

Support Workshops

November 2025



Duration: 75 Minutes

Date	Support Workshop Name
Nov 3 rd @ 10AM	Success Synergy: Merging Mental Health with Achievement
Nov 3 rd @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Nov 4 th @ 10AM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Nov 4 th @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Nov 4 th @ 5PM	Breakup Recovery: Healing & Growing Post-Relationship
Nov 5 th @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Nov 5 th @ 2PM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Nov 6 th @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane
Nov 6 th @ 2PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Nov 6 th @ 5PM	Lifting Loneliness: Creating Space for Connection & Community
Nov 7 th @ 10AM	Purging Perfectionism: From Pressure to Peace
Nov 10 th @ 10AM	Courage: From Default Patterns to Deliberate Living
Nov 10 th @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Nov 12 th @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Nov 12 th @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Nov 13 th @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Nov 13 th @ 2PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Nov 13 th @ 5PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Nov 14 th @ 10AM	Forgiveness: Letting Go of the Past to Move Forward Freely
Nov 17 th @ 10AM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Nov 17 th @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Nov 18 th @ 10AM	Goal Setting Redefined: From Clarity to Completion
Nov 18 th @ 2PM	Dodging Deception: Emotional Self-Defense from Manipulators & False Authority
Nov 18 th @ 5PM	Meditation Mastery: Practicing Presence Over Reactivity
Nov 19 th @ 10AM	Productivity: Getting Things Done Without Burning Out
Nov 19 th @ 2PM	Anger Alchemy: Transforming Frustration into Flow
Nov 20 th @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Nov 20 th @ 2PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Nov 20 th @ 5PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Nov 21 st @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
Nov 24 th @ 10AM	Facing Death: Embracing Mortality to Illuminate Life
Nov 24 th @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
Nov 25 th @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Nov 25 th @ 2PM	Anxiety Relief: Strategies for Transcending Worry & Panic
Nov 25 th @ 5PM	Living on Purpose: From Life Vision to Intentional Action
Nov 26 th @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Nov 26 th @ 2PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment

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