Healthy LGBTQIA+ Relationships

Fall 2021 Workshop for Students

Is your relationship healthy? Relationships can bring a sense of fulfillment, but it’s important to know when a relationship is functional and when it’s dysfunctional. Learn about the components of a healthy, long-term relationship and the components of a relationship that may be harmful. **This workshop will give more focus on LGBTQIA+ relationships.**

**When & Where**
Tuesday, November 23
3:00-4:30 PM
via Zoom

**What You’ll Learn:**
- Factors to consider when assessing your relationship
- Healthy vs. unhealthy communication styles
- How to build a base of equality and respect
- Steps to maintain a healthy relationship

**NO CHARGE!**

**RSVP:** studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop

**Workshop Co-Sponsors:**
Student Health & Counseling (SHAC)
LGBTQ Resource Center

shac.unm.edu