

Zoom Workshops - Spring 2021

For UNM Students Only - NO CHARGE!

RSVP: studentcounseling@unm.edu

NOTE: Deadline to register is 1 business day prior to each workshop.

Workshop - Via Zoom	Date / Time
Catching Some ZZZs Learn about the practices, habits, and environmental factors that are important to getting sound sleep.	Fri., Mar. 5, 3:30-5:00 PM
Cognitive Behavioral Therapy (CBT) & Therapy Assistance Online (TAO): TAO provides self-help when you need support and education for common issues as well as guided help when your problems require a higher level of care.	Tue., Mar. 23, 12:00-1:00 PM
Coping With Endings Learn how to cope with endings of relationships, jobs, etc.	Fri., Mar. 26, 4:00-5:00 PM
Emotional Wellness for the Graduate Student Learn how to cope with stress and change.	Wed., Apr. 28, 12:00-1:00 PM
Healthy Relationships Learn about the healthy components to happy, long-term relationships.	Thu., Jan. 28, 3:00-5:00 PM
Money & Mental Health Learn how to manage anxiety about finances.	Wed., Feb. 10, 2:00-3:00 PM
Sex During COVID-19 Hits Different Learn how to best fulfill your sexual needs while being safe.	Wed., Apr. 21, 1:00-2:00 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 depressed.	Fri., Feb. 12, 11:00 AM-12:30 PM Fri., Mar. 12, 11:00 AM-12:30 PM Fri., Apr. 9, 11:00 AM-12:30 PM Fri., Apr. 30, 9:00 AM-10:30 AM
What to Do with Our Grief Learn healthy ways to deal with the grieving process.	Tue., Apr. 13, 3:00-4:30 PM

Schedule is subject to change. Check web for updates: shac.unm.edu

SHAC Phone: (505) 277-3136