

ESTABLISHING BOUNDARIES

NOV 22ND 2-3:30 PM

FREE WORKSHOP!
FALL 2023



Learn:

- ✓ *How to communicate and establish boundaries*
- ✓ *How to apply to relationship with friends, family, romantic partners, etc.*
- ✓ *Why it's important to communicate your boundaries with loved ones*

**Sign Up
Now!!
Students
can attend
for FREE!**



STUDENT HEALTH
& COUNSELING

Email tholland1@unm.edu to register by selecting which workshop you want to attend!