



Student Health & Counseling (SHAC)

Counseling Services  
MSC06 3870  
1 University of New Mexico  
Albuquerque NM 87131-0001

# Workshops - Fall 2017

*Workshops for UNM Students Only – NO CHARGE!*

For information, e-mail: [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)

WORKSHOP	DATE/TIME/LOCATION
<b>Anger Management</b> – Understand and manage anger better. Learn coping techniques by developing improved problem solving strategies.	Tue., Nov. 28, 3:30-5:00PM SHAC, Room 234
<b>Catch Some Zzzzs: Healthy Sleep</b> (One Session) – Learn about the practices, habits, and environmental factors that are important to getting sound sleep.	Thu., Nov. 2, 3:30-5:00PM SHAC, Room 234  Thu., Nov. 30, 3:30-5:00PM SHAC, Room 234
<b>Coping With Endings</b> – Dealing well with endings is one of the most difficult things we humans do. Learn how to cope better with endings.	Tue., Dec. 5, 3:30-5:00PM SHAC, Room 234
<b>Laughter Yoga</b> – Participants simulate laughter as a form of physical exercise via stretching, breathing, clapping, and chanting. Wear comfortable clothing. No mat needed.	Wed., Sep. 20, 3:30-4:30 PM SE Courtyard (Behind Women’s Resource Ctr)
<b>Stress &amp; Anxiety Toolbox</b> (One Session) – Learn how to identify situations that stress you out, and how to keep that stress from making you feel anxious and depressed.	Tue., Sep. 12, 3:30-5:00PM SHAC, Room 234  Wed., Oct. 18, 3:30-5:00PM SHAC, Room 234  Tue., Nov. 14, 3:30-5:00PM SHAC, Room 234  Mon., Dec. 4, 3:30-5:00PM SHAC, Room 234

shac.unm.edu | (505) 277-3136

**SCHEDULE IS SUBJECT TO CHANGE. CHECK WEBSITE FOR UPDATES.**