Is your relationship healthy? Relationships can bring a sense of fulfillment to our lives, but it’s important to know when a relationship is functional and when it is dysfunctional. Learn about the components of a healthy, long-term relationship and the components of a relationship that may be harmful to you.

**When & Where**
Friday, October 29
10:00 AM-12:00 PM
Via Zoom

**What You’ll Learn:**
- Important aspects of healthy relationships
- Factors to consider when assessing your relationship
- Healthy vs. unhealthy communication styles
- How to build a base of equality and respect
- Steps to maintain a healthy relationship

**NO CHARGE!**

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