Healthy Relationships
A Spring 2017 Student Workshop

Is your relationship healthy? Relationships can bring a sense of fulfillment to our lives, but it’s important to know when a relationship is functional and when it is dysfunctional. Learn about the components of a healthy, long-term relationship and the components of a relationship that may be harmful to you.

When & Where
Wednesday, February 22, 2017
12:00-1:00 PM
Women’s Resource Center
Mesa Vista 1160

What You’ll Learn:
• Important aspects of healthy relationships
• 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! Sign-Up Online: shac.unm.edu
For More Info, E-Mail: studentcounseling@unm.edu