

JANUARY - JUNE 2020

# 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**

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
----------------------------	-----------------	------	-------------------------------	----------

These mini workshops will give you the chance to learn about topics that affect both emotional and physical well-being.

Let's Talk About Food + Mood	Tuesday, January 28	1:00 PM	Old Quebec St. Mall	1 session 2 hrs
Let's Talk About Assertiveness	<b>NEW DATE!</b> Thursday, February 27	<b>NEW TIME!</b> 5:30 PM	Old Quebec St. Mall	
Let's Talk About Panic	Tuesday, March 10	1:00 PM	Old Quebec St. Mall	*2.5 hrs
Let's Talk About Technology & Diabetes	Wednesday, March 11	6:00 PM	Old Quebec St. Mall	
Let's Talk About Money Management	Monday, March 23	2:00 PM	Old Quebec St. Mall	*2.5 hrs
Let's Talk About Medications & Diabetes	Tuesday, March 31	1:00 PM	Old Quebec St. Mall	*1.5 hrs
Let's Talk About Mild Cognitive Impairment	Monday, April 6	10:00 AM	Old Quebec St. Mall	
Let's Talk About Carbohydrate Counting & Diabetes	Tuesday, May 5	1:00 PM	U of G Health Services	
Let's Talk About Food + Mood	Wednesday, May 13	9:30 AM	Old Quebec St. Mall	
Let's Talk About Anger	Tuesday, June 2	6:00 PM	Old Quebec St. Mall	

Healthy Living	Session Date(s)	Time	Location (addresses above)	Duration
----------------	-----------------	------	-------------------------------	----------

### Craving Change™

Learn how to develop a healthier relationship with food by changing the way you think and eat.	Mon. Jan. 6, 13, 20, 27	5:30 PM	Old Quebec St. Mall	4 sessions (1/week) 2 hrs each
	Tues. Mar. 10, 24, 31, Apr. 7 <i>*no class on Mar. 17</i>	5:30 PM	Old Quebec St. Mall	
	Mon. June 1, 8, 15, 22	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.	Wed. May 13, 20, 27	5:00 PM	Old Quebec St. Mall	3 sessions (1/week) 1 hr each
---	---------------------	---------	---------------------	----------------------------------

Emotional Health & Wellness	Session Date(s)	Time	Location (addresses above)	Duration
-----------------------------	-----------------	------	-------------------------------	----------

### 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.	Tues. Jan. 7, 14, 21	1:00 PM	Old Quebec St. Mall	3 sessions (1/week) 2 hrs each
	Tues. Jan. 21, 28, Feb. 4	9:30 AM	Old Quebec St. Mall	
	Tues. Feb. 18, 25, Mar. 3	6:00 PM	Old Quebec St. Mall	
	Mon. Mar. 23, 30, Apr. 6	6:00 PM	Old Quebec St. Mall	
	Tues. Apr. 7, 14, 21	1:00 PM	Old Quebec St. Mall	
	Thurs. May 7, 14, 21	9:30 AM	Old Quebec St. Mall	
	Tues. June 16, 23, 30	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.	Thurs. Jan. 9, 16, 23, 30, Feb. 6	1:00 PM	Old Quebec St. Mall	5 sessions (1/week) 2 hrs each
	Thurs. May 28, June 4, 11, 18, 25	1:00 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.	Thurs. Feb. 13, 20, 27, Mar. 5, 12	1:00 PM	Old Quebec St. Mall	5 sessions (1/week) 2 hrs each
	Tues. Apr. 14, 21, 28, May 5, 12	6:00 PM	Old Quebec St. Mall	

### 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.	Thurs. Jan. 16, 23	10:00 AM	Old Quebec St. Mall	2 sessions (1/week) 2 hrs each
	Tues. Feb. 25, Mar. 3	2:00 PM	Old Quebec St. Mall	
	Wed. April 8, 15	6:00 PM	Old Quebec St. Mall	
	Tues. June 16, 23	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.	Tues. Jan. 28, Feb. 4	6:00 PM	Old Quebec St. Mall	2 sessions (1/week) 2 hrs each
	Tues. May 19, 26	1:00 PM	Old Quebec St. Mall	