

Support Workshops April 2026



Duration: 75 Minutes

Date	Support Workshop Name
Apr 1st @ 10AM	Goal Setting Redefined: From Clarity to Completion
Apr 1st @ 2PM	Facing Death: Embracing Mortality to Illuminate Life
Apr 2nd @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Apr 2nd @ 2PM	Breakup Recovery: Healing & Growing Post-Relationship
Apr 2nd @ 5PM	Self-Care Made Simple: The Non-Negotiables of "Me Time"
Apr 3rd @ 10AM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Apr 13th @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Apr 13th @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Apr 14th @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Apr 14th @ 2PM	Radical Acceptance: Embracing Life's Ups, Downs, Twists, & Turns
Apr 14th @ 5PM	Success Synergy: Merging Mental Health with Achievement
Apr 15th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Apr 15th @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Apr 16th @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
Apr 16th @ 2PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Apr 16th @ 5PM	Purging Perfectionism: From Pressure to Peace
Apr 17th @ 10AM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Apr 20th @ 10AM	Digital Detoxing: Reconnecting with What Matters Most
Apr 20th @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Apr 21st @ 10AM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Apr 21st @ 2PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Apr 21st @ 5PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Apr 22nd @ 10AM	Productivity: Getting Things Done Without Burning Out
Apr 22nd @ 2PM	Developing Self-Worth: Reclaiming the Value You've Always Had
Apr 23rd @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
Apr 23rd @ 2PM	Anxiety Relief: Strategies for Transcending Worry & Panic
Apr 23rd @ 5PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Apr 24th @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Apr 27th @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Apr 27th @ 2PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Apr 28th @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Apr 28th @ 2PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Apr 28th @ 5PM	Building Friendships: Creating & Maintaining Meaningful Connections
Apr 29th @ 10AM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Apr 29th @ 2PM	Happiness Reclaimed: Escaping the Trap of "Chasing Joy"
Apr 30th @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Apr 30th @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Apr 30th @ 5PM	Anger Alchemy: Transforming Frustration into Flow

WORKSHOPS START ON THE DOT!

<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