

COUNSELING DEPARTMENT WORKSHOPS

The Counseling Department is hosting live virtual events to help our students best prepare for finals week.

Preparing for the Stress of Finals Week
with Tracy Wright
Monday, Dec. 7, 12-12:50 p.m., [ZOOM Link](#)

Managing Finals and Holiday Stress
with Leslie Wester
Tuesday, Dec. 8, 2-2:30 p.m., [ZOOM Link](#)

Five Minutes to Stretch Away the Stress
with Mary Casey-Incardone
Wednesday, Dec. 9, 12-12:15 p.m., [ZOOM Link](#)

How to Care for Body, Mind and Soul
with Sylvia Sztark
Thursday, Dec. 10, 12-12:50 p.m., [ZOOM Link](#)

Join us on ZOOM at <https://zoom.us/j/5755812538>.
For more information, email counsel@triton.edu.



Triton College

It's about you.

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