

# Support Workshops

## September 2025



**Duration: 75 Minutes**

Date	Support Workshop Name
Sept 2 <sup>nd</sup> @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Sept 2 <sup>nd</sup> @ 2PM	Breakup Recovery: Healing & Growing Post-Relationship
Sept 2 <sup>nd</sup> @ 5PM	Digital Detoxing: Reconnecting with What Matters Most
Sept 3 <sup>rd</sup> @ 10AM	Tech That Heals: Modern Tools for Mind-Body Wellness
Sept 3 <sup>rd</sup> @ 2PM	Meditation Mastery: Practicing Presence Over Reactivity
Sept 4 <sup>th</sup> @ 10AM	Courage: From Default Patterns to Deliberate Living
Sept 4 <sup>th</sup> @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Sept 4 <sup>th</sup> @ 5PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Sept 5 <sup>th</sup> @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Sept 8 <sup>th</sup> @ 10AM	Conscious Integrity: Trust Isn't Enough - Building Ethical, Legal, & Emotional Clarity
Sept 8 <sup>th</sup> @ 2PM	Purging Perfectionism: From Pressure To Peace
Sept 9 <sup>th</sup> @ 10AM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Sept 9 <sup>th</sup> @ 2PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Sept 9 <sup>th</sup> @ 5PM	Success Synergy: Merging Mental Health with Achievement
Sept 10 <sup>th</sup> @ 10AM	Mindfulness: Anchoring Stillness in a Sea of Noise
Sept 10 <sup>th</sup> @ 2PM	Goal Setting Redefined: From Clarity to Completion
Sept 11 <sup>th</sup> @ 10AM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Sept 11 <sup>th</sup> @ 2PM	Anxiety Relief: Strategies for Transcending Worry & Panic
Sept 11 <sup>th</sup> @ 5PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Sept 12 <sup>th</sup> @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Sept 15 <sup>th</sup> @ 10AM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control
Sept 15 <sup>th</sup> @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Sept 16 <sup>th</sup> @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Sept 16 <sup>th</sup> @ 2PM	Facing Death: Embracing Mortality to Illuminate Life
Sept 16 <sup>th</sup> @ 5PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Sept 17 <sup>th</sup> @ 10AM	Self-Care Made Simple: The Non-Negotiables of "Me Time"
Sept 17 <sup>th</sup> @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
Sept 18 <sup>th</sup> @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Sept 18 <sup>th</sup> @ 2PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Sept 18 <sup>th</sup> @ 5PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Sept 19 <sup>th</sup> @ 10AM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Sept 22 <sup>nd</sup> @ 10AM	Productivity: Getting Things Done Without Burning Out
Sept 22 <sup>nd</sup> @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Sept 23 <sup>rd</sup> @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Sept 23 <sup>rd</sup> @ 2PM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Sept 23 <sup>rd</sup> @ 5PM	Dodging Deception: Emotional Self-Defense from Manipulators & False Authority
Sept 24 <sup>th</sup> @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Sept 24 <sup>th</sup> @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Sept 25 <sup>th</sup> @ 10AM	Developing Self-Worth: Reclaiming the Value You've Always Had
Sept 25 <sup>th</sup> @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Sept 25 <sup>th</sup> @ 5PM	Finding Mentors, Not Messiahs: Discernment in the Age of Self-Help Hype
Sept 26 <sup>th</sup> @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Sept 29 <sup>th</sup> @ 10AM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Sept 29 <sup>th</sup> @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Sept 30 <sup>th</sup> @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Sept 30 <sup>th</sup> @ 2PM	Lifting Loneliness: Creating Space for Connection & Community
Sept 30 <sup>th</sup> @ 5PM	Happiness Reclaimed: Escaping the Trap of "Chasing Joy"

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

<u><b>How Do I Attend?</b></u>	<u><b>How Do I Interact?</b></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)**