

TRITON COLLEGE  
**COUNSELING & WELLNESS SUPPORT SERVICES**  
Celebrates



**WORLD  
MENTAL  
HEALTH DAY**  
CELEBRATED GLOBALLY ON OCT. 10

**BE KIND TO YOUR MIND**

Join us in celebrating World Mental Health Day! Various agencies and organizations will be present to provide valuable resources and information to help you take care of your mental well-being. Enjoy complimentary popcorn, snacks and giveaways.

For more information, please contact Counseling & Wellness Support Services at [counsel@triton.edu](mailto:counsel@triton.edu) or call (708) 456-0300, Ext. 3588.



**Thursday, Oct. 10, 11 a.m.-2 p.m.**  
**Student Center Cafeteria**



Triton College is an Equal Opportunity/Affirmative Action institution.

There's  
a place  
for you.



**Triton College**  
triton.edu

2000 Fifth Ave.  
River Grove, IL 60171  
(708) 456-0300