

MENTAL HEALTH WORKSHOPS FALL 2023

QUESTION, PERSUADE, REFER: THREE STEPS
ANYONE CAN LEARN TO HELP PREVENT SUICIDE

SEPTEMBER 20TH: 2-3PM
OCTOBER 18TH: 2-3PM
NOVEMBER 15TH: 2-3PM

MINDFULNESS 101

SEPTEMBER 11TH: 12-1:30P

ADJUSTING TO COLLEGE LIFE

SEPTEMBER 12TH: 2-3:30PM
SEPTEMBER 13TH: 9:30-11AM
SEPTEMBER 14TH: 12-1:30PM

TURNING BUSY INTO BALANCE

SEPTEMBER 27TH: 2-3:30PM

SURVIVING MIDTERMS

OCTOBER 3RD: 2-3:30PM
OCTOBER 5TH: 12-1:30PM

GETTING GOOD SLEEP

NOVEMBER 1ST: 2-3:30PM

Overcoming Stress and Anxiety

October 25th: 2-3:30pm

Resilience in Hard Times

November 8th: 2-3:30pm

Establishing Boundaries

November 22nd: 2-3:30pm

Surviving Finals

November 28th: 2-3:30pm
November 30th: 12-1:30pm

What's Next After Graduation?

November 29th: 2-3:30pm

Money on the Mind

October 4th: 2-3:30pm

All Workshops will be held in
SHAC Building- Conference Room 16.
Please email tholland1@unm.edu to register.