



Healthy LGBTQIA+ Relationships

Spring 2023 Workshop for Students

Is your relationship healthy? Relationships can bring a sense of fulfillment, but it's important to know when a relationship is functional and when it's dysfunctional. Learn about the components of a healthy, long-term relationship and the components of a relationship that may be harmful. **This workshop will give more focus on LGBTQIA+ relationships.**

Date & Time

Tuesday, February 28
3:00-4:30 PM

What You'll Learn:

- 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!

**Register using your UNM Email to:
studentcounseling@unm.edu**

Deadline: 1 Business Day Before Workshop

Workshop Co-Sponsors:

Student Health & Counseling (SHAC)
LGBTQ Resource Center