



# Coping With Endings

*Spring 2021 Zoom Workshop for Students*

Dealing with endings (of relationships, jobs, school) is one of the most difficult things we do. It is especially hard when we don't choose for something to end. When this happens we are distressed; we come to negative conclusions about ourselves and may feel that we are a threat to ourselves or others. Come to our workshop to learn coping strategies, and be on your way to a happier you!

## **When & Where**

Friday, March 26

4:00-5:00 PM

Via Zoom

## **What You'll Learn:**

- Allow yourself to experience your pain
- The importance of surrounding yourself with support
- Shift the focus away from loss and towards the positive
- Find a lesson in every loss

**NO CHARGE!**

**RSVP:** [studentcounseling@unm.edu](mailto:studentcounseling@unm.edu)