

COUNSELING AND WELLNESS SUPPORT SERVICES



Anxiety

SUPPORT GROUP

A FUN SIX-WEEK GROUP FOR MANAGING
AND OVERCOMING ANXIETY.

Thursdays in the A Building, Room A-106.
(Counseling and Wellness Support Services)

Meeting time: 1-2 p.m.

Meeting days: Oct. 20 and 27, Nov. 3, 10 and 17, and Dec. 1.

For more information, please contact Sylvia Sztark
at sylviasztark@triton.edu or at (708) 456-0300, Ext. 3092.

To register, please scan the QR code.



There's
a place
for you.



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