

Support Workshops June 2025



Duration: 75 Minutes

Date	Support Workshop Name
June 2 nd @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance
June 2 nd @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
June 3 rd @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
June 3 rd @ 2PM	Success Synergy: Merging Mental Health with Achievement
June 3 rd @ 5PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
June 4 th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
June 4 th @ 2PM	Courage: From Default Patterns to Deliberate Living
June 5 th @ 10AM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
June 5 th @ 2PM	Purging Perfectionism: From Pressure To Peace
June 5 th @ 5PM	Habit & Routine Development: Establishing Patterns that Stick
June 6 th @ 10AM	Digital Detoxing: Reconnecting with What Matters Most
June 9 th @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
June 9 th @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
June 10 th @ 10AM	Your True Self: Beyond Beliefs, Roles, and Conditioning
June 10 th @ 2PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
June 10 th @ 5PM	Self-Care Made Simple: The Non-Negotiables of "Me Time"
June 11 th @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
June 11 th @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
June 12 th @ 10AM	Goal Setting Redefined: From Clarity to Completion
June 12 th @ 2PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
June 12 th @ 5PM	Mindfulness: Anchoring Stillness in a Sea of Noise
June 13 th @ 10AM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
June 16 th @ 10AM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
June 16 th @ 2PM	Tech That Heals: Modern Tools for Mind-Body Wellness
June 17 th @ 10AM	Developing Self-Worth: Reclaiming the Value You've Always Had
June 17 th @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
June 17 th @ 5PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
June 18 th @ 10AM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control
June 18 th @ 2PM	Productivity: Getting Things Done Without Burning Out
June 20 th @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
June 23 rd @ 10AM	Anger Alchemy: Transforming Frustration into Flow
June 23 rd @ 2PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
June 24 th @ 10AM	Post-Traumatic Growth: From Breakdown to Breakthrough
June 24 th @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
June 24 th @ 5PM	Happiness Reclaimed: Escaping the Trap of "Chasing Joy"
June 25 th @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
June 25 th @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
June 26 th @ 10AM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
June 26 th @ 2PM	Meditation Mastery: Practicing Presence Over Reactivity
June 26 th @ 5PM	Living on Purpose: From Life Vision to Intentional Action
June 27 th @ 10AM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
June 30 th @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
June 30 th @ 2PM	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>
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