



Resilience: Build Skills to Endure Adversity

Spring 2023 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.

Date & Time

TBA

NO CHARGE!

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

Deadline: 1 Business Day Before Workshop