Coping With Endings
A Fall 2015 Student Workshop

Dealing with endings (of relationships, jobs, school) is one of the most difficult things we as human beings do. It is especially hard when we don’t choose for something to end. When this happens we are distressed - we come to negative conclusions about ourselves and may feel that we are a threat to ourselves or others. If you are having difficulty dealing with endings, come to our workshop to learn coping strategies, and be on your way to a happier you!

When & Where
November 11, 2015
3:30PM-5PM
@ SHAC
(Go up the stairs to 2nd floor, in conference room 234)

What You’ll Learn:
• How to allow yourself to experience your pain
• The importance of surrounding yourself with support
• How to shift the focus away from loss and towards the positive
• How to find a lesson in every loss

No Charge! Sign-Up Online: shac.unm.edu
For More Info, Email: studentcounseling@unm.edu