

# ***Support Workshops / April 2023***

***Duration: 75 Minutes***

| <b>Date</b>                   | <b>Support Workshop Name</b>                        |
|-------------------------------|---|
| April 10 <sup>th</sup>   9AM  | Technology Hacks for Magnificent Mental Health      |
| April 10 <sup>th</sup>   1PM  | Emotional Mastery & Belief Deprogramming            |
| April 10 <sup>th</sup>   3PM  | Gratitude: The Shortcut to Endless Joy              |
| April 11 <sup>th</sup>   1PM  | The Keys to Secure Relationships                    |
| April 12 <sup>th</sup>   9AM  | Setting Boundaries: Goodbye People-Pleasing         |
| April 12 <sup>th</sup>   1PM  | Deprogramming Your Relationship with Money          |
| April 13 <sup>th</sup>   1PM  | Relationship Balance: End Codependency              |
| April 13 <sup>th</sup>   3PM  | Overcoming Perfectionism                            |
| April 17 <sup>th</sup>   9AM  | Cultivating Courage & Purpose                       |
| April 17 <sup>th</sup>   11AM | Skyrocket Your Self-Esteem                          |
| April 17 <sup>th</sup>   3PM  | Overcoming Addictive Behaviors                      |
| April 18 <sup>th</sup>   1PM  | Self-Actualization & Enlightenment Simplified       |
| April 19 <sup>th</sup>   9AM  | Repairing Relationships                             |
| April 19 <sup>th</sup>   1PM  | Habit & Routine Development                         |
| April 20 <sup>th</sup>   1PM  | Anxious to Calm                                     |
| April 20 <sup>th</sup>   3PM  | From Madness to Mindful: End That Noisy Mind        |
| April 24 <sup>th</sup>   9AM  | Deprogramming the Subconscious Mind                 |
| April 24 <sup>th</sup>   1PM  | Terminate Guilt & Shame                             |
| April 24 <sup>th</sup>   3PM  | Setting & Achieving Goals                           |
| April 25 <sup>th</sup>   1PM  | Radical Acceptance & Unconditional Love             |
| April 26 <sup>th</sup>   9AM  | Ending Self-Sabotage & Procrastination              |
| April 26 <sup>th</sup>   1PM  | Overcoming Unworthiness                             |
| April 27 <sup>th</sup>   1PM  | Self-Love & Self-Compassion                         |
| April 27 <sup>th</sup>   3PM  | Descramble Depression, Negative Thinking, & Sadness |

***Remember: Workshops Start On The Dot!***

| <b><u>How Do I Attend?</u></b>  | <b><u>How Do I Interact?</u></b>   |
|---|--|
| <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. | <b>TEXT: (215) 443-1046</b> your questions, comments, and reflections. We recommend adding this number to your contacts list so you can quickly raise your hand. |

**Questions? Email [Michael.Graves@Canyons.edu](mailto:Michael.Graves@Canyons.edu)**