



SUPPORT WORKSHOPS

NOVEMBER 2021



WORKSHOPS START ON THE DOT!



Plan on arriving a few minutes early! Doors close at ten after!



GO TO: SUPPORTWORKSHOP.COM

OR



DIAL: (805) 706-5345

Interact With Us During The Workshop By



TEXTING: (215) 443-1046

NOV 3rd @ 10AM - 12PM: Master Your Emotions: Life's Most Essential Skill

NOV 4th @ 11AM - 1PM: Letting Go 101: Releasing Negative Thoughts & Feelings

NOV 5th @ 12PM - 2PM: The Power of Radical Acceptance & Unconditional Love

NOV 8th @ 1PM - 3PM: Technology Hacks For Magnificent Mental Health

NOV 9th @ 9AM - 11AM: Happiness is a Choice: Learning to Choose Freedom

NOV 10th @ 10AM - 12PM: Finding the "Right" Career Path

NOV 12th @ 12PM - 2PM: Contribution & Community: A Mental Health Must

NOV 15th @ 1PM - 3PM: Family, Friendships, Partnerships, & S-E-X

NOV 16th @ 9AM - 11AM: Optimizing Your Environment & Other Mental Health Hacks

NOV 17th @ 10AM - 12PM: Rapid & Effortless Goal Attainment

NOV 18th @ 11AM - 1PM: Develop Good Routines While Dropping Bad Habits & Addictions

NOV 19th @ 12PM - 2PM: Financial Literacy: Becoming Financially Fit!

NOV 22nd @ 1PM - 3PM: Who Am I? The Fundamentals of Identity

NOV 23rd @ 9AM - 11AM: Anxiety & Depression: Rapid Relief Today

NOV 24th @ 10AM - 12PM: The Fast Track to Confidence & Healthy Self-Esteem

NOV 30th @ 9AM - 11AM: Universal Truth & Enlightenment (Spirituality) Crash Course

QUESTIONS? EMAIL MICHAEL.GRAVES@CANYONS.EDU