

RESILIENCE IN HARD TIMES

NOV 8th 2-3:30

FREE WORKSHOP!
FALL 2023



Learn:

- ✓ *Way to recover quickly from difficulties*
- ✓ *How past trauma can affect mental health*
- ✓ *Learn what resiliency is and why its important*

**Sign Up
Now!!
Students
can
attend for
FREE!**



STUDENT HEALTH
& COUNSELING

Email tholland1@unm.edu to register by selecting
which workshop you want to attend!