

# JANUARY - JUNE 2019

## FREE WELLNESS WORKSHOPS

Register online at [www.guelphfht.com](http://www.guelphfht.com)  
or call **519-837-0099**

Old Quebec Street Mall address: (55 Wyndham St. N., Suite 212, Guelph, ON)

Westminster Woods address: (33 Farley Dr., Guelph, ON)



Let's Talk About Workshops	Session Date(s)	Time	Location (addresses above)	Duration
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These mini workshops will give you the chance to learn about topics that affect emotional well being such as assertiveness, food and mood, anger and panic attacks.

Let's Talk About FOOD + MOOD	January 29	1:00 PM	Old Quebec St. Mall	1 session 2 hrs
<b>NEW!</b> Let's Talk About Mild Cognitive Impairment	March 25	10:00 AM	Old Quebec St. Mall	
Let's Talk About PANIC	February 12	1:00 PM	Old Quebec St. Mall	
<b>NEW!</b> Let's Talk About Overview of Dementia	<i>More information coming soon!</i>			
Let's Talk About ASSERTIVENESS	March 26	9:30 AM	Old Quebec St. Mall	
Let's Talk About FOOD + MOOD	May 15	9:30 AM	Old Quebec St. Mall	
Let's Talk About ANGER	June 4	6:00 PM	Old Quebec St. Mall	

Healthy Living	Session Date(s)	Time	Location (addresses above)	Duration
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### Craving Change™

Learn how to develop a healthier relationship with food by changing the way you think and eat.

Jan. 10, 17, 24, 31	5:30 PM	Old Quebec St. Mall	4 sessions (1/week) 2 hrs each
Mar. 4, 18, 25, Apr. 1 <b>*no class Mar. 11</b>	2:00 PM	Old Quebec St. Mall	
June 3, 10, 17, 24	5:30 PM	Old Quebec St. Mall	

### Sleep Well

A workshop that focuses on tips and techniques to help you fall asleep more easily, decrease insomnia, and get more energy from your sleep.

May 8, 15, 22	5:00 PM	Old Quebec St. Mall	3 sessions (1/week) 1 hr each
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Emotional Health & Wellness	Session Date(s)	Time	Location (addresses above)	Duration
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### Intro to Cognitive Behavioural Therapy 1

If you are feeling worried, stressed or anxious, join this class to learn how your thoughts affect how you think, feel, and behave.

Jan. 8, 15, 22	1:00 PM	Old Quebec St. Mall	3 sessions (1/week) 2 hrs each
Jan. 24, 31, Feb. 7	9:30 AM	Westminster Woods	
Feb. 19, 26, Mar. 5	6:00 PM	Old Quebec St. Mall	
Mar. 25, Apr. 1, 8	9:30 AM	Westminster Woods	
Apr. 2, 9, 16	1:00 PM	Old Quebec St. Mall	
May 2, 9, 16	9:30 AM	Old Quebec St. Mall	
June 18, 25, July 2	9:30 AM	Old Quebec St. Mall	

### Intro to Cognitive Behavioural Therapy 2 - Depression & Anxiety

Building on the knowledge from Part 1, we offer more in-depth learning about the role of thoughts along with CBT tools and strategies.

Jan. 10, 17, 24, 31, Feb. 7	1:00 PM	Old Quebec St. Mall	5 sessions (1/week) 2 hrs each
Apr. 16, 23, 30, May 7, 14	6:00 PM	Old Quebec St. Mall	

### Intro to Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder

Building on the knowledge from part 1, this group has additional focus on anxiety-related challenges that explore the role of thoughts along with the CBT tools and strategies.

Feb. 28, Mar. 7, 21, 28, Apr. 4 <b>*no class Mar. 14</b>	1:00 PM	Old Quebec St. Mall	5 sessions (1/week) 2 hrs each
June 6, 13, 20, 27, July 4	1:00 PM	Old Quebec St. Mall	

### Intro to Mindfulness

This workshop is for individuals that need help living "in the moment" and want to learn how to feel grounded during times of high stress.

Jan. 29, Feb. 5	6:00 PM	Old Quebec St. Mall	2 sessions (1/week) 2 hrs each
Feb. 26, Mar. 5	2:00 PM	Old Quebec St. Mall	
Apr. 10, 17 - <b>NEW DATE!</b>	6:00 PM	Old Quebec St. Mall	
Apr. 11, 18	2:00 PM	Old Quebec St. Mall	
June 13, 20	2:00 PM	Westminster Woods	

### SELF - Coping with Stress

By exploring the role of stress and how it takes a toll on our health, this class involves learning how to reduce your demands and increase your resources to help you better manage the stressors in your life.

Mar. 26, Apr. 2	6:00 PM	Old Quebec St. Mall	2 sessions (1/week) 2 hrs each
June 11, 18	1:00 PM	Old Quebec St. Mall	

Please note:  
Registration opens 1 month prior to start date.