



Body Mind Wellness Calendar of Events

Questions or Suggestions? Contact: Jennifer.Mastopietro@canyons.edu

February 2026

- **Wellness Walks Wednesday**

WHEN: Every Wednesday 8:00AM-9:00AM

LOCATION: Meet at the Community Garden (Next to Aliso Lab-Valencia Campus)

Coordinated by: SH&WC and Recreation Management

***Description:** Start your morning off with a natural boost of energy while enjoying the beauty of our campus Cross Country Course/Hiking Trail. Take this opportunity to rejuvenate your mind and body while connecting with peers. Please wear comfortable walking/hiking shoes and bring water.*

- **The Power of Letting Go**

WHEN: Tuesday February 24th 11:30AM-12:15PM

LOCATION: <https://joinwebinar.net/letgo>

Presented by: SH&WC's Michael Graves, LCSW

***Description:** Unlock a transformative skill essential to your mental and emotional well-being: the power of letting go. In this workshop, you'll discover how to release outdated beliefs, lingering emotions, and repetitive patterns that subtly hold you back. While we naturally let go throughout the day, this workshop will teach you how to consciously harness this ability on-demand, empowering you to create space for new, fulfilling experiences. Through practical, hands-on exercises, you'll learn to master the art of letting go, breaking free from what no longer serves you. We'll also explore common obstacles/traps that can impede your progress, equipping you with the tools and insights to overcome them with confidence. Join us to develop this vital skill and embrace a life of greater freedom and fulfillment.*

March 2026

- **Wellness Walks Wednesday**

WHEN: Every Wednesday 8:00AM-9:00AM

LOCATION: Meet at the Community Garden (Next to Aliso Lab-Valencia Campus)

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- **Prioritizing Mental Health through Self-Care**

WHEN: Tuesday March 3rd 11:30AM-12:15PM

LOCATION: HSHL-230 or via Zoom: <https://canyonsonline.zoom.us/j/88420947365>

Presented by: SH&WC's Jennifer Mastopietro, LMFT

***Description:** Mental health significantly influences academic performance, social interactions, and overall quality of life. The demands and stresses of college life make it essential to prioritize your well-being. Through interactive activities and practical strategies, participants will learn how to integrate self-care into their daily routine, enabling them to thrive both academically and personally.*

- **Healthy Relationships & Communication**

WHEN: Tuesday March 10th 11:30AM-12:30PM

LOCATION: HSHL-230 or via Zoom: <https://canyonsonline.zoom.us/j/88420947365>

Presented by: SH&WC's Priscilla Benites, LMFT

***Description:** Healthy relationships—romantic, family, friendships, and professional—are built on clear communication, mutual respect, and boundaries. This interactive workshop explores what healthy and unhealthy relationship patterns look like, how communication styles impact connection, and practical tools for expressing needs, setting boundaries, and navigating conflict more effectively. Participants will gain skills to strengthen relationships while maintaining emotional well-being and self-respect.*

- **Obsessive-Compulsive Disorder: It's Not What You Think**

WHEN: Thursday March 12th 11:00-12:30PM

LOCATION: HSHL-230 or via Zoom <https://canyonsonline.zoom.us/j/88420947365>

Presented by: Michelle Witkin, Ph.D., Faculty, International OCD Foundation Behavior Therapy Training Institute

***Description:** "I'm so OCD!!" We hear that often in everyday talk, but just what is Obsessive-Compulsive Disorder? It is not what many of us think it is. It's not a preference and it's definitely not fun, but there is hope and help. In this presentation we will cover just what OCD is, some of the many ways it looks, how to recover, and lots of resources. Questions are encouraged and welcomed!*

- **Rage Gauge: How to Monitor and Modify Angry Moods and Responses**

WHEN: Tuesday March 17th 11:30AM-12:30PM

LOCATION: HSHL-230 or via Zoom: <https://canyonsonline.zoom.us/j/88420947365>

Presented by: SH&WC's Tracy Taris, LMFT

***Description:** Anger is a natural human emotion—but when left unchecked, it can escalate into reactions that damage relationships, disrupt family life, and undermine emotional well-being. *The Rage Gauge* is an engaging, practical presentation designed to help*

individuals and families understand anger from the inside out and learn concrete tools to keep it from turning into rage.

Read Full Description and Bio here: [Rage Gauge Presentation](#)

- **Imposter Syndrome & Self-Doubt**

WHEN: Tuesday March 24th 11:30AM-12:30PM

LOCATION: HSHL-230 or via Zoom: <https://canyonsonline.zoom.us/j/88420947365>

Presented by: SH&WC's Priscilla Benites, LMFT

***Description:** Many high-achieving students and professionals struggle with self-doubt and the persistent feeling that they don't belong or will be "found out," despite clear evidence of their abilities. This workshop explores what imposter syndrome is, why it's so common in academic and professional settings, and how it impacts confidence, performance, and well-being. Participants will learn practical strategies to challenge negative self-talk, build self-trust, and develop a more compassionate and realistic view of their strengths.*

April 2026

- **Wellness Walks Wednesday**

WHEN: Every Wednesday 8:00AM-9:00AM

LOCATION: Meet at the Community Garden (Next to Aliso Lab-Valencia Campus)

Coordinated by: SH&WC and Recreation Management

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- **Own Your Future: Empowered Decisions for a Safer Social Life**

WHEN: Tuesday, April 14th 11:30AM-12:30PM

LOCATION: HSHL-230 and via Zoom: <https://canyonsonline.zoom.us/j/88420947365>

Presented by: Melissa Cardenas; Prevention Specialist, Child and Family Center

***Description:** Join us for an honest, judgment-free workshop designed to empower college students with the knowledge and tools to make informed decisions about alcohol use. We'll equip students with insight into alcohol's role in college life, the risks of unconscious decisions, and how prevention strategies protect themselves and their peers.*

- **Let's Be Blunt: Marijuana, Vaping, and Zyns**

WHEN: Tuesday April 28 11:30AM-12:30PM

LOCATION: HSHL-230 or via Zoom: <https://canyonsonline.zoom.us/j/88420947365>

Presented by: Child and Family Center

***Description:** Join us for an honest, judgment-free workshop designed to empower college students with the knowledge and tools to make informed decisions about substance use.*

We'll explore the facts about cannabis, vaping and zyns, discuss how to recognize risks, reduce harm, and support peers, and share practical strategies for staying safe.

May 2026

- **Wellness Walks Wednesday**

WHEN: Every Wednesday 8:00AM-9:00AM

LOCATION: Meet at the Community Garden (Next to Aliso Lab-Valencia Campus)

Coordinated by: SH&WC and Recreation Management

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- **Body Mind Wellness Resource Fair with Disconnect to Reconnect**

WHEN: Tuesday May 12, 2026 10:30AM-1:00PM

LOCATION: Honor Grove

Coordinated by: The Student Health and Wellness Center, Body Mind Wellness and Recreation Management Department

Description: *Focusing on healthy lifestyle behaviors to promote Body Mind Wellness (i.e. healthy eating, exercise, sleep, stress management, time management, relationships, preventative health) and challenges to Body Mind Wellness with maladaptive coping (i.e. mental illness, addiction, violence/abuse, poverty, aging, chronic health issues, loss/grief, recovery, resiliency). Free lunch and raffle prizes. Community providers, outdoor games, activities and hammocks provided.*

PAST EVENTS:

- **Therapy Dogs**

WHEN: Wednesday February 11th 10:00AM-11:15AM

LOCATION: Flagpole-Valencia Campus

Coordinated by: The Student Health and Wellness Center

Description: *Take a break and enjoy some time with therapy dogs to help you unwind and brighten your day.*

- **Green vs. Red Flags in Relationships**

WHEN: Tuesday, February 17 11:30AM-12:30PM

LOCATION: HSHL-230 or via Zoom: <https://canyonsonline.zoom.us/j/88420947365>

Presented by: Child and Family Center

Description: *Gain tools to create healthy relationships while learning how to spot the warning signs of abuse early. This workshop will give you a real-world understanding of what domestic violence looks like—beyond just physical harm. We'll break down the different forms it can take, including emotional, verbal, financial, and psychological abuse. You'll learn how to recognize early red flags in relationships, understand the cycle of abuse, and explore why leaving an unhealthy situation isn't always easy. This session will help you spot the signs, break the silence, and know where you or a friend can turn for support.*