



## Healthy LGBTQIA+ Relationships

### *Fall 2022 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 8  
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](mailto:studentcounseling@unm.edu)**

Deadline to Register: 1 Business Day Before Workshop

#### **Workshop Co-Sponsors:**

Student Health & Counseling (SHAC)

LGBTQ Resource Center