

Support Workshops

July 2025



Duration: 75 Minutes

Date	Support Workshop Name
July 1 st @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
July 1 st @ 2PM	Digital Detoxing: Reconnecting with What Matters Most
July 1 st @ 5PM	Sleep Optimization: Revitalize Your Mind for Mental & Emotional Health
July 2 nd @ 10AM	Mindfulness: Anchoring Stillness in a Sea of Noise
July 2 nd @ 2PM	From Jealousy to Trust: Evolving Through the Power of Vulnerability
July 3 rd @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
July 3 rd @ 2PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
July 3 rd @ 5PM	Anger Alchemy: Transforming Frustration into Flow
July 7 th @ 10AM	Facing Death: Embracing Mortality to Illuminate Life
July 7 th @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
July 8 th @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
July 8 th @ 2PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
July 8 th @ 5PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
July 9 th @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
July 9 th @ 2PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
July 10 th @ 10AM	Mindful Movement: Flow & Let Go for Stress Relief
July 10 th @ 2PM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
July 10 th @ 5PM	Breakup Recovery: Healing & Growing Post-Relationship
July 11 th @ 10AM	Purging Perfectionism: From Pressure To Peace
July 14 th @ 10AM	Family Dynamics Decoded: Understanding the Roles We Inherit
July 14th @ 2PM	Tech That Heals: Modern Tools for Mind-Body Wellness
July 15 th @ 10AM	Goal Setting Redefined: From Clarity to Completion
July 15 th @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
July 15 th @ 5PM	Self-Compassion: The Courage to Be Gentle with Yourself
July 16 th @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
July 16 th @ 2PM	Living on Purpose: From Life Vision to Intentional Action
July 17 th @ 10AM	Addictive & Compulsive Patterns Purged: Reclaiming Control
July 17 th @ 2PM	Mindful Nutrition: Eating with Attention for Better Health
July 17 th @ 5PM	Habit & Routine Development: Establishing Patterns that Stick
July 18 th @ 10AM	Success Synergy: Merging Mental Health with Achievement
July 21 st @ 10AM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
July 21 st @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
July 22 nd @ 10AM	Post-Traumatic Growth: From Breakdown to Breakthrough
July 22 nd @ 2PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
July 22 nd @ 5PM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control
July 23 rd @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
July 23 rd @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
July 24 th @ 10AM	Productivity: Getting Things Done Without Burning Out
July 24 th @ 2PM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
July 24 th @ 5PM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
July 25 th @ 10AM	Forgiveness: Letting Go of the Past to Move Forward Freely
July 28 th @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
July 28 th @ 2PM	Meditation Mastery: Practicing Presence Over Reactivity
July 29 th @ 10AM	Courage: From Default Patterns to Deliberate Living
July 29 th @ 2PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
July 29 th @ 5PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
July 30 th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
July 30 th @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
July 31 st @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
July 31 st @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
July 31 st @ 5PM	Relationship Repair: Rebuilding Trust, Connection & Communication

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