

Support Workshops August 2026



Duration: 75 Minutes

Date	Support Workshop Name
Aug 3 rd @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Aug 3 rd @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Aug 4 th @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Aug 4 th @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Aug 4 th @ 5PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Aug 5 th @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Aug 5 th @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Aug 6 th @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Aug 6 th @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Aug 6 th @ 5PM	Anger Alchemy: Transforming Frustration into Flow
Aug 7 th @ 10AM	Goal Setting Redefined: From Clarity to Completion
Aug 10 th @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
Aug 10 th @ 2PM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Aug 11 th @ 10AM	Self-Compassion: The Courage to Be Gentle with Yourself
Aug 11 th @ 2PM	Lifting Loneliness: Creating Space for Connection & Community
Aug 11 th @ 5PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Aug 12 th @ 10AM	Mindfulness: Anchoring Stillness in a Sea of Noise
Aug 12 th @ 2PM	Relationship Repair: Rebuilding Trust, Connection & Communication
Aug 13 th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Aug 13 th @ 2PM	Breakup Recovery: Healing & Growing Post-Relationship
Aug 13 th @ 5PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Aug 14 th @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Aug 24 th @ 10AM	Habit & Routine Development: Establishing Patterns that Stick
Aug 24 th @ 2PM	Productivity: Getting Things Done Without Burning Out
Aug 25 th @ 10AM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Aug 25 th @ 2PM	Meditation Mastery: Practicing Presence Over Reactivity
Aug 25 th @ 5PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Aug 26 th @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Aug 26 th @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Aug 27 th @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane
Aug 27 th @ 2PM	Purging Perfectionism: From Pressure to Peace
Aug 27 th @ 5PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Aug 28 th @ 10AM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Aug 31 st @ 10AM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Aug 31 st @ 2PM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns

WORKSHOPS START ON THE DOT
DOORS CLOSE 15 MINUTES IN

<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