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Triton College

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Triton College Invites Community to Mental Health and Wellness Resource Fair

RIVER GROVE, Ill. — Triton College will host a Mental Health and Wellness Resource Fair open to the public on Wednesday, April 8, from 11 a.m. to 2 p.m. in the Student Cafeteria. The fair, hosted by Triton's Counseling and Wellness Support Services, will offer community members a chance to connect with local mental health organizations, learn about available resources, and participate in wellness activities designed to reduce stress and promote overall well-being.

Sylvia Sztark, a counselor at Triton College, said the event will feature local agencies and Triton personnel sharing information about mental health resources available on campus and in the surrounding community.

"We want to provide community members with an opportunity to learn about local mental health resources, connect with organizations that offer support services, and participate in activities that promote relaxation and stress relief," she said.

In addition to learning about available resources, attendees can expect quite a bit of fun, Sztark added, with free activities including chair massages, a yoga class, tai chi and meditation sessions, and a sound bath healing experience. Healthy refreshments and free giveaways will also be available.

Triton College Counseling and Wellness Support Services provides around-the-clock support for students, offering a safe, confidential space to discuss a wide variety of concerns, including personal and mental health support.

"Mental health and wellness are essential for academic success, workplace productivity and overall quality of life," Sztark said. "Hosting this event underscores Triton College's commitment to supporting the well-being of the campus community and strengthening connections with local organizations that provide valuable support. We hope attendees leave the event feeling more informed about the mental health resources available to them and inspired to prioritize their well-being."

For more information about Counseling and Wellness Support Services at Triton College, visit triton.edu/students/counseling.

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ABOUT TRITON COLLEGE:

Triton College is a public institution of higher education dedicated to student success. Recently recognized by the Aspen Institute as one of the Top 200 community colleges in the nation, Triton offers more than 130 degree and certificate programs that prepare students to pursue meaningful careers, transfer to four-year universities, and thrive in a global economy. Guided by our mission—*Valuing the individual, educating and serving the community*—Triton serves nearly 17,000 students annually on its 110-acre campus in River Grove, Illinois. Our dedicated faculty and staff provide high-quality, accessible and affordable educational opportunities that empower students and strengthens the communities we serve. Triton College is accredited by the Higher Learning Commission and a member of The Illinois Community College Board. Illinois is home to 45 colleges in 39 community college districts. Learn more at triton.edu.