

Support Workshops / October 2023



Duration: 75 Minutes

Date	Support Workshop Name
Oct 2 nd 10AM	Tech-tonic Shifts: Tricks to Elevate Mind, Body, & Mood
Oct 2 nd 2PM	Crafting YOU: Self-Identity, Security & Unshakable Confidence
Oct 3 rd 10AM	Perfectly Imperfect: Embracing Your Flaws
Oct 3 rd 2PM	Family Knots & Thoughtful Plots: Crafting Harmonious Bonds
Oct 3 rd 5PM	Essentiate: Unearth & Embrace Your Essential Needs
Oct 4 th 10AM	Elevate Your Self-Worth: Esteem Boosters
Oct 4 th 2PM	Nurturing Genuine & Healthy Friendships
Oct 5 th 10AM	Letting Go: Freeing Your Mind & Emotions
Oct 5 th 2PM	Combat Loneliness: Find Connection Within
Oct 5 th 5PM	Goals with Grit: Setting and Surpassing
Oct 6 th 10AM	Efficient Life: Stress-Free Productivity
Oct 9 th 10AM	Unclutter, Uplift, Unleash: Dive into Holistic Well-Being!
Oct 9 th 2PM	Navigating Emotions & Rewriting Beliefs
Oct 10 th 10AM	Finances Without Fears: Stress Management
Oct 10 th 2PM	Fearless Social Interactions: Overcome Rejection
Oct 10 th 5PM	Embracing Life: Overcome the Fear of The End
Oct 11 th 10AM	The Art of Letting Go & Embracing Forgiveness
Oct 11 th 2PM	From Green-Eyed to Grounded: Banish Jealousy & Cultivate Trust
Oct 12 th 10AM	Wholehearted Love: Embracing Radical Acceptance
Oct 12 th 2PM	Habit Building for a Better Tomorrow
Oct 12 th 5PM	Breaking Free from Addictive Chains
Oct 13 th 10AM	Healing Hearts: Navigating Breakups
Oct 16 th 10AM	Gratitude Gateway: Embrace Boundless Joy
Oct 16 th 2PM	Choosing Joy: Beyond the Blame Game
Oct 17 th 10AM	Tranquility Transition: From Anxiety to Ease
Oct 17 th 2PM	Embrace Yourself: A Journey of Love & Compassion
Oct 17 th 5PM	Speak Up! Living Assertively & Resolving Conflicts
Oct 18 th 10AM	Inner Renaissance: Rediscover & Rejuvenate Your Innermost Self
Oct 18 th 2PM	Plunge into Peace: Master the Art of Meditation!
Oct 19 th 10AM	Shedding the Weight of Guilt & Shame
Oct 19 th 2PM	Breaking the Loop: Ending Negative Rumination
Oct 19 th 5PM	Building Bridges: Secure Relationship Tactics

Oct 20 th 10AM	Embrace Change: Conquering Fears
Oct 23 rd 10AM	Digital Declutter: The Social Media Detox Challenge
Oct 23 rd 2PM	Mending Ties: Relationship Restoration
Oct 24 th 10AM	Rise & Rest: Holistic Daily Routines
Oct 24 th 2PM	Boundary Bliss: Ending the Pleasing Cycle
Oct 24 th 5PM	Vitality Blueprint: Strategies for an Energized Life
Oct 25 th 10AM	Thriving After Trauma: Positive Post-Traumatic Growth
Oct 25 th 2PM	Suit Up! Building Your Wellness Wardrobe
Oct 26 th 10AM	Uplifting Self-Worth: Combatting Unworthiness
Oct 26 th 2PM	Speak Your Heart: Expressing Genuine Needs
Oct 26 th 5PM	From Chaos to Clarity: Quieting the Mind
Oct 27 th 10AM	Journey to Your True Self: Self-Actualization
Oct 30 th 10AM	Navigating Emotions: From Gloom to Glow
Oct 30 th 2PM	Breaking Barriers: Ending Procrastination & Self-Sabotage
Oct 31 st 10AM	Designing a Life with Purpose & Vision
Oct 31 st 2PM	From Reliance to Resilience: Balance in Relationships
Oct 31 st 5PM	Ignite Your Inner Courage & Find Purpose

**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