

# **Support Workshops May 2024**



**Duration: 75 Minutes**

<b>Date</b>	<b>Support Workshop Name</b>
May 1 <sup>st</sup> @ 10AM	Stopping Negative Thoughts: Transforming Pessimism into Positivity
May 1 <sup>st</sup> @ 2PM	Healing Guilt & Shame: Overcoming Negative Self-Judgments
May 2 <sup>nd</sup> @ 10AM	Articulating Your Needs: Mastering the Language of Personal Boundaries & Desire
May 2 <sup>nd</sup> @ 2PM	Fostering Secure Relationships: Cultivating Social Trust & Safety
May 2 <sup>nd</sup> @ 5PM	Wellness Unplugged: The Health Benefits of Digital Detoxing
May 3 <sup>rd</sup> @ 10AM	Managing Social Anxiety: Skills for Social Confidence & Engagement
May 6 <sup>th</sup> @ 10AM	Alleviating Financial Stress: Practical Approaches for Easing Monetary Concerns
May 6 <sup>th</sup> @ 2PM	Facing The Fear of Death: Coping with Mortality & Finding Meaning
May 7 <sup>th</sup> @ 10AM	Post-Traumatic Growth: Turning Distress into Resilience
May 7 <sup>th</sup> @ 2PM	Meditation Fundamentals: Mastering Techniques for Clarity & Focus
May 7 <sup>th</sup> @ 5PM	Who Am I?: Discovering & Embracing Your True Self
May 8 <sup>th</sup> @ 10AM	The Art of Forgiveness: Letting Go of Resentment & Hurt
May 8 <sup>th</sup> @ 2PM	Crafting Life Vision: Designing & Living a Purposeful Life
May 9 <sup>th</sup> @ 10AM	Practicing Mindfulness: Living in the Moment for Better Mental & Physical Health
May 9 <sup>th</sup> @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
May 9 <sup>th</sup> @ 5PM	Boosting Self-Esteem: Building Confidence & Self-Worth
May 10 <sup>th</sup> @ 10AM	Mandatory Me-Time: The Non-Negotiables of Self-Care
May 13 <sup>th</sup> @ 10AM	Shattering the Cycle: Freedom from Addictive, Compulsive Behaviors
May 13 <sup>th</sup> @ 2PM	Overcoming Unworthiness: Developing a Strong Sense of Self-Value/Worth
May 14 <sup>th</sup> @ 10AM	Overcoming Loneliness: Finding Connection & Community
May 14 <sup>th</sup> @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
May 14 <sup>th</sup> @ 5PM	Radical Acceptance: Embracing Life as It Is
May 15 <sup>th</sup> @ 10AM	Subconscious Deprogramming: Transforming Deep-Seated Beliefs & Behaviors
May 15 <sup>th</sup> @ 2PM	Deciphering Family Dynamics: Understanding & Strengthening Family Bonds
May 16 <sup>th</sup> @ 10AM	Cultivating Healthy Habits: Adopting Practices for Better Health
May 16 <sup>th</sup> @ 2PM	Master Your Emotions: Develop Emotional Intelligence & Resilience
May 16 <sup>th</sup> @ 5PM	Chasing Joy: Uncovering the Roots of Happiness
May 17 <sup>th</sup> @ 10AM	The Art of Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
May 20 <sup>th</sup> @ 10AM	Navigating Breakups: Healing & Growing Post-Relationship
May 20 <sup>th</sup> @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
May 21 <sup>st</sup> @ 10AM	Habit & Routine Development: Establishing Patterns for Success
May 21 <sup>st</sup> @ 2PM	Relationship Repair: Mending & Strengthening Bonds
May 21 <sup>st</sup> @ 5PM	Success Synergy: Merging Mental Health with Achievement
May 22 <sup>nd</sup> @ 10AM	Jealousy Tamed & Trust Reclaimed: The Power of Vulnerability
May 22 <sup>nd</sup> @ 2PM	Self-Love & Compassion: Nurturing Kindness Towards Yourself
May 23 <sup>rd</sup> @ 10AM	Overcoming Depression: Navigating the Lows & Finding Balance
May 23 <sup>rd</sup> @ 2PM	Purging Perfectionism: From Pressure To Peace
May 23 <sup>rd</sup> @ 5PM	Unlocking Autonomy: Transforming Codependent Relationships
May 24 <sup>th</sup> @ 10AM	The Art of Setting Goals: A Detailed Guide to Crafting Successful Objectives
May 28 <sup>th</sup> @ 10AM	Overcoming Anxiety: Strategies for Managing Overwhelm & Stress
May 28 <sup>th</sup> @ 2PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
May 28 <sup>th</sup> @ 5PM	Addressing Procrastination & Self-Sabotage: Overcoming Internal Barriers to Success
May 29 <sup>th</sup> @ 10AM	Health Foundations: Laying the Groundwork for Physical & Mental Wellbeing
May 29 <sup>th</sup> @ 2PM	Maximizing Productivity: Efficient & Effective Task Management
May 30 <sup>th</sup> @ 10AM	Finding Courage & Purpose: Discovering Your Inner Strength & Direction
May 30 <sup>th</sup> @ 2PM	Assertiveness & Conflict Resolution: Communicate Effectively & Resolve Disputes
May 30 <sup>th</sup> @ 5PM	Tech for Holistic Wellness: Using Technology to Enhance Wellbeing

**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)**