



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

Monday, May 10 • Noon and 5 p.m.

Tuesday, May 11 • Noon and 5 p.m.

Wednesday, May 12 • Noon

Thursday, May 13 • Noon and 5 p.m.

Friday, May 14 • Noon

Click on the link below to join the experience.

<https://us.bbcollab.com/guest/fca36cf17d7c4e7ea49e8753e82edfb7>

For more information, email counsel@triton.edu.



Triton College

| It's about you.

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