Personal Tragedies: Coping With Losses That Hit Home

A Fall 2018 Student Workshop

When & Where
Tuesday, November 13
12:30-1:30 PM
African American Student Services
Lounge Area, Mesa Vista Hall 1130

What You’ll Learn:
• Understanding the anxiety and mood issues following tragedy
• Discuss the shared human experience of loss
• What is our role with others who may be in distress
• How can mental health care help

NO CHARGE!
For More Info, E-Mail: studentcounseling@unm.edu

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