

Support Workshops July 2024



Duration: 75 Minutes

Date	Support Workshop Name
July 1 st @ 10AM	Shattering the Cycle: Freedom from Addictive, Compulsive Behaviors
July 1 st @ 2PM	Alleviating Financial Stress: Practical Approaches for Easing Monetary Concerns
July 2 nd @ 10AM	Cultivating Healthy Habits: Adopting Practices for Better Health
July 2 nd @ 2PM	The Art of Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
July 2 nd @ 5PM	Navigating Breakups: Healing & Growing Post-Relationship
July 3 rd @ 10AM	Overcoming Anxiety: Strategies for Transcending Overwhelm & Stress
July 3 rd @ 2PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
July 5 th @ 10AM	Facing The Fear of Death: Embracing Mortality & Finding Meaning
July 8 th @ 10AM	Who Am I?: Discovering & Embracing Your True Self
July 8 th @ 2PM	Subconscious Reprogramming: Transforming Deep-Seated Beliefs & Behaviors
July 9 th @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
July 9 th @ 2PM	Crafting Life Vision: Designing & Living a Purposeful Life
July 9 th @ 5PM	Mandatory Me-Time: The Non-Negotiables of Self-Care
July 10 th @ 10AM	Overcoming Loneliness: Finding Connection & Community
July 10 th @ 2PM	Habit & Routine Development: Establishing Patterns for Success
July 11 th @ 10AM	Success Synergy: Merging Mental Health with Achievement
July 11 th @ 2PM	Addressing Procrastination & Self-Sabotage: Overcoming Internal Barriers to Success
July 11 th @ 5PM	The Art of Forgiveness: Letting Go of Resentment & Hurt
July 12 th @ 10AM	Stopping Negative Thoughts: Transforming Pessimism into Positivity
July 15 th @ 10AM	Assertiveness & Conflict Resolution: Communicate Effectively & Resolve Disputes
July 15 th @ 2PM	Fostering Secure Relationships: Cultivating Social Trust & Safety
July 16 th @ 10AM	Meditation Fundamentals: Mastering Techniques for Clarity & Focus
July 16 th @ 2PM	Health Foundations: Laying the Groundwork for Physical & Mental Wellbeing
July 16 th @ 5PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
July 17 th @ 10AM	Master Your Emotions: Develop Emotional Intelligence & Resilience
July 17 th @ 2PM	Overcoming Depression: Navigating the Lows & Finding Balance
July 18 th @ 10AM	Post-Traumatic Growth: Turning Distress into Resilience
July 18 th @ 2PM	Radical Acceptance: Embracing Life as It Is
July 18 th @ 5PM	Relationship Repair: Mending & Strengthening Bonds
July 19 th @ 10AM	Chasing Joy: Uncovering the Roots of Happiness
July 22 nd @ 10AM	Jealousy Tamed & Trust Reclaimed: The Power of Vulnerability
July 22 nd @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
July 23 rd @ 10AM	Finding Courage & Purpose: Discovering Your Inner Strength & Direction
July 23 rd @ 2PM	Deciphering Family Dynamics: Understanding & Strengthening Family Bonds
July 23 rd @ 5PM	Maximizing Productivity: Efficient & Effective Task Management
July 24 th @ 10AM	Articulating Your Needs: Mastering the Language of Personal Boundaries & Desire
July 24 th @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
July 25 th @ 10AM	The Art of Setting Goals: A Detailed Guide to Crafting Successful Objectives
July 25 th @ 2PM	Wellness Unplugged: The Health Benefits of Digital Detoxing
July 25 th @ 5PM	Practicing Mindfulness: Living in the Moment for Better Mental & Physical Health
July 26 th @ 10AM	Overcoming Unworthiness: Developing a Strong Sense of Self-Value/Worth
July 29 th @ 10AM	Navigating Social Anxiety: Skills for Social Confidence & Engagement
July 29 th @ 2PM	Purging Perfectionism: From Pressure To Peace
July 30 th @ 10AM	Boosting Self-Esteem: Building Confidence & Self-Worth
July 30 th @ 2PM	Tech for Holistic Wellness: Using Technology to Enhance Wellbeing
July 30 th @ 5PM	Self-Love & Compassion: Nurturing Kindness Towards Yourself
July 31 st @ 10AM	Unlocking Autonomy: Transforming Codependent Relationships
July 31 st @ 2PM	Healing Guilt & Shame: Overcoming Negative Self-Judgments

***REMEMBER:
WORKSHOPS START ON THE DOT
DOORS CLOSE 15 MINUTES IN***

<u>How Do I Attend?</u>	<u>How Do I Interact?</u>
CALL: (805) 706-5345 at the time of the workshop and you will be let in! This is a conference call, not a Zoom meeting. You will not be on camera.	TEXT: (215) 253-7154 your questions, comments, and reflections. We recommend adding this number to your contacts list so you can quickly raise your hand.

Questions? Email Michael.Graves@Canyons.edu