

# **Support Workshops September 2026**



**Duration: 75 Minutes**

Date	Support Workshop Name
Sep 1 <sup>st</sup> @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Sep 1 <sup>st</sup> @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Sep 1 <sup>st</sup> @ 5PM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Sep 2 <sup>nd</sup> @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Sep 2 <sup>nd</sup> @ 2PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Sep 3 <sup>rd</sup> @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Sep 3 <sup>rd</sup> @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Sep 3 <sup>rd</sup> @ 5PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Sep 4 <sup>th</sup> @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Sep 8 <sup>th</sup> @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Sep 8 <sup>th</sup> @ 2PM	Goal Setting Redefined: From Clarity to Completion
Sep 8 <sup>th</sup> @ 5PM	Building Friendships: Creating & Maintaining Meaningful Connections
Sep 9 <sup>th</sup> @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Sep 9 <sup>th</sup> @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
Sep 10 <sup>th</sup> @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
Sep 10 <sup>th</sup> @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Sep 10 <sup>th</sup> @ 5PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Sep 11 <sup>th</sup> @ 10AM	Relationship Repair: Rebuilding Trust, Connection & Communication
Sep 14 <sup>th</sup> @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Sep 14 <sup>th</sup> @ 2PM	Breakup Recovery: Healing & Growing Post-Relationship
Sep 15 <sup>th</sup> @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Sep 15 <sup>th</sup> @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Sep 15 <sup>th</sup> @ 5PM	Habit & Routine Development: Establishing Patterns that Stick
Sep 16 <sup>th</sup> @ 10AM	Productivity: Getting Things Done Without Burning Out
Sep 16 <sup>th</sup> @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Sep 17 <sup>th</sup> @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Sep 17 <sup>th</sup> @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Sep 17 <sup>th</sup> @ 5PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Sep 18 <sup>th</sup> @ 10AM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Sep 21 <sup>st</sup> @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane
Sep 21 <sup>st</sup> @ 2PM	Purging Perfectionism: From Pressure to Peace
Sep 22 <sup>nd</sup> @ 10AM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Sep 22 <sup>nd</sup> @ 2PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Sep 22 <sup>nd</sup> @ 5PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Sep 23 <sup>rd</sup> @ 10AM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Sep 23 <sup>rd</sup> @ 2PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Sep 24 <sup>th</sup> @ 10AM	Post-Traumatic Growth: From Breakdown to Breakthrough
Sep 24 <sup>th</sup> @ 2PM	Success Synergy: Merging Mental Health with Achievement
Sep 24 <sup>th</sup> @ 5PM	Living on Purpose: From Life Vision to Intentional Action
Sep 25 <sup>th</sup> @ 10AM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Sep 28 <sup>th</sup> @ 10AM	Courage: From Default Patterns to Deliberate Living
Sep 28 <sup>th</sup> @ 2PM	Digital Detoxing: Reconnecting with What Matters Most
Sep 29 <sup>th</sup> @ 10AM	Family Dynamics Decoded: Understanding the Roles We Inherit
Sep 29 <sup>th</sup> @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Sep 29 <sup>th</sup> @ 5PM	Facing Death: Embracing Mortality to Illuminate Life
Sep 30 <sup>th</sup> @ 10AM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Sep 30 <sup>th</sup> @ 2PM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control

***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>GO TO: <a href="https://JoinWebinar.net/COC">JoinWebinar.net/COC</a></b> 5-10 minutes before the workshop, register, and join! This is a webinar, not a Zoom meeting. You will not be on camera ~ It’s 100% Anonymous.	<b>TEXT: (215) 253-7154</b> your questions, comments, and reflections. We recommend adding this number to your contacts list so you can quickly interact with us whenever you need support or guidance!

**Questions? Email [Michael.Graves@Canyons.edu](mailto:Michael.Graves@Canyons.edu)**