

Support Workshops
November 2026



Duration: 75 Minutes

Date	Support Workshop Name
Nov 2 nd @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Nov 2 nd @ 2PM	Anger Alchemy: Transforming Frustration into Flow
Nov 3 rd @ 10AM	Productivity: Getting Things Done Without Burning Out
Nov 3 rd @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Nov 3 rd @ 5PM	Lifting Loneliness: Creating Space for Connection & Community
Nov 4 th @ 10AM	Breakup Recovery: Healing & Growing Post-Relationship
Nov 4 th @ 2PM	Happiness Reclaimed: Escaping the Trap of "Chasing Joy"
Nov 5 th @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Nov 5 th @ 2PM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Nov 5 th @ 5PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Nov 6 th @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Nov 9 th @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Nov 9 th @ 2PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Nov 10 th @ 10AM	Purging Perfectionism: From Pressure to Peace
Nov 10 th @ 2PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Nov 10 th @ 5PM	Self-Care Made Simple: The Non-Negotiables of "Me Time"
Nov 12 th @ 10AM	Relationship Repair: Rebuilding Trust, Connection & Communication
Nov 12 th @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Nov 12 th @ 5PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Nov 13 th @ 10AM	Success Synergy: Merging Mental Health with Achievement
Nov 16 th @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Nov 16 th @ 2PM	Goal Setting Redefined: From Clarity to Completion
Nov 17 th @ 10AM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Nov 17 th @ 2PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Nov 17 th @ 5PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Nov 18 th @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
Nov 18 th @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Nov 19 th @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Nov 19 th @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Nov 19 th @ 5PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Nov 20 th @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Nov 23 rd @ 10AM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Nov 23 rd @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Nov 24 th @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane
Nov 24 th @ 2PM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Nov 24 th @ 5PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Nov 25 th @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Nov 25 th @ 2PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Nov 30 th @ 10AM	Developing Self-Worth: Reclaiming the Value You've Always Had
Nov 30 th @ 2PM	Habit & Routine Development: Establishing Patterns that Stick

WORKSHOPS START ON THE DOT
DOORS CLOSE 15 MINUTES IN

<u>How Do I Attend?</u>	<u>How Do I Interact?</u>
GO TO: JoinWebinar.net/COC 5-10 minutes before the workshop, register, and join! This is a webinar, 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