

Support Workshops
October 2026



Duration: 75 Minutes

Date	Support Workshop Name
Oct 1 st @ 10AM	Family Dynamics Decoded: Understanding the Roles We Inherit
Oct 1 st @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Oct 1 st @ 5PM	Digital Detoxing: Reconnecting with What Matters Most
Oct 2 nd @ 10AM	Goal Setting Redefined: From Clarity to Completion
Oct 5 th @ 10AM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Oct 5 th @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Oct 6 th @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Oct 6 th @ 2PM	Success Synergy: Merging Mental Health with Achievement
Oct 6 th @ 5PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Oct 7 th @ 10AM	Relationship Repair: Rebuilding Trust, Connection & Communication
Oct 7 th @ 2PM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Oct 8 th @ 10AM	Happiness Reclaimed: Escaping the Trap of "Chasing Joy"
Oct 8 th @ 2PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Oct 8 th @ 5PM	Building Friendships: Creating & Maintaining Meaningful Connections
Oct 9 th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Oct 12 th @ 10AM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Oct 12 th @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Oct 13 th @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Oct 13 th @ 2PM	Anxiety Relief: Strategies for Transcending Worry & Panic
Oct 13 th @ 5PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Oct 14 th @ 10AM	Habit & Routine Development: Establishing Patterns that Stick
Oct 14 th @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Oct 15 th @ 10AM	Mindfulness: Anchoring Stillness in a Sea of Noise
Oct 15 th @ 2PM	Out of Overdrive: Rediscovering Life in the Slow Lane
Oct 15 th @ 5PM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Oct 16 th @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Oct 19 th @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Oct 19 th @ 2PM	Lifting Loneliness: Creating Space for Connection & Community
Oct 20 th @ 10AM	Productivity: Getting Things Done Without Burning Out
Oct 20 th @ 2PM	Courage: From Default Patterns to Deliberate Living
Oct 20 th @ 5PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Oct 21 st @ 10AM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Oct 21 st @ 2PM	Anger Alchemy: Transforming Frustration into Flow
Oct 22 nd @ 10AM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Oct 22 nd @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Oct 22 nd @ 5PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Oct 23 rd @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Oct 26 th @ 10AM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control
Oct 26 th @ 2PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Oct 27 th @ 10AM	Dodging Deception: Emotional Self-Defense from Manipulators & False Authority
Oct 27 th @ 2PM	Self-Care Made Simple: The Non-Negotiables of "Me Time"
Oct 27 th @ 5PM	Facing Death: Embracing Mortality to Illuminate Life
Oct 28 th @ 10AM	Breakup Recovery: Healing & Growing Post-Relationship
Oct 28 th @ 2PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Oct 29 th @ 10AM	Developing Self-Worth: Reclaiming the Value You've Always Had
Oct 29 th @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Oct 29 th @ 5PM	Purging Perfectionism: From Pressure to Peace
Oct 30 th @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance

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