

Support Workshops
September 2026



Duration: 75 Minutes

Date	Support Workshop Name
Sep 1 st @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Sep 1 st @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Sep 1 st @ 5PM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Sep 2 nd @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Sep 2 nd @ 2PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Sep 3 rd @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Sep 3 rd @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Sep 3 rd @ 5PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Sep 4 th @ 10AM	Grief & Loss: When It Hits, How It Comes Back, and What to Do in Between
Sep 8 th @ 10AM	Anger Alchemy: Transforming Frustration into Flow
Sep 8 th @ 2PM	Goal Setting Redefined: From Clarity to Completion
Sep 8 th @ 5PM	Building Friendships: Creating & Maintaining Meaningful Connections
Sep 9 th @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Sep 9 th @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
Sep 10 th @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
Sep 10 th @ 2PM	Grief & Loss: Who It Knocks Down, and Why We Come Back Stronger Every Round
Sep 10 th @ 5PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Sep 11 th @ 10AM	Relationship Repair: Rebuilding Trust, Connection & Communication
Sep 14 th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Sep 14 th @ 2PM	Breakup Recovery: Healing & Growing Post-Relationship
Sep 15 th @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Sep 15 th @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Sep 15 th @ 5PM	Grief & Loss: Why It Hurts, How Long It Lasts, and What Actually Helps
Sep 16 th @ 10AM	Productivity: Getting Things Done Without Burning Out
Sep 16 th @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Sep 17 th @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Sep 17 th @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Sep 17 th @ 5PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Sep 18 th @ 10AM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Sep 21 st @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane
Sep 21 st @ 2PM	Purging Perfectionism: From Pressure to Peace
Sep 22 nd @ 10AM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Sep 22 nd @ 2PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Sep 22 nd @ 5PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Sep 23 rd @ 10AM	Grief & Loss: Where It Lands, How It Travels, and What It Leaves Behind
Sep 23 rd @ 2PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Sep 24 th @ 10AM	Post-Traumatic Growth: From Breakdown to Breakthrough
Sep 24 th @ 2PM	Success Synergy: Merging Mental Health with Achievement
Sep 24 th @ 5PM	Living on Purpose: From Life Vision to Intentional Action
Sep 25 th @ 10AM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Sep 28 th @ 10AM	Courage: From Default Patterns to Deliberate Living
Sep 28 th @ 2PM	Grief & Loss: What to Expect, How It Shows Up, and Where to Start
Sep 29 th @ 10AM	Family Dynamics Decoded: Understanding the Roles We Inherit
Sep 29 th @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Sep 29 th @ 5PM	Facing Death: Embracing Mortality to Illuminate Life
Sep 30 th @ 10AM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Sep 30 th @ 2PM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control

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