

## Triton College Counseling Department

The Triton College Counseling Department is offering mental health and wellness services. Students can visit with counselors regarding a wide variety of concerns, including managing stress, developing career goals, personal development and understanding college policies. Counselors may refer students to the appropriate campus and/or community resources to best serve the needs of the student.

(708) 456-0300, Ext. 3588 • [counsel@triton.edu](mailto:counsel@triton.edu)

[triton.edu/students/counseling](http://triton.edu/students/counseling)

## Triton College Meal Pantry

Triton College has established a free meal pantry in the Financial Aid Office (B-160) to combat student hunger. Any current, food-insecure Triton student can visit the pantry once per day during the department's regular office hours. It offers breakfast bars, instant oatmeal, cereal cups, frozen breakfast sandwiches, protein bars, granola bars, frozen instant meals, milk, water, juice and other limited snack options.

(708) 456-0300, Ext. 3468 • [mugetahernand@triton.edu](mailto:mugetahernand@triton.edu)

[triton.edu/admissions-aid/financial-aid/meal-pantry](http://triton.edu/admissions-aid/financial-aid/meal-pantry)



## West Suburban Cook County American Job Center

The center offers a variety of free services for job seekers, from 16 years of age and older. You can get help with your resume, interview skills and cover the cost of training.

1701 S. First Ave.

Maywood, IL 60153

(708) 223-2652 • [info@eesforjobs.com](mailto:info@eesforjobs.com)

[chicookworks.org/locations/west-suburban-cook-county-american-job-center](http://chicookworks.org/locations/west-suburban-cook-county-american-job-center)



CHICAGO COOK  
WORKFORCE PARTNERSHIP

A proud partner of the American Job Center network

## Student Assistance Program (SAP) – Perspectives

Perspectives, an independent student assistance program, is available to provide help with personal issues. Masters-level help is available to support you at any time to help you resolve stressful personal and family issues, or direct you to legal, financial, or child care resources when you need them most.

(800) 456-6327 • [perspectivesltd.com](http://perspectivesltd.com)

**Username:** TRI004

**Password:** perspectives



You can access any of these services directly. If you have any questions, please do not hesitate to call one of the Completion and Transition Specialists.

Ewa Paluch • (708) 456-0300, Ext. 3352

Anabel Delgado • (708) 456-0300, Ext. 3672