

AUGUST - DECEMBER 2020

FREE WELLNESS WEBINARS



You **MUST** pre-register for all online webinars. You will be sent a link to this virtual webinar in your registration confirmation email. If you don't see the email in your inbox, be sure to check junk/spam folder. 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 or call 519-837-4444 (select option 2)

Let's Talk About Series Webinars	Session Date	Time
Let's Talk About Managing Your Money	Monday, September 14	5:30 PM - 7:00 PM
Let's Talk About Anger	Monday, October 5	11:30 AM - 1:00 PM
Let's Talk About Carbohydrate Counting & Diabetes	Monday, October 26	6:00 PM - 7:00 PM
Let's Talk About Assertiveness	Tuesday, November 10	2:00 PM - 3:30 PM
Let's Talk About Panic	Thursday, December 10	6:00 PM - 7:30 PM

Healthy Living Webinars	Session Date(s)	Time
Sleep Well	Wed., September 2, 9, 16	7:00 PM - 8:00 PM
	Mon., November 23, 30, December 7	4:00 PM - 5:00 PM

Managing Stress Eating	Wednesday, October 21	6:30 PM - 8:00 PM
	Thursday, December 17	11:30 AM - 1:00 PM

Emotional Health & Wellness Webinars	Session Date(s)	Time
Intro to Cognitive Behavioural Therapy 1	Thurs., September 17, 24, October 1	11:30 AM - 1:00 PM
	Tues., October 6, 13, 20	4:00 PM - 5:30 PM
	Tues., November 24, December 1, 8	10:00 AM - 11:30 AM

Intro to Cognitive Behavioural Therapy 2 - Depression & Anxiety	Thursday, Oct. 22, 29, Nov. 5, 12, 19	11:30 AM - 1:00 PM
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SELF - Coping with Stress	<i>NEW dates</i> Tues., September 29, October 6	6:30 PM - 8:00 PM
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Calming Strategies	Tuesday, September 22 (<i>Breathing</i>)	2:00 PM - 2:45 PM
	Tuesday, October 6 (<i>Grounding</i>)	2:00 PM - 2:45 PM
	Tuesday, October 20 (<i>Mindfulness</i>)	2:00 PM - 2:45 PM
	Tuesday, November 3 (<i>Progressive Muscle Relaxation</i>)	2:00 PM - 2:45 PM
	Tuesday, November 17 (<i>Breathing</i>)	2:00 PM - 2:45 PM
	Tuesday, December 1 (<i>Grounding</i>)	2:00 PM - 2:45 PM
	Tuesday, December 15 (<i>Mindfulness</i>)	2:00 PM - 2:45 PM