

# Support Workshops

## January 2026



**Duration: 75 Minutes**

Date	Support Workshop Name
Jan 5 <sup>th</sup> @ 10AM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Jan 5 <sup>th</sup> @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Jan 6 <sup>th</sup> @ 10AM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Jan 6 <sup>th</sup> @ 2PM	Breakup Recovery: Healing & Growing Post-Relationship
Jan 6 <sup>th</sup> @ 5PM	Anxiety Relief: Strategies for Transcending Worry & Panic
Jan 7 <sup>th</sup> @ 10AM	Courage: From Default Patterns to Deliberate Living
Jan 7 <sup>th</sup> @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Jan 8 <sup>th</sup> @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Jan 8 <sup>th</sup> @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Jan 8 <sup>th</sup> @ 5PM	Lifting Loneliness: Creating Space for Connection & Community
Jan 9 <sup>th</sup> @ 10AM	Purging Perfectionism: From Pressure to Peace
Jan 12 <sup>th</sup> @ 10AM	Post-Traumatic Growth: From Breakdown to Breakthrough
Jan 12 <sup>th</sup> @ 2PM	Tech That Heals: Modern Tools for Mind-Body Wellness
Jan 13 <sup>th</sup> @ 10AM	Mindfulness: Anchoring Stillness in a Sea of Noise
Jan 13 <sup>th</sup> @ 2PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Jan 13 <sup>th</sup> @ 5PM	Goal Setting Redefined: From Clarity to Completion
Jan 14 <sup>th</sup> @ 10AM	Productivity: Getting Things Done Without Burning Out
Jan 14 <sup>th</sup> @ 2PM	Meditation Mastery: Practicing Presence Over Reactivity
Jan 15 <sup>th</sup> @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Jan 15 <sup>th</sup> @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Jan 15 <sup>th</sup> @ 5PM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Jan 16 <sup>th</sup> @ 10AM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Jan 20 <sup>th</sup> @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Jan 20 <sup>th</sup> @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Jan 20 <sup>th</sup> @ 5PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Jan 21 <sup>st</sup> @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Jan 21 <sup>st</sup> @ 2PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Jan 22 <sup>nd</sup> @ 10AM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Jan 22 <sup>nd</sup> @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Jan 22 <sup>nd</sup> @ 5PM	Success Synergy: Merging Mental Health with Achievement
Jan 23 <sup>rd</sup> @ 10AM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Jan 26 <sup>th</sup> @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Jan 26 <sup>th</sup> @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Jan 27 <sup>th</sup> @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Jan 27 <sup>th</sup> @ 2PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Jan 27 <sup>th</sup> @ 5PM	Digital Detoxing: Reconnecting with What Matters Most
Jan 28 <sup>th</sup> @ 10AM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Jan 28 <sup>th</sup> @ 2PM	Living on Purpose: From Life Vision to Intentional Action
Jan 29 <sup>th</sup> @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Jan 29 <sup>th</sup> @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
Jan 29 <sup>th</sup> @ 5PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Jan 30 <sup>th</sup> @ 10AM	Facing Death: Embracing Mortality to Illuminate Life

**REMEMBER:**  
**WORKSHOPS START ON THE DOT**  
**DOORS CLOSE 15 MINUTES IN**

<u>How Do I Attend?</u>	<u>How Do I Interact?</u>
<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)**