

Support Workshops April 2024



Duration: 75 Minutes

Date	Support Workshop Name
Apr 1 st @ 10AM	Fostering Secure Relationships: Cultivating Social Trust & Safety
Apr 1 st @ 2PM	Boosting Self-Esteem: Building Confidence & Self-Worth
Apr 3 rd @ 10AM	Habit & Routine Development: Establishing Patterns for Success
Apr 3 rd @ 2PM	Radical Acceptance: Embracing Life as It Is
Apr 5 th @ 10AM	Managing Social Anxiety: Skills for Social Confidence & Engagement
Apr 8 th @ 10AM	The Art of Forgiveness: Letting Go of Resentment & Hurt
Apr 8 th @ 2PM	Deciphering Family Dynamics: Understanding & Strengthening Family Bonds
Apr 9 th @ 10AM	Overcoming Loneliness: Finding Connection & Community
Apr 9 th @ 2PM	Embracing Self-Care: Prioritizing Your Wellbeing
Apr 9 th @ 5PM	Digital Detoxing: Unplug, Reconnect, & Regain Clarity
Apr 10 th @ 10AM	Self-Love & Compassion: Nurturing Kindness Towards Yourself
Apr 10 th @ 2PM	Navigating Breakups: Healing & Growing Post-Relationship
Apr 11 th @ 10AM	Overcoming Anxiety: Strategies for Managing Overwhelm & Stress
Apr 11 th @ 2PM	Master Your Emotions: Develop Emotional Intelligence & Resilience
Apr 11 th @ 5PM	Addiction Release: Breaking Free from Compulsive Patterns
Apr 12 th @ 10AM	Assertiveness & Conflict Resolution: Communicate Effectively & Resolve Disputes
Apr 15 th @ 10AM	Letting Go of Perfection: Welcoming Wellness Through Embracing Imperfection
Apr 15 th @ 2PM	Alleviating Financial Stress: Practical Approaches for Easing Monetary Concerns
Apr 16 th @ 10AM	Managing Jealousy & Trust: Navigating Complex Emotional Landscapes
Apr 16 th @ 2PM	Achievement Blueprint: Crafting Goals and Navigating the Path to Success
Apr 16 th @ 5PM	Post-Trauma Growth: Turning Distress into Resilience
Apr 17 th @ 10AM	Understanding Codependency: Building Healthier Relationship Dynamics
Apr 17 th @ 2PM	Stopping Negative Thoughts: Transforming Pessimism into Positivity
Apr 18 th @ 10AM	Healing Guilt & Shame: Overcoming Negative Self-Judgments
Apr 18 th @ 2PM	Decluttering Your Life: Simplifying Your Mental, Emotional, & Physical Spaces
Apr 18 th @ 5PM	Practicing Mindfulness: Living in the Moment for Better Mental & Physical Health
Apr 19 th @ 10AM	Finding Courage & Purpose: Discovering Your Inner Strength & Direction
Apr 22 nd @ 10AM	Facing Fear of Death: Coping with Mortality & Finding Meaning
Apr 22 nd @ 2PM	Overcoming Depression: Navigating the Lows & Finding Balance
Apr 23 rd @ 10AM	Articulating Your Needs: Mastering the Language of Personal Boundaries & Desire
Apr 23 rd @ 2PM	Relationship Repair: Mending & Strengthening Bonds
Apr 23 rd @ 5PM	Chasing Joy: Uncovering the Roots of Happiness
Apr 24 th @ 10AM	Self-Actualization: What Is It & How Do I Get It?
Apr 24 th @ 2PM	Subconscious Deprogramming: Transforming Deep-Seated Beliefs & Behaviors
Apr 25 th @ 10AM	Crafting Life Vision: Designing & Living a Purposeful Life
Apr 25 th @ 2PM	Tech for Holistic Wellness: Using Technology to Enhance Wellbeing
Apr 25 th @ 5PM	Maximizing Productivity: Efficient & Effective Task Management
Apr 26 th @ 10AM	Cultivating Gratitude: The Shortcut to Sustained Peace of Mind & Joy
Apr 29 th @ 10AM	Meditation Fundamentals: Mastering Techniques for Clarity & Focus
Apr 29 th @ 2PM	Who Am I?: Discovering & Embracing Your True Self
Apr 30 th @ 10AM	The Art of Letting Go: Releasing Attachments for Personal Freedom
Apr 30 th @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
Apr 30 th @ 5PM	Addressing Procrastination & Self-Sabotage: Overcoming Internal Barriers to Success

**REMEMBER:
WORKSHOPS START ON THE DOT AND
DOORS CLOSES 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