

Support Workshops July 2026



Duration: 75 Minutes

Date	Support Workshop Name
Jul 1 st @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Jul 1 st @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Jul 2 nd @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Jul 2 nd @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Jul 2 nd @ 5PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Jul 6 th @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Jul 6 th @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Jul 7 th @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Jul 7 th @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Jul 7 th @ 5PM	Anger Alchemy: Transforming Frustration into Flow
Jul 8 th @ 10AM	Goal Setting Redefined: From Clarity to Completion
Jul 8 th @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
Jul 9 th @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Jul 9 th @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
Jul 9 th @ 5PM	Lifting Loneliness: Creating Space for Connection & Community
Jul 10 th @ 10AM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Jul 13 th @ 10AM	Mindfulness: Anchoring Stillness in a Sea of Noise
Jul 13 th @ 2PM	Relationship Repair: Rebuilding Trust, Connection & Communication
Jul 14 th @ 10AM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Jul 14 th @ 2PM	Breakup Recovery: Healing & Growing Post-Relationship
Jul 14 th @ 5PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Jul 15 th @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Jul 15 th @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Jul 16 th @ 10AM	Productivity: Getting Things Done Without Burning Out
Jul 16 th @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Jul 16 th @ 5PM	Meditation Mastery: Practicing Presence Over Reactivity
Jul 17 th @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Jul 20 th @ 10AM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Jul 20 th @ 2PM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Jul 21 st @ 10AM	Out of Overdrive: Rediscovering Life in the Slow Lane
Jul 21 st @ 2PM	Purging Perfectionism: From Pressure to Peace
Jul 21 st @ 5PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Jul 22 nd @ 10AM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Jul 22 nd @ 2PM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Jul 23 rd @ 10AM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Jul 23 rd @ 2PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Jul 23 rd @ 5PM	Post-Traumatic Growth: From Breakdown to Breakthrough
Jul 24 th @ 10AM	Success Synergy: Merging Mental Health with Achievement
Jul 27 th @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Jul 27 th @ 2PM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Jul 28 th @ 10AM	Courage: From Default Patterns to Deliberate Living
Jul 28 th @ 2PM	Digital Detoxing: Reconnecting with What Matters Most
Jul 28 th @ 5PM	Family Dynamics Decoded: Understanding the Roles We Inherit
Jul 29 th @ 10AM	Forgiveness: Letting Go of the Past to Move Forward Freely
Jul 29 th @ 2PM	Facing Death: Embracing Mortality to Illuminate Life
Jul 30 th @ 10AM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Jul 30 th @ 2PM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control
Jul 30 th @ 5PM	Dodging Deception: Emotional Self-Defense from Manipulators & False Authority
Jul 31 st @ 10AM	From Jealousy to Trust: Evolving Through the Power of Vulnerability

***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