

Support Workshops

February 2026



Duration: 75 Minutes

Date	Support Workshop Name
Feb 2 nd @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Feb 2 nd @ 2PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Feb 3 rd @ 10AM	Purging Perfectionism: From Pressure to Peace
Feb 3 rd @ 2PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Feb 3 rd @ 5PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Feb 4 th @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Feb 4 th @ 2PM	Facing Death: Embracing Mortality to Illuminate Life
Feb 5 th @ 10AM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Feb 5 th @ 2PM	Lifting Loneliness: Creating Space for Connection & Community
Feb 5 th @ 5PM	Courage: From Default Patterns to Deliberate Living
Feb 6 th @ 10AM	Success Synergy: Merging Mental Health with Achievement
Feb 9 th @ 10AM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Feb 9 th @ 2PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Feb 10 th @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Feb 10 th @ 2PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Feb 10 th @ 5PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Feb 11 th @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Feb 11 th @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
Feb 12 th @ 10AM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Feb 12 th @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Feb 12 th @ 5PM	Tech That Heals: Modern Tools for Mind-Body Wellness
Feb 17 th @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Feb 17 th @ 2PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Feb 17 th @ 5PM	Breakup Recovery: Healing & Growing Post-Relationship
Feb 18 th @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Feb 18 th @ 2PM	Goal Setting Redefined: From Clarity to Completion
Feb 19 th @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Feb 19 th @ 2PM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Feb 19 th @ 5PM	Anxiety Relief: Strategies for Transcending Worry & Panic
Feb 20 th @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Feb 23 rd @ 10AM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Feb 23 rd @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Feb 24 th @ 10AM	Productivity: Getting Things Done Without Burning Out
Feb 24 th @ 2PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Feb 24 th @ 5PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Feb 25 th @ 10AM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Feb 25 th @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Feb 26 th @ 10AM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Feb 26 th @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Feb 26 th @ 5PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Feb 27 th @ 10AM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity

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