Resilience: Build Skills to Endure Adversity

Resilience can offset factors that increase the risk of mental health conditions, such as previous trauma.

Learn ways to recover quickly from difficulties.

When & Where
Wednesday, September 14
1:30-2:30 PM
Via Zoom

NO CHARGE!

RSVP: studentcounseling@unm.edu
Deadline to Register: 1 Business Day Before Workshop