

# ***Support Workshops February 2025***



***Duration: 75 Minutes***

<b>Date</b>	<b>Support Workshop Name</b>
Feb 3 <sup>rd</sup> @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Feb 3 <sup>rd</sup> @ 2PM	Overcoming Unworthiness: Developing a Strong Sense of Self-Value & Worth
Feb 4 <sup>th</sup> @ 10AM	Wellness Unplugged: The Health Benefits of Digital Detoxing
Feb 4 <sup>th</sup> @ 2PM	Finding Courage & Purpose: Discovering Your Inner Strength & Direction
Feb 4 <sup>th</sup> @ 5PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Feb 5 <sup>th</sup> @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Feb 5 <sup>th</sup> @ 2PM	Chasing Joy: Uncovering the Roots of Happiness
Feb 6 <sup>th</sup> @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Feb 6 <sup>th</sup> @ 2PM	Habit & Routine Development: Establishing Patterns for Success
Feb 6 <sup>th</sup> @ 5PM	Building Friendships: Creating & Maintaining Meaningful Connections
Feb 7 <sup>th</sup> @ 10AM	Mandatory Me-Time: The Non-Negotiables of Self-Care
Feb 10 <sup>th</sup> @ 10AM	Practicing Mindfulness: Living in the Moment for Better Mental & Physical Health
Feb 10 <sup>th</sup> @ 2PM	The Art of Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Feb 11 <sup>th</sup> @ 10AM	Purging Perfectionism: From Pressure To Peace
Feb 11 <sup>th</sup> @ 2PM	Overcoming Depression: Navigating the Lows & Finding Balance
Feb 11 <sup>th</sup> @ 5PM	Who Am I?: Discovering & Embracing Your True Self
Feb 12 <sup>th</sup> @ 10AM	Assertiveness & Conflict Resolution: Communicate Effectively & Resolve Disputes
Feb 12 <sup>th</sup> @ 2PM	Overcoming Loneliness: Finding Connection & Community
Feb 13 <sup>th</sup> @ 10AM	Self-Love & Compassion: Nurturing Kindness Towards Yourself
Feb 13 <sup>th</sup> @ 2PM	Maximizing Productivity: Efficient & Effective Task Management
Feb 13 <sup>th</sup> @ 5PM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Feb 18 <sup>th</sup> @ 10AM	Crafting Life Vision: Designing & Living an Intentional, Purposeful Life
Feb 18 <sup>th</sup> @ 2PM	Success Synergy: Merging Mental Health with Achievement
Feb 18 <sup>th</sup> @ 5PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Feb 19 <sup>th</sup> @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Feb 19 <sup>th</sup> @ 2PM	Navigating Social Anxiety: Skills for Social Confidence & Engagement
Feb 20 <sup>th</sup> @ 10AM	Post-Traumatic Growth: Turning Distress into Resilience
Feb 20 <sup>th</sup> @ 2PM	Addressing Procrastination & Self-Sabotage: Overcoming Internal Barriers to Success
Feb 20 <sup>th</sup> @ 5PM	Navigating Narcissism: Managing Controlling Relationships
Feb 21 <sup>st</sup> @ 10AM	Meditation Fundamentals: Mastering Techniques for Clarity & Focus
Feb 24 <sup>th</sup> @ 10AM	Tech for Total Wellness: Modern Tools for Enhancing Your Health
Feb 24 <sup>th</sup> @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Feb 25 <sup>th</sup> @ 10AM	Shattering the Cycle: Freedom from Addictive, Compulsive Behaviors
Feb 25 <sup>th</sup> @ 2PM	The Art of Setting Goals: A Detailed Guide to Crafting Successful Objectives
Feb 25 <sup>th</sup> @ 5PM	Overcoming Anxiety: Strategies for Transcending Worry & Panic
Feb 26 <sup>th</sup> @ 10AM	Stopping Negative Thoughts: Transforming Pessimism into Positivity
Feb 26 <sup>th</sup> @ 2PM	Fostering Secure Relationships: Cultivating Social Trust & Safety
Feb 27 <sup>th</sup> @ 10AM	Healing Guilt & Shame: Overcoming Negative Self-Judgments
Feb 27 <sup>th</sup> @ 2PM	Subconscious Reprogramming: Transforming Deep-Seated Beliefs & Behaviors
Feb 27 <sup>th</sup> @ 5PM	The Art of Forgiveness: Letting Go of Resentment & Hurt
Feb 28 <sup>th</sup> @ 10AM	Forging Resilience: Moving Beyond Deceit and Betrayal

***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.	<b>TEXT: (215) 253-7154</b> 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](mailto:Michael.Graves@Canyons.edu)**