

# Support Workshops

## April 2025



**Duration: 75 Minutes**

Date	Support Workshop Name
Apr 1 <sup>st</sup> @ 10AM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Apr 1 <sup>st</sup> @ 2PM	Self-Love & Compassion: Nurturing Kindness Towards Yourself
Apr 1 <sup>st</sup> @ 5PM	Maximizing Productivity: Efficient & Effective Task Management
Apr 2 <sup>nd</sup> @ 10AM	The Art of Setting Goals: A Detailed Guide to Crafting Successful Objectives
Apr 2 <sup>nd</sup> @ 2PM	Shattering the Cycle: Freedom from Addictive, Compulsive Behaviors
Apr 3 <sup>rd</sup> @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Apr 3 <sup>rd</sup> @ 2PM	The Art of Forgiveness: Letting Go of Resentment & Hurt
Apr 3 <sup>rd</sup> @ 5PM	Building Friendships: Creating & Maintaining Meaningful Connections
Apr 4 <sup>th</sup> @ 10AM	Fostering Secure Relationships: Cultivating Social Trust & Safety
Apr 14 <sup>th</sup> @ 10AM	Mandatory Me-Time: The Non-Negotiables of Self-Care
Apr 14 <sup>th</sup> @ 2PM	Practicing Mindfulness: Living in the Moment for Better Mental & Physical Health
Apr 15 <sup>th</sup> @ 10AM	Addressing Procrastination & Self-Sabotage: Overcoming Internal Barriers to Success
Apr 15 <sup>th</sup> @ 2PM	Crafting Life Vision: Designing & Living an Intentional, Purposeful Life
Apr 15 <sup>th</sup> @ 5PM	Habit & Routine Development: Establishing Patterns for Success
Apr 16 <sup>th</sup> @ 10AM	Overcoming Depression: Navigating the Lows & Finding Balance
Apr 16 <sup>th</sup> @ 2PM	Stopping Negative Thoughts: Transforming Pessimism into Positivity
Apr 17 <sup>th</sup> @ 10AM	Overcoming Unworthiness: Developing a Strong Sense of Self-Value & Worth
Apr 17 <sup>th</sup> @ 2PM	Meditation Fundamentals: Mastering Techniques for Clarity & Focus
Apr 17 <sup>th</sup> @ 5PM	Who Am I?: Discovering & Embracing Your True Self
Apr 18 <sup>th</sup> @ 10AM	Healing Guilt & Shame: Overcoming Negative Self-Judgments
Apr 21 <sup>st</sup> @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Apr 21 <sup>st</sup> @ 2PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Apr 22 <sup>nd</sup> @ 10AM	Purging Perfectionism: From Pressure To Peace
Apr 22 <sup>nd</sup> @ 2PM	Finding Courage & Purpose: Discovering Your Inner Strength & Direction
Apr 22 <sup>nd</sup> @ 5PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Apr 23 <sup>rd</sup> @ 10AM	Facing The Fear of Death: Embracing Mortality & Finding Meaning
Apr 23 <sup>rd</sup> @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Apr 24 <sup>th</sup> @ 10AM	Articulating Your Needs: Mastering the Language of Personal Boundaries & Desire
Apr 24 <sup>th</sup> @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Apr 24 <sup>th</sup> @ 5PM	Success Synergy: Merging Mental Health with Achievement
Apr 25 <sup>th</sup> @ 10AM	Navigating Social Anxiety: Skills for Social Confidence & Engagement
Apr 28 <sup>th</sup> @ 10AM	Chasing Joy: Uncovering the Roots of Happiness
Apr 28 <sup>th</sup> @ 2PM	Overcoming Anxiety: Strategies for Transcending Worry & Panic
Apr 29 <sup>th</sup> @ 10AM	Overcoming Loneliness: Finding Connection & Community
Apr 29 <sup>th</sup> @ 2PM	Assertiveness & Conflict Resolution: Communicate Effectively & Resolve Disputes
Apr 29 <sup>th</sup> @ 5PM	Wellness Unplugged: The Health Benefits of Digital Detoxing
Apr 30 <sup>th</sup> @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Apr 30 <sup>th</sup> @ 2PM	The Art of Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts

**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 ~ 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)**