the semester are stressful. Triton’s Living Room offers a safe and serene atmosphere that will help you relax and unwind in-between studying. Visit the Living Room to breathe, stretch and meditate away stress, anxiety and tension.

The Living Room is hosted by the Counseling Department and will be accessible

**Mondays through Fridays • Noon-1 p.m.  
Nov. 30 through Dec. 17.**

Click on the link below to join the experience.

<https://us.bbcollab.com/guest/f26d7e76f57c4c67bdcfb55f0365each>

For more information, email [counsel@triton.edu](mailto:counsel@triton.edu).



**Triton College**

| It's about you.

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