



# Spring 2021 Counselor Workshops

The Triton College counselors will hold virtual workshops once a month. The interactive workshops are free and students are encouraged to log in and participate. Each of the counselors will be available for question and answer sessions after the workshop.

## Mindful Mondays

March 1, April 5, May 3 • All sessions held at noon with Sylvia Sztark.

## Mental Health Mondays – Tracy Wright

March 1, April 5, May 3 • All sessions held at 5 p.m. with Tracy Wright.

## Take Charge Tuesdays

March 2, April 6, May 4 • All sessions held at noon with Mary Casey-Incardone.

## Feel Good Fridays – Leslie Wester

March 5, April 9, May 7 • All sessions held at noon with Leslie Wester.

Click on the link below to join the experience.

<https://us.bbcollab.com/guest/145a2ba75c5a4a56a1b989c194ca62f2>

For more information, email [counsel@triton.edu](mailto:counsel@triton.edu) or call (708) 456-0300, Ext. 3588.

