

# ***Support Workshops June 2024***



***Duration: 75 Minutes***

<b>Date</b>	<b>Support Workshop Name</b>
June 3 <sup>rd</sup> @ 10AM	Boosting Self-Esteem: Building Confidence & Self-Worth
June 3 <sup>rd</sup> @ 2PM	The Art of Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
June 4 <sup>th</sup> @ 10AM	The Art of Forgiveness: Letting Go of Resentment & Hurt
June 4 <sup>th</sup> @ 2PM	Shattering the Cycle: Freedom from Addictive, Compulsive Behaviors
June 4 <sup>th</sup> @ 5PM	Stopping Negative Thoughts: Transforming Pessimism into Positivity
June 5 <sup>th</sup> @ 10AM	Healing Guilt & Shame: Overcoming Negative Self-Judgments
June 5 <sup>th</sup> @ 2PM	Overcoming Anxiety: Strategies for Managing Overwhelm & Stress
June 6 <sup>th</sup> @ 10AM	Purging Perfectionism: From Pressure To Peace
June 6 <sup>th</sup> @ 2PM	Wellness Unplugged: The Health Benefits of Digital Detoxing
June 6 <sup>th</sup> @ 5PM	Unlocking Autonomy: Transforming Codependent Relationships
June 7 <sup>th</sup> @ 10AM	Addressing Procrastination & Self-Sabotage: Overcoming Internal Barriers to Success
June 10 <sup>th</sup> @ 10AM	Radical Acceptance: Embracing Life as It Is
June 10 <sup>th</sup> @ 2PM	Maximizing Productivity: Efficient & Effective Task Management
June 11 <sup>th</sup> @ 10AM	Subconscious Reprogramming: Transforming Deep-Seated Beliefs & Behaviors
June 11 <sup>th</sup> @ 2PM	Overcoming Loneliness: Finding Connection & Community
June 11 <sup>th</sup> @ 5PM	Overcoming Depression: Navigating the Lows & Finding Balance
June 12 <sup>th</sup> @ 10AM	Meditation Fundamentals: Mastering Techniques for Clarity & Focus
June 12 <sup>th</sup> @ 2PM	Tech for Holistic Wellness: Using Technology to Enhance Wellbeing
June 13 <sup>th</sup> @ 10AM	Navigating Breakups: Healing & Growing Post-Relationship
June 13 <sup>th</sup> @ 2PM	Who Am I?: Discovering & Embracing Your True Self
June 13 <sup>th</sup> @ 5PM	Habit & Routine Development: Establishing Patterns for Success
June 14 <sup>th</sup> @ 10AM	Assertiveness & Conflict Resolution: Communicate Effectively & Resolve Disputes
June 17 <sup>th</sup> @ 10AM	Success Synergy: Merging Mental Health with Achievement
June 17 <sup>th</sup> @ 2PM	Practicing Mindfulness: Living in the Moment for Better Mental & Physical Health
June 18 <sup>th</sup> @ 10AM	Facing The Fear of Death: Coping with Mortality & Finding Meaning
June 18 <sup>th</sup> @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
June 18 <sup>th</sup> @ 5PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
June 20 <sup>th</sup> @ 10AM	Post-Traumatic Growth: Turning Distress into Resilience
June 20 <sup>th</sup> @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
June 20 <sup>th</sup> @ 5PM	Articulating Your Needs: Mastering the Language of Personal Boundaries & Desire
June 21 <sup>st</sup> @ 10AM	Alleviating Financial Stress: Practical Approaches for Easing Monetary Concerns
June 24 <sup>th</sup> @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
June 24 <sup>th</sup> @ 2PM	Master Your Emotions: Develop Emotional Intelligence & Resilience
June 25 <sup>th</sup> @ 10AM	Jealousy Tamed & Trust Reclaimed: The Power of Vulnerability
June 25 <sup>th</sup> @ 2PM	Self-Love & Compassion: Nurturing Kindness Towards Yourself
June 25 <sup>th</sup> @ 5PM	Finding Courage & Purpose: Discovering Your Inner Strength & Direction
June 26 <sup>th</sup> @ 10AM	Chasing Joy: Uncovering the Roots of Happiness
June 26 <sup>th</sup> @ 2PM	Crafting Life Vision: Designing & Living a Purposeful Life
June 27 <sup>th</sup> @ 10AM	Cultivating Healthy Habits: Adopting Practices for Better Health
June 27 <sup>th</sup> @ 2PM	Health Foundations: Laying the Groundwork for Physical & Mental Wellbeing
June 27 <sup>th</sup> @ 5PM	The Art of Setting Goals: A Detailed Guide to Crafting Successful Objectives
June 28 <sup>th</sup> @ 10AM	Mandatory Me-Time: The Non-Negotiables of Self-Care

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

<b><u>How Do I Attend?</u></b>	<b><u>How Do I Interact?</u></b>
<b>CALL: (805) 706-5345</b> 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.	<b>TEXT: (215) 253-7154</b> 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](mailto:Michael.Graves@Canyons.edu)**