



# 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](mailto:studentcounseling@unm.edu)**

Deadline to Register: 1 Business Day Before Workshop