

Support Workshops December 2025



Duration: 75 Minutes

Date	Support Workshop Name
Dec 1 st @ 10AM	Unwrapping Your True Self: Beyond Beliefs, Roles & Conditioning
Dec 1 st @ 2PM	The Gift of Actualization: Fast-Tracking Mental & Emotional Wellbeing
Dec 2 nd @ 10AM	Calm for the Holidays: Transcending Worry & Panic
Dec 2 nd @ 2PM	Conscious Integrity Under the Tree: Building Trust with Heart & Honor
Dec 2 nd @ 5PM	Forgiveness & Fresh Starts: Clearing Emotional Clutter Before the New Year
Dec 3 rd @ 10AM	The Wellness Sleigh: Nourish, Rest, and Move with Joy
Dec 3 rd @ 2PM	Silent Nights Within: Anchoring Stillness in a Season of Noise
Dec 4 th @ 10AM	Letting Go with Love: Releasing What No Longer Serves Before Year’s End
Dec 4 th @ 2PM	Anger & Awe: Turning Holiday Stress into Peaceful Flow
Dec 4 th @ 5PM	Emotional Sleigh-Ride: Mastering Feelings with Resilience & Grace
Dec 5 th @ 10AM	The Confidence Carol: Cultivating Inner Cheer & True Worth
Dec 8 th @ 10AM	From Wish List to Reality: Redefining Goals for the New Year
Dec 8 th @ 2PM	Stocking Up on Self-Worth: Rediscovering Your Inherent Value
Dec 9 th @ 10AM	Heartfelt Bonds: Building Secure & Lasting Relationships this Season
Dec 9 th @ 2PM	Stepping Out of Holiday Hustle: A Return to the Slow Lane
Dec 9 th @ 5PM	Kindling Connection: Warming Hearts & Easing Loneliness
Dec 10 th @ 10AM	The Self-Care Sleigh List: Unwrapping Time for You
Dec 10 th @ 2PM	Gratitude & Glow: Cultivating Peace, Presence, and Joy
Dec 11 th @ 10AM	Winter Blues No More: Demystifying Depression with Compassion
Dec 11 th @ 2PM	Flipping the Switch: From Negative Thinking to Holiday Hope
Dec 11 th @ 5PM	Festive Foundations: Building Habits and Routines That Last
Dec 12 th @ 10AM	Fireside Finances: Warming Up to a More Peaceful Money Mindset

REMEMBER:
WORKSHOPS START ON THE DOT
DOORS CLOSE 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 ~ 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