

Support Workshops November & December 2023



Duration: 75 Minutes

Date	Support Workshop Name
Nov 1 st 10AM	Liberate & Elevate: The Power of Forgiveness
Nov 1 st 2PM	Voice Unleashed: Expressing & Owning Your Needs
Nov 2 nd 10AM	Mind Unchained: Liberation from Limiting Beliefs
Nov 2 nd 2PM	Harmonious Homes: Crafting Healthy Family Bonds
Nov 2 nd 5PM	Destiny by Design: Sculpting & Seizing Goals
Nov 3 rd 10AM	Soul Speak: Navigating & Naming Your Needs
Nov 6 th 10AM	Steering the Emotional Ship: Mastering <i>Those</i> Inner Waves
Nov 6 th 2PM	Rise from Ashes: Transforming Trauma into Triumph
Nov 7 th 10AM	Mirror of Truth: Discovering YOU
Nov 7 th 2PM	Embracing Tomorrow: Celebrating Change (Letting Go of The Fear of Change)
Nov 7 th 5PM	Digital Detox: Reclaiming Reality in a Virtual Age
Nov 8 th 10AM	Mending Bridges: Healing Relationship Rifts
Nov 8 th 2PM	Ignite the Spark: Courage & Purpose Unveiled
Nov 9 th 10AM	Stand Tall: Mastering Assertiveness & Conflict
Nov 9 th 2PM	Heartfelt Hug: A Journey to Self-Love & Compassion
Nov 9 th 5PM	Flawfully Perfect: Embracing the Authentic You
Nov 13 th 10AM	Worthy & Wonderful: Embracing Inner Value
Nov 13 th 2PM	Silent Strength: Dive Deep with Meditation
Nov 14 th 10AM	Relationship Renaissance: Crafting & Cultivating Connections
Nov 14 th 2PM	Space & Serenity: How Decluttering Unveils Innate Joy
Nov 14 th 5PM	Recharge Rituals: Crafting Personalized Self-Care
Nov 15 th 10AM	Momentum Mastery: Propel Productivity & Performance
Nov 15 th 2PM	Sculpting Success: Daily Habits for Vibrant Living
Nov 16 th 10AM	Embraced Connection: Overcoming the Echoes of Loneliness
Nov 16 th 2PM	Shine On: Elevating Your Self-Worth
Nov 16 th 5PM	Confident Connections: Navigating Social Landscapes
Nov 17 th 10AM	Shed & Soar: Leaving Guilt & Shame Behind
Nov 20 th 10AM	Magnetic Bonds: The Art of Authentic Friendships
Nov 20 th 2PM	Live by Design: Crafting a Visionary Life
Nov 21 st 10AM	Life's Full Circle: Understanding & Accepting Mortality
Nov 21 st 2PM	Radiate & Resonate: Crafting Everyday Happiness
Nov 21 st 5PM	Tech-Tonic Shift: Wellness in the Digital Age
Nov 22 nd 10AM	Breaking Chains: Rising Above Addiction
Nov 22 nd 2PM	Money Mindfulness: Financial Peace Within
Nov 27 th 10AM	Mindful Metamorphosis: Clearing Cognitive Clouds
Nov 27 th 2PM	Mind Reset: Rewriting Inner Narratives
Nov 28 th 10AM	Triad of Triumph: Holistic Health Foundations
Nov 28 th 2PM	Embrace the Now: The Journey to Radical Acceptance
Nov 28 th 5PM	Brave New World: Navigating Fear & Anxiety
Nov 29 th 10AM	Abundance Unlocked: Gratitude's Transformative Power
Nov 29 th 2PM	Boundaries Blueprint: Elevating Life Quality through Relationship Resilience
Nov 30 th 10AM	Inner Embrace: Healing & Nurturing the Inner Child
Nov 30 th 2PM	Trust Transformed: Overcoming Jealousy's Shadows
Nov 30 th 5PM	From Shadows to Sunlight: Healing Depression
Dec 1 st 10AM	New Horizons: Moving Beyond Heartbreak
Dec 4 th 10AM	Thrive Mode: Breaking Barriers of Self-Sabotage
Dec 4 th 2PM	Awakened Realms: The Path to Enlightenment & Truth
Dec 5 th 10AM	Victory Unbound: Conquering Addictions
Dec 5 th 2PM	Speak Your Truth: Mastering Assertiveness & Conflict Resolution
Dec 5 th 5PM	Heartbreak Hotel: Navigating and Healing After Splitting Paths
Dec 6 th 10AM	Stand Alone, Stand Strong: Breaking Free from Codependency
Dec 6 th 2PM	Brave New You: Unleashing Courage and Discovering Your Life's Calling
Dec 7 th 10AM	Clear Space = Clear Mind: The Transformative Healing Power of Decluttering
Dec 7 th 2PM	From Darkness to Dawn: Strategies for Lifting the Fog of Depression
Dec 7 th 5PM	Mind Reset: Erasing Negativity and Reprogramming for Success
Dec 8 th 10AM	Feel to Heal: The Art of Emotional Mastery

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

<u>How Do I Attend?</u>	<u>How Do I Interact?</u>
CALL: (805) 706-5345 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.	TEXT: (215) 253-7154 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