

# Support Workshops December 2026



**Duration: 75 Minutes**

| Date                        | Support Workshop Name                                                      |
|-----------------------------|----------------------------------------------------------------------------|
| Dec 1 <sup>st</sup> @ 10AM  | Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts               |
| Dec 1 <sup>st</sup> @ 2PM   | Goal Setting Redefined: From Clarity to Completion                         |
| Dec 1 <sup>st</sup> @ 5PM   | Lifting Loneliness: Creating Space for Connection & Community              |
| Dec 2 <sup>nd</sup> @ 10AM  | Flip Financial Stress: Creating Calm Amid Economic Chaos                   |
| Dec 2 <sup>nd</sup> @ 2PM   | Self-Compassion: The Courage to Be Gentle with Yourself                    |
| Dec 3 <sup>rd</sup> @ 10AM  | Depression Demystified: Navigating the Lows & Reclaiming Balance           |
| Dec 3 <sup>rd</sup> @ 2PM   | Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience |
| Dec 3 <sup>rd</sup> @ 5PM   | Mindfulness: Anchoring Stillness in a Sea of Noise                         |
| Dec 4 <sup>th</sup> @ 10AM  | Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind         |
| Dec 7 <sup>th</sup> @ 10AM  | Boosting Self-Esteem: Cultivating Confidence and Inner Value               |
| Dec 7 <sup>th</sup> @ 2PM   | Developing Self-Worth: Reclaiming the Value You've Always Had              |
| Dec 8 <sup>th</sup> @ 10AM  | Relationship Repair: Rebuilding Trust, Connection & Communication          |
| Dec 8 <sup>th</sup> @ 2PM   | Happiness Reclaimed: Escaping the Trap of "Chasing Joy"                    |
| Dec 8 <sup>th</sup> @ 5PM   | The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light          |
| Dec 9 <sup>th</sup> @ 10AM  | Self-Care Made Simple: The Non-Negotiables of "Me Time"                    |
| Dec 9 <sup>th</sup> @ 2PM   | Grief & Loss: Why It Hurts, How Long It Lasts, and What Actually Helps     |
| Dec 10 <sup>th</sup> @ 10AM | Building Friendships: Creating & Maintaining Meaningful Connections        |
| Dec 10 <sup>th</sup> @ 2PM  | Anger Alchemy: Transforming Frustration into Flow                          |
| Dec 10 <sup>th</sup> @ 5PM  | Goodbye Negative Thinking: Transforming Pessimism into Positivity          |
| Dec 11 <sup>th</sup> @ 10AM | Anxiety Relief: Strategies for Transcending Worry & Panic                  |

***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>                                                                                                                                                                        |
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| <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)**