

Support Workshops

March 2025



Duration: 75 Minutes

Date	Support Workshop Name
Mar 3 rd @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Mar 3 rd @ 2PM	Articulating Your Needs: Mastering the Language of Personal Boundaries & Desire
Mar 4 th @ 10AM	Crafting Life Vision: Designing & Living an Intentional, Purposeful Life
Mar 4 th @ 2PM	Post-Traumatic Growth: Turning Distress into Resilience
Mar 4 th @ 5PM	Forging Resilience: Moving Beyond Deceit and Betrayal
Mar 5 th @ 10AM	Success Synergy: Merging Mental Health with Achievement
Mar 5 th @ 2PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Mar 6 th @ 10AM	Navigating Social Anxiety: Skills for Social Confidence & Engagement
Mar 6 th @ 2PM	Tech for Total Wellness: Modern Tools for Enhancing Your Health
Mar 6 th @ 5PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Mar 7 th @ 10AM	Wellness Unplugged: The Health Benefits of Digital Detoxing
Mar 10 th @ 10AM	Chasing Joy: Uncovering the Roots of Happiness
Mar 10 th @ 2PM	Assertiveness & Conflict Resolution: Communicate Effectively & Resolve Disputes
Mar 11 th @ 10AM	Shattering the Cycle: Freedom from Addictive, Compulsive Behaviors
Mar 11 th @ 2PM	The Art of Forgiveness: Letting Go of Resentment & Hurt
Mar 11 th @ 5PM	Mitigating Financial Stress: Proven Techniques for Easing Economic Pressure
Mar 12 th @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
Mar 12 th @ 2PM	Mandatory Me-Time: The Non-Negotiables of Self-Care
Mar 13 th @ 10AM	Addressing Procrastination & Self-Sabotage: Overcoming Internal Barriers to Success
Mar 13 th @ 2PM	Overcoming Loneliness: Finding Connection & Community
Mar 13 th @ 5PM	Overcoming Anxiety: Strategies for Transcending Worry & Panic
Mar 14 th @ 10AM	Healing Guilt & Shame: Overcoming Negative Self-Judgments
Mar 17 th @ 10AM	Fostering Secure Relationships: Cultivating Social Trust & Safety
Mar 17 th @ 2PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Mar 18 th @ 10AM	Overcoming Depression: Navigating the Lows & Finding Balance
Mar 18 th @ 2PM	Subconscious Deprogramming: Transforming Deep-Seated Beliefs & Behaviors
Mar 18 th @ 5PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Mar 19 th @ 10AM	Practicing Mindfulness: Living in the Moment for Better Mental & Physical Health
Mar 19 th @ 2PM	Maximizing Productivity: Efficient & Effective Task Management
Mar 20 th @ 10AM	Navigating Narcissism: Managing Controlling Relationships
Mar 20 th @ 2PM	Overcoming Unworthiness: Developing a Strong Sense of Self-Value & Worth
Mar 20 th @ 5PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Mar 21 st @ 10AM	Jealousy Tamed & Trust Reclaimed: The Power of Vulnerability
Mar 24 th @ 10AM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Mar 24 th @ 2PM	Purging Perfectionism: From Pressure To Peace
Mar 25 th @ 10AM	Meditation Fundamentals: Mastering Techniques for Clarity & Focus
Mar 25 th @ 2PM	Self-Love & Compassion: Nurturing Kindness Towards Yourself
Mar 25 th @ 5PM	Habit & Routine Development: Establishing Patterns for Success
Mar 26 th @ 10AM	Who Am I?: Discovering & Embracing Your True Self
Mar 26 th @ 2PM	Anger Alchemy: Transforming Frustration into Flow
Mar 27 th @ 10AM	Unlocking Autonomy: Transforming Codependent Relationships
Mar 27 th @ 2PM	The Art of Setting Goals: A Detailed Guide to Crafting Successful Objectives
Mar 27 th @ 5PM	The Art of Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Mar 28 th @ 10AM	Stopping Negative Thoughts: Transforming Pessimism into Positivity
Mar 31 st @ 10AM	Facing The Fear of Death: Embracing Mortality & Finding Meaning
Mar 31 st @ 2PM	Finding Courage & Purpose: Discovering Your Inner Strength & Direction

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