

Post-Election Outreach

This election has been very stressful for all of us. In recognition that the days post-election will have extra stress and tension, there are 3 workshops that may help you to manage your reactions. Come to Room A-106, Counseling & Wellness Support Services.

Wednesday, Nov. 6

11:30 a.m.-12:30 p.m.

Getting Centered—The past few weeks may have been stressful, but there are things within our control to help get re-centered. Join us for an opportunity to refocus and discuss with your peers how you're feeling.

Thursday, Nov. 7

1-2 p.m.

Building Resilience—Strategies for coping and moving forward.

Friday, Nov. 8

1-2 p.m.

Finding Common Ground—Navigating conversations can be challenging, especially after a contentious election. This session will help students develop communication skills and foster connections, promoting a sense of community.

More options ...

Individual appointments are available. Limited walk-in availability or make an appointment by calling **Ext. 3588** or email counsel@triton.edu. Come to our Living Room in Room A-106 (inside Counseling & Wellness Support Services). It is open to all students for a place to relax and find calm space and use some stress reduction resources (coloring books, crafts, eye massagers and more).

For more information, call Ext. 3588, email counsel@triton.edu or come to A-106.

