

Support Workshops  
October 2025



Duration: 75 Minutes

Date	Support Workshop Name
Oct 1 <sup>st</sup> @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Oct 1 <sup>st</sup> @ 2PM	Facing Death: Embracing Mortality to Illuminate Life
Oct 2 <sup>nd</sup> @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Oct 2 <sup>nd</sup> @ 2PM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Oct 2 <sup>nd</sup> @ 5PM	Tech That Heals: Modern Tools for Mind-Body Wellness
Oct 3 <sup>rd</sup> @ 10AM	Forgiveness: Letting Go of the Past to Move Forward Freely
Oct 6 <sup>th</sup> @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Oct 6 <sup>th</sup> @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Oct 7 <sup>th</sup> @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Oct 7 <sup>th</sup> @ 2PM	Productivity: Getting Things Done Without Burning Out
Oct 7 <sup>th</sup> @ 5PM	Self-Compassion: The Courage to Be Gentle with Yourself
Oct 8 <sup>th</sup> @ 10AM	Family Dynamics Decoded: Understanding the Roles We Inherit
Oct 8 <sup>th</sup> @ 2PM	Relationship Repair: Rebuilding Trust, Connection & Communication
Oct 9 <sup>th</sup> @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Oct 9 <sup>th</sup> @ 2PM	Digital Detoxing: Reconnecting with What Matters Most
Oct 9 <sup>th</sup> @ 5PM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Oct 10 <sup>th</sup> @ 10AM	Finding Mentors, Not Messiahs: Discernment in the Age of Self-Help Hype
Oct 13 <sup>th</sup> @ 10AM	Purging Perfectionism: From Pressure To Peace
Oct 13 <sup>th</sup> @ 2PM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control
Oct 14 <sup>th</sup> @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Oct 14 <sup>th</sup> @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Oct 14 <sup>th</sup> @ 5PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Oct 15 <sup>th</sup> @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Oct 15 <sup>th</sup> @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Oct 16 <sup>th</sup> @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Oct 16 <sup>th</sup> @ 2PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Oct 16 <sup>th</sup> @ 5PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Oct 17 <sup>th</sup> @ 10AM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Oct 20 <sup>th</sup> @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Oct 20 <sup>th</sup> @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Oct 21 <sup>st</sup> @ 10AM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Oct 21 <sup>st</sup> @ 2PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Oct 21 <sup>st</sup> @ 5PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Oct 22 <sup>nd</sup> @ 10AM	Courage: From Default Patterns to Deliberate Living
Oct 22 <sup>nd</sup> @ 2PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Oct 23 <sup>rd</sup> @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
Oct 23 <sup>rd</sup> @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Oct 23 <sup>rd</sup> @ 5PM	From Jealousy to Trust: Evolving Through the Power of Vulnerability
Oct 24 <sup>th</sup> @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
Oct 27 <sup>th</sup> @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Oct 27 <sup>th</sup> @ 2PM	Goal Setting Redefined: From Clarity to Completion
Oct 28 <sup>th</sup> @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Oct 28 <sup>th</sup> @ 2PM	Success Synergy: Merging Mental Health with Achievement
Oct 28 <sup>th</sup> @ 5PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Oct 29 <sup>th</sup> @ 10AM	Breakup Recovery: Healing & Growing Post-Relationship
Oct 29 <sup>th</sup> @ 2PM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Oct 30 <sup>th</sup> @ 10AM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Oct 30 <sup>th</sup> @ 2PM	Anger Alchemy: Transforming Frustration into Flow
Oct 30 <sup>th</sup> @ 5PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Oct 31 <sup>st</sup> @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane

REMEMBER:  
WORKSHOPS START ON THE DOT  
DOORS CLOSE 15 MINUTES IN

<u>How Do I Attend?</u>	<u>How Do I Interact?</u>
<b>CALL: (805) 706-5345</b> 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.	<b>TEXT: (215) 253-7154</b> 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](mailto:Michael.Graves@Canyons.edu)