



Thornton Township High School District 205  
465 East 170<sup>th</sup> Street  
South Holland, Illinois 60473  
Main: (708) 225-4000

**PRESS RELEASE**  
FOR IMMEDIATE RELEASE

March 8, 2024

**Breaking the Cycle Mental Health Event**  
*A Breakthrough in Support and Awareness hosted by the  
Student Board of Education of Thornton Township High School District 205*

South Holland, IL - High school life can often become overwhelming, with students facing numerous pressures and challenges. Recognizing the importance of mental health and the need for self-care, the Thornton Township High School District 205 Student Board of Education (SBOE) is proud to announce its inaugural mental health awareness event, Breaking the Cycle. The event will take place on Saturday, March 16, 2024, from 1:00 to 5:00 p.m. at Thornton Township High School.

Breaking the Cycle provides a phenomenal opportunity for individuals to find solace, rejuvenation, and support for their mental well-being. This event will be an unforgettable experience featuring various activities and resources designed to help attendees cope with the demands of high school life.

With a focus on promoting healthy and effective coping mechanisms, Breaking the Cycle offers a diverse range of activities for everyone to enjoy. Students will take a break and immerse in the soothing ambiance of art therapy, which is guaranteed to ignite their creative spirit and provide a therapeutic outlet for self-expression. Participants will have the chance to engage in expressive art, allowing them to release and understand their emotions through the power of creativity.

The event will also welcome some adorable furry friends from local animal shelters, as comfort dogs will be present to provide unconditional love, affection, and support. These four-legged companions have been scientifically proven to reduce stress and anxiety, making them the perfect allies on this mental health journey.

As if that wasn't exciting enough, attendees will have the opportunity to win amazing prizes through raffles, including a top-of-the-line refrigerator, sought-after Beats headphones, and generous fast-food gift cards. This not only adds an element of excitement but also contributes to the overall mission of building a supportive community where mental health is prioritized and celebrated.

Breaking the Cycle extends an open invitation to everyone: students, parents, siblings, friends, neighbors, and the entire community. District 205's SBOE encourages everyone to come together and show support for mental health awareness by attending this transformative event. Entry to Breaking the Cycle is completely FREE, highlighting the SBOE's commitment to ensuring accessibility for all individuals seeking a mental break.

Don't miss out on this incredible opportunity to recharge, find solace, and discover effective ways to cope with the ups and downs of high school life.

To secure a spot, online registration is required to ensure a seamless and enjoyable experience for all attendees. A link to register for the event is available at [district205.net](http://district205.net) or using the following link: [Eventbrite Registration Link](#).

For media inquiries, *Contact Thornton Township High School District 205: Mary Ann Thornton, [thornton.maryann@district205.net](mailto:thornton.maryann@district205.net), 708-518-9595, [www.district205.net](http://www.district205.net)*

The SBOE looks forward to hosting Breaking the Cycle, a groundbreaking event that aims to empower and prioritize mental health in our community.

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### **About Thornton Township High School District 205:**

Thornton Township High School District 205, located in South Holland, Illinois, is a leading educational institution dedicated to providing exceptional education and fostering a supportive environment for their students. District 205 schools, Thornridge, Thornton, and Thornwood, are committed to empowering minds, inspiring futures, and preparing students for college, career readiness, and lifelong learning. For more information about Thornton Township High School District 205, please visit [www.district205.net](http://www.district205.net).