

# Support Workshops May 2026



**Duration: 75 Minutes**

Date	Support Workshop Name
May 1 <sup>st</sup> @ 10AM	Anxiety Relief: Strategies for Transcending Worry & Panic
May 4 <sup>th</sup> @ 10AM	Depression Demystified: Navigating the Lows & Reclaiming Balance
May 4 <sup>th</sup> @ 2PM	Self-Care Made Simple: The Non-Negotiables of “Me Time”
May 5 <sup>th</sup> @ 10AM	The Wellness Trio: Eating Right, Sleeping Tight, and Moving Light
May 5 <sup>th</sup> @ 2PM	Happiness Reclaimed: Escaping the Trap of “Chasing Joy”
May 5 <sup>th</sup> @ 5PM	Master Your Emotions: Developing Emotional Intelligence & Rapid Resilience
May 6 <sup>th</sup> @ 10AM	Letting Go: Releasing Unwanted Beliefs, Feelings, & Thoughts
May 6 <sup>th</sup> @ 2PM	Boosting Self-Esteem: Cultivating Confidence and Inner Value
May 7 <sup>th</sup> @ 10AM	Cultivating Gratitude: A Shortcut to Sustained Joy & Peace of Mind
May 7 <sup>th</sup> @ 2PM	Anger Alchemy: Transforming Frustration into Flow
May 7 <sup>th</sup> @ 5PM	Goal Setting Redefined: From Clarity to Completion
May 8 <sup>th</sup> @ 10AM	Building Friendships: Creating & Maintaining Meaningful Connections
May 11 <sup>th</sup> @ 10AM	Developing Self-Worth: Reclaiming the Value You’ve Always Had
May 11 <sup>th</sup> @ 2PM	Self-Compassion: The Courage to Be Gentle with Yourself
May 12 <sup>th</sup> @ 10AM	Lifting Loneliness: Creating Space for Connection & Community
May 12 <sup>th</sup> @ 2PM	Goodbye Negative Thinking: Transforming Pessimism into Positivity
May 12 <sup>th</sup> @ 5PM	Mindfulness: Anchoring Stillness in a Sea of Noise
May 13 <sup>th</sup> @ 10AM	Relationship Repair: Rebuilding Trust, Connection & Communication
May 13 <sup>th</sup> @ 2PM	Flip Financial Stress: Creating Calm Amid Economic Chaos
May 14 <sup>th</sup> @ 10AM	Breakup Recovery: Healing & Growing Post-Relationship
May 14 <sup>th</sup> @ 2PM	Healing Guilt & Shame: Releasing the Weight of Self-Judgment
May 14 <sup>th</sup> @ 5PM	Procrastination & Self-Sabotage: Unpacking Your Resistance to Growth
May 15 <sup>th</sup> @ 10AM	Habit & Routine Development: Establishing Patterns that Stick
May 18 <sup>th</sup> @ 10AM	Productivity: Getting Things Done Without Burning Out
May 18 <sup>th</sup> @ 2PM	Addictive & Compulsive Patterns Purged: Reclaiming Control
May 19 <sup>th</sup> @ 10AM	Meditation Mastery: Practicing Presence Over Reactivity
May 19 <sup>th</sup> @ 2PM	Declutter Your Life: Simplify Your Mental, Emotional, & Physical Spaces
May 19 <sup>th</sup> @ 5PM	Self-Actualization: The Fast-Track to Mental & Emotional Wellbeing
May 20 <sup>th</sup> @ 10AM	Your True Self: Beyond Beliefs, Roles, and Conditioning
May 20 <sup>th</sup> @ 2PM	Out of Overdrive: Rediscovering Life in the Slow Lane
May 21 <sup>st</sup> @ 10AM	Purging Perfectionism: From Pressure to Peace
May 21 <sup>st</sup> @ 2PM	Articulating Needs & Desires: A Courageous Practice in Self-Honoring
May 21 <sup>st</sup> @ 5PM	Secure Relationships: Cultivating Trust, Emotional Safety, and Lasting Connection
May 22 <sup>nd</sup> @ 10AM	Social Anxiety Answered: Letting Go of What Others Think and Showing Up Anyway
May 26 <sup>th</sup> @ 10AM	Radical Acceptance: Embracing Life’s Ups, Downs, Twists, & Turns
May 26 <sup>th</sup> @ 2PM	Assertiveness & Conflict Resolution: Courageous Conversations Made Simple
May 26 <sup>th</sup> @ 5PM	Post-Traumatic Growth: From Breakdown to Breakthrough
May 27 <sup>th</sup> @ 10AM	Success Synergy: Merging Mental Health with Achievement
May 27 <sup>th</sup> @ 2PM	Living on Purpose: From Life Vision to Intentional Action
May 28 <sup>th</sup> @ 10AM	Betrayed, Not Broken: Reclaiming Resilience After Deceit
May 28 <sup>th</sup> @ 2PM	Courage: From Default Patterns to Deliberate Living
May 28 <sup>th</sup> @ 5PM	Digital Detoxing: Reconnecting with What Matters Most
May 29 <sup>th</sup> @ 10AM	Family Dynamics Decoded: Understanding the Roles We Inherit

**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)**