Resilience: Build Skills to Endure Adversity

Spring 2022 Workshop for Students

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, February 23
6:00-7:00 PM
Via Zoom

NO CHARGE!

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