

TAO: Therapy Assistance Online

Spring 2023 Workshop for Students

This tool can be used to provide self-help on issues like mindfulness, communication, problem solving, and much more. Interested in building resilience within yourself? Need a little stress management guidance? TAO is here to help!

Dates & Times

One-Session Workshop offered on:

Tue., Feb. 14, 2:00-3:00 PM

Tue., Mar. 7, 2:00-3:00 PM

Tue., Apr. 11, 2:00-3:00 PM

Tue., May 2, 2:00-3:00 PM

What You'll Learn:

- How to register and utilize TAO
- Get enrolled for Self-Help
- Tailor modules to your needs and issues

NO CHARGE!

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

Deadline: 1 Business Day Before Workshop