

# Support Workshops June 2026



**Duration: 75 Minutes**

Date	Support Workshop Name
Jun 1 <sup>st</sup> @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
Jun 1 <sup>st</sup> @ 2PM	Depression Demystified: Navigating the Lows & Reclaiming Balance
Jun 2 <sup>nd</sup> @ 10AM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
Jun 2 <sup>nd</sup> @ 2PM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
Jun 2 <sup>nd</sup> @ 5PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
Jun 3 <sup>rd</sup> @ 10AM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
Jun 3 <sup>rd</sup> @ 2PM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
Jun 4 <sup>th</sup> @ 10AM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
Jun 4 <sup>th</sup> @ 2PM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
Jun 4 <sup>th</sup> @ 5PM	Anger Alchemy: Transforming Frustration into Flow
Jun 8 <sup>th</sup> @ 10AM	Goal Setting Redefined: From Clarity to Completion
Jun 8 <sup>th</sup> @ 2PM	Building Friendships: Creating & Maintaining Meaningful Connections
Jun 9 <sup>th</sup> @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
Jun 9 <sup>th</sup> @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
Jun 9 <sup>th</sup> @ 5PM	Lifting Loneliness: Creating Space for Connection & Community
Jun 10 <sup>th</sup> @ 10AM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
Jun 10 <sup>th</sup> @ 2PM	Mindfulness: Anchoring Stillness in a Sea of Noise
Jun 11 <sup>th</sup> @ 10AM	Relationship Repair: Rebuilding Trust, Connection & Communication
Jun 11 <sup>th</sup> @ 2PM	Flip Financial Stress: Creating Calm Amid Economic Chaos
Jun 11 <sup>th</sup> @ 5PM	Breakup Recovery: Healing & Growing Post-Relationship
Jun 12 <sup>th</sup> @ 10AM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
Jun 15 <sup>th</sup> @ 10AM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
Jun 15 <sup>th</sup> @ 2PM	Habit & Routine Development: Establishing Patterns that Stick
Jun 16 <sup>th</sup> @ 10AM	Productivity: Getting Things Done Without Burning Out
Jun 16 <sup>th</sup> @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
Jun 16 <sup>th</sup> @ 5PM	Meditation Mastery: Practicing Presence Over Reactivity
Jun 17 <sup>th</sup> @ 10AM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
Jun 17 <sup>th</sup> @ 2PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
Jun 18 <sup>th</sup> @ 10AM	Your True Self: Beyond Beliefs, Roles, and Conditioning
Jun 18 <sup>th</sup> @ 2PM	Out of Overdrive: Rediscovering Life in the Slow Lane
Jun 18 <sup>th</sup> @ 5PM	Purging Perfectionism: From Pressure to Peace
Jun 22 <sup>nd</sup> @ 10AM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
Jun 22 <sup>nd</sup> @ 2PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
Jun 23 <sup>rd</sup> @ 10AM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
Jun 23 <sup>rd</sup> @ 2PM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
Jun 23 <sup>rd</sup> @ 5PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
Jun 24 <sup>th</sup> @ 10AM	Post-Traumatic Growth: From Breakdown to Breakthrough
Jun 24 <sup>th</sup> @ 2PM	Success Synergy: Merging Mental Health with Achievement
Jun 25 <sup>th</sup> @ 10AM	Living on Purpose: From Life Vision to Intentional Action
Jun 25 <sup>th</sup> @ 2PM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
Jun 25 <sup>th</sup> @ 5PM	Courage: From Default Patterns to Deliberate Living
Jun 26 <sup>th</sup> @ 10AM	Digital Detoxing: Reconnecting with What Matters Most
Jun 29 <sup>th</sup> @ 10AM	Family Dynamics Decoded: Understanding the Roles We Inherit
Jun 29 <sup>th</sup> @ 2PM	Forgiveness: Letting Go of the Past to Move Forward Freely
Jun 30 <sup>th</sup> @ 10AM	Facing Death: Embracing Mortality to Illuminate Life
Jun 30 <sup>th</sup> @ 2PM	Cracking Codependence: From Clingy Familiarity to Self-Grounded Clarity
Jun 30 <sup>th</sup> @ 5PM	Cancelling Controlling Relationships: Escaping the Grip of Narcissistic Control

**WORKSHOPS START ON THE DOT  
DOORS CLOSE 15 MINUTES IN**

<b><u>How Do I Attend?</u></b>	<b><u>How Do I Interact?</u></b>
<b>GO TO: <a href="https://JoinWebinar.net/COC">JoinWebinar.net/COC</a></b> 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.	<b>TEXT: (215) 253-7154</b> 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](mailto:Michael.Graves@Canyons.edu)**