

Zoom Workshops - Fall 2022

For UNM Students Only - NO CHARGE!

RSVP: studentcounseling@unm.edu

Deadline to Register: 1 Business Day Before Workshop

Workshop - Via Zoom	Date / Time
Anger Management (One Session) Learn coping techniques and problem-solving strategies.	Tue., Sep. 13, 3:00-4:30 PM Wed., Oct. 19, 1:30-2:30 PM
Career & Mental Health Learn ways to deal with career uncertainty.	Tue., Sep. 27, 10:00-11:00 AM
Catching Some ZZZs Learn about the important factors for getting sound sleep.	Tue., Oct. 18, 3:00-4:30 PM
Coping with Endings Learn how to cope with endings of relationships, jobs, etc.	Tue., Dec. 6, 4:00-5:00 PM
Emotional Wellness for the Graduate Student Learn how to manage your feelings and related behaviors, cope effectively with stress, and adapt to change.	Wed., Nov. 2, 2:00-3:00 PM
Healthy Relationships Learn about the components of happy, long-term relationships.	Thu., Oct. 6, 11:00 AM-12:30 PM
Healthy LGBTQIA+ Relationships Learn about the components of happy, long-term LGBTQIA+ relationships.	Tue., Nov. 8, 3:00-4:30 PM
Managing Money Stress & Mental Wellness Learn how to manage anxiety about finances.	Wed., Oct. 26, 1:30-2:30 PM
Resilience: Build Skills to Endure Adversity Learn ways to recover quickly from difficulties.	Wed., Sep. 7, 3:30-4:30 PM
Stress & Anxiety Toolbox (One Session) Learn how to identify situations that stress you out, and how to keep that stress from making you feel anxious and/or depressed.	Thu., Sep. 8, 11:00 AM-12:00 PM Thu., Sep. 29, 9:00-10:00 AM Thu., Oct. 13, 3:00-4:00 PM Thu., Oct. 27, 3:00-4:00 PM Thu., Nov. 10, 11:00 AM-12:00 PM Wed., Nov. 30, 1:30-2:30 PM Thu., Dec. 08, 3:00-4:00 PM Fri., Dec. 16, 9:00-10:00 AM
Stuck in a Rut Again Learn strategies to activate behavior and increase motivation.	Wed., Oct. 12, 10:00-11:00 AM
Values-Based Actions Clarify your values to help you move forward on important commitments.	Thu., Sep. 15, 3:00-4:00 PM
What to Do with Grief Learn healthy ways to deal with the grieving process.	Tue., Oct. 25, 4:00-5:00 PM