Coping With Breakups

Spring 2020 Workshop for Students

Breaking up is never easy, even if you’re the one initiating the end of the relationship. There are a range of emotions to contend with, some of which may last longer than others. There are short-term and long-term steps you can take to recover so you can move on to healthy, trusting relationships in the future — including a healthy relationship with yourself. Learn about what to expect and how you can recover in a positive way.

When & Where
Friday, February 7
11:00 AM-12:00 PM
SHAC, Room 234

What You’ll Learn:
• Seek support from friends and family
• Remind yourself of all the great things in your life
• Take care of your body
• Do things you love

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu