

Support Workshops

November 2026



Duration: 75 Minutes

Date	Support Workshop Name
Nov 2 nd @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Nov 2 nd @ 2PM	Grief & Loss: Why It Hurts, How Long It Lasts, and What Actually Helps
Nov 3 rd @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Nov 3 rd @ 2PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Nov 3 rd @ 5PM	Productivity: Getting Things Done Without Burning Out
Nov 4 th @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Nov 4 th @ 2PM	Self-Care Made Simple: The Non-Negotiables of "Me Time"
Nov 5 th @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Nov 5 th @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Nov 5 th @ 5PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Nov 6 th @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Nov 9 th @ 10AM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Nov 9 th @ 2PM	Purging Perfectionism: From Pressure to Peace
Nov 10 th @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
Nov 10 th @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Nov 10 th @ 5PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Nov 12 th @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Nov 12 th @ 2PM	Happiness Reclaimed: Escaping the Trap of "Chasing Joy"
Nov 12 th @ 5PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Nov 13 th @ 10AM	Grief & Loss: Who It Knocks Down, and Why We Come Back Stronger Every Round
Nov 16 th @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Nov 16 th @ 2PM	Relationship Repair: Rebuilding Trust, Connection & Communication
Nov 17 th @ 10AM	Breakup Recovery: Healing & Growing Post-Relationship
Nov 17 th @ 2PM	Developing Self-Worth: Reclaiming the Value You've Always Had
Nov 17 th @ 5PM	Habit & Routine Development: Establishing Patterns that Stick
Nov 18 th @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane
Nov 18 th @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
Nov 19 th @ 10AM	Goal Setting Redefined: From Clarity to Completion
Nov 19 th @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Nov 19 th @ 5PM	Grief & Loss: Where It Lands, How It Travels, and What It Leaves Behind
Nov 20 th @ 10AM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Nov 23 rd @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Nov 23 rd @ 2PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Nov 24 th @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Nov 24 th @ 2PM	Grief & Loss: What to Expect, How It Shows Up, and Where to Start
Nov 24 th @ 5PM	Anxiety Relief: Strategies for Transcending Worry & Panic
Nov 25 th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Nov 25 th @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Nov 30 th @ 10AM	Grief & Loss: When It Hits, How It Comes Back, and What to Do in Between
Nov 30 th @ 2PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway

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