

JULY - DECEMBER 2019

# FREE WELLNESS WORKSHOPS



**YOU MUST PRE-REGISTER FOR ALL CLASSES.**

Participants have to be 18 years of age or older to attend. Registration opens 1 MONTH PRIOR to start date.

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

Locations in Guelph:

Old Quebec Street Mall (55 Wyndham St. N., Suite 212) | UofG Health Services (JT Powell Building, 2nd floor, Rm 2201 & 2259)

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 both emotional and physical well being.

Let's Talk About PANIC	July 15	9:30 AM	Westminster Woods	1 session 2 hrs
Let's Talk About Overview of Dementia	July 18	1:00 PM	Old Quebec St. Mall	
Let's Talk About FOOD + MOOD	July 24	5:30 PM	Old Quebec St. Mall	*1.5 hrs
Let's Talk About Mild Cognitive Impairment	August 21	1:00 PM	Old Quebec St. Mall	
NEW! Let's Talk About Technology & Diabetes	September 19	6:00 PM	UofG Health Services	*2.5 hrs
NEW! Let's Talk About MONEY MANAGEMENT	September 25	5:30 PM	Old Quebec St. Mall	*2.5 hrs
Let's Talk About ANGER	September 26	1:00 PM	Old Quebec St. Mall	*2.5 hrs
NEW! Let's Talk About Carbohydrate Counting & Diabetes	October 9	6:00 PM	Old Quebec St. Mall	
Let's Talk About Overview of Dementia	October 28	6:00 PM	Old Quebec St. Mall	*2.5 hrs
Let's Talk About ASSERTIVENESS	November 12	1:00 PM	Old Quebec St. Mall	
NEW! Let's Talk About Medications & Diabetes	November 13	6:00 PM	Old Quebec St. Mall	*2.5 hrs

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.

Sept. 9, 16, 23, 30	5:30 PM	Old Quebec St. Mall	4 sessions (1/week) 2 hrs each
Nov. 4, 11, 18, 25	2:30 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.

Sept. 9, 16, 23	12:00 PM	Old Quebec St. Mall	3 sessions (1/week) 1 hr each
Dec. 2, 9, 16	5:00 PM	Old Quebec St. Mall	

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 down, join this class to learn how your thoughts affect how you think, feel, and behave.

July 11, 18, 25	6:00 PM	Old Quebec St. Mall	3 sessions (1/week) 2 hrs each
Aug. 13, 20, 27	1:00 PM	Old Quebec St. Mall	
Sept. 17, 24, Oct. 1	9:30 AM	Old Quebec St. Mall	
Oct. 3, 10, 17	1:00 PM	Old Quebec St. Mall	
Oct. 29, Nov. 5, 12	6:00 PM	Old Quebec St. Mall	
Nov. 19, 26, Dec. 3	1:00 PM	Old Quebec St. Mall	
Dec. 2, 9, 16	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.

Sept. 24, Oct. 1, 8, 15, 22	6:00 PM	Old Quebec St. Mall	5 sessions (1/week) 2 hrs each
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### 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.

Nov. 7, 14, 21, 28, Dec. 5	9:30 AM	Old Quebec St. Mall	5 sessions (1/week) 2 hrs each
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### Intro to Mindfulness

Learn to increase your ability to live in the present moment. To feel grounded during times of stress, to drop judgement and our common tendencies to relive past events and worry about the future.

Sept. 12, 19	2:00 PM	Old Quebec St. Mall	2 sessions (1/week) 2 hrs each
Oct. 23, 30	6:00 PM	Old Quebec St. Mall	
Dec. 10, 17	2:00 PM	Old Quebec St. Mall	

### 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.

Aug. 15, 22	9:30 AM	Westminster Woods	2 sessions (1/week) 2 hrs each
Oct. 15, 22	1:00 PM	Old Quebec St. Mall	