



Healthy Relationships

Spring 2021 Zoom 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

Thursday, January 28
3:00-5:00 PM
Via Zoom

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!

RSVP: studentcounseling@unm.edu