

Support Workshops

August 2025



Duration: 75 Minutes

Date	Support Workshop Name
Aug 1 st @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Aug 4 th @ 10AM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Aug 4 th @ 2PM	Meditation Mastery: Practicing Presence Over Reactivity
Aug 5 th @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Aug 5 th @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Aug 5 th @ 5PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Aug 6 th @ 10AM	Breakup Recovery: Healing & Growing Post-Relationship
Aug 6 th @ 2PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Aug 7 th @ 10AM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Aug 7 th @ 2PM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Aug 7 th @ 5PM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control
Aug 8 th @ 10AM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Aug 11 th @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Aug 11 th @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Aug 12 th @ 10AM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Aug 12 th @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Aug 12 th @ 5PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Aug 13 th @ 10AM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Aug 13 th @ 2PM	Courage: From Default Patterns to Deliberate Living
Aug 14 th @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Aug 14 th @ 2PM	Digital Detoxing: Reconnecting with What Matters Most
Aug 14 th @ 5PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Aug 15 th @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Aug 18 th @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Aug 18 th @ 2PM	Lifting Loneliness: Creating Space for Connection & Community
Aug 19 th @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Aug 19 th @ 2PM	Goal Setting Redefined: From Clarity to Completion
Aug 19 th @ 5PM	Purging Perfectionism: From Pressure To Peace
Aug 20 th @ 10AM	From Jealousy to Trust: Evolving Through the Power of Vulnerability
Aug 20 th @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Aug 21 st @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Aug 21 st @ 2PM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Aug 21 st @ 5PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Aug 22 nd @ 10AM	Success Synergy: Merging Mental Health with Achievement
Aug 25 th @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
Aug 25 th @ 2PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Aug 26 th @ 10AM	Tech That Heals: Modern Tools for Mind-Body Wellness
Aug 26 th @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
Aug 26 th @ 5PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Aug 27 th @ 10AM	Mindfulness: Anchoring Stillness in a Sea of Noise
Aug 27 th @ 2PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Aug 28 th @ 10AM	Habit & Routine Development: Establishing Patterns that Stick
Aug 28 th @ 2PM	Facing Death: Embracing Mortality to Illuminate Life
Aug 28 th @ 5PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Aug 29 th @ 10AM	Productivity: Getting Things Done Without Burning Out

REMEMBER:
WORKSHOPS START ON THE DOT
DOORS CLOSE 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 ~ It’s 100% Anonymous.	TEXT: (215) 253-7154 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