Healthy Relationships
A Spring 2019 Workshop for Students

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
Tuesday, February 12
1:00-2:30 PM
SHAC, Room 234

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!
For More Info, E-Mail: studentcounseling@unm.edu