

JANUARY - JUNE 2021

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 must 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 519-837-0099

Let's Talk About Series (1 session each)	Session Date	Time
Let's Talk About Medications & Diabetes	Tuesday, January 12	6:30 PM - 7:30 PM
NEW! Let's Talk About Caregiver Stress	Thursday, January 21	11:00 AM - 12:00 PM
Let's Talk About Anger	Thursday, February 25	11:30 AM - 1:00 PM
Let's Talk About Carbohydrate Counting & Diabetes	Monday, March 8	1:00 PM - 2:00 PM
Let's Talk About Managing Your Money	Wednesday, March 24	10:30 AM - 12:00 PM
Let's Talk About Assertiveness	Tuesday, April 6	4:00 PM - 5:30 PM
Let's Talk About Overview of Dementia	Thursday, April 22	11:30 AM - 1:00 PM
Let's Talk About Technology & Diabetes	Thursday, April 29	6:00 PM - 8:00 PM
Let's Talk About Food + Mood	Tuesday, May 4	6:30 PM - 7:30 PM
Let's Talk About Panic	Thursday, May 6	10:00 AM - 11:30 AM

Healthy Living Webinars	Session Date(s)	Time
NEW! Intro to Essential Care Plan Conversations 3 sessions (1/week) 1 hr	Tuesday, January 26, February 2, 9	6:30 PM - 7:30 PM
NEW! Pregnancy and Mood 1 session, 1.5 hrs	Tuesday, February 2	12:00 PM - 1:30 PM
Managing Stress Eating 1 session, 1.5 hrs	Wednesday, February 17	6:30 PM - 8:00 PM
Sleep Well 3 sessions (1/week) 1 hr each	Wednesday, May 19, 26, June 2	7:00 PM - 8:00 PM

Emotional Health & Wellness Webinars	Session Date(s)	Time
Intro to Cognitive Behavioural Therapy 1 3 sessions (1/week) 1.5 hrs each	Tuesday, January 12, 19, 26 Thursday, January 28, February 4, 11 Tuesday, February 23, March 2, 9 Tuesday, March 23, 30, April 6 Tuesday, April 13, 20, 27 Tuesday, May 11, 18, 25 Thursday, June 3, 10, 17	11:30 AM - 1:00 PM 4:00 PM - 5:30 PM 10:00 AM - 11:30 AM 11:30 AM - 1:00 PM 5:30 PM - 7:00 PM 11:30 AM - 1:00 PM 10:00 AM - 11:30 AM

Intro to Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder 5 sessions (1/week) 1.5 hrs each	Thursday, March 25, April 1, 8, 15, 22	6:30 PM - 8:00 PM
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Intro to Cognitive Behavioural Therapy 2 - Depression & Anxiety 5 sessions (1/week) 1.5 hrs each	Tuesday, June 1, 8, 15, 22, 29	11:30 AM - 1:00 PM
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more webinars on page 2!

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Emotional Health & Wellness Webinars	Session Date(s)	Time
Intro to Mindfulness		
2 sessions (1/week) 1.5 hrs each	Wednesday, January 27, February 3	5:00 PM - 6:30 PM
	Monday, April 12, 19	10:00 AM - 11:30 AM
	Wednesday, June 16, 23	2:00 PM - 3:30 PM
SELF - Coping with Stress		
2 sessions (1/week) 1.5 hrs each	Tuesday, February 9, 16	11:30 AM - 1:00 PM
	Thursday, May 20, 27	6:30 PM - 8:00 PM
Calming Strategies		
Every 2 weeks Rotating topics 45 mins each	Tuesday, January 12 <i>(NEW! Guided Imagery)</i>	2:00 PM - 2:45 PM
	Tuesday, January 26 <i>(Progressive Muscle Relaxation)</i>	2:00 PM - 2:45 PM
	Tuesday, February 9 <i>(Breathing)</i>	2:00 PM - 2:45 PM
	Tuesday, February 23 <i>(Grounding)</i>	2:00 PM - 2:45 PM
	Tuesday, March 9 <i>(Mindfulness)</i>	2:00 PM - 2:45 PM
	Tuesday, March 30 <i>(NEW! Guided Imagery)</i>	2:00 PM - 2:45 PM
	Tuesday, April 13 <i>(Progressive Muscle Relaxation)</i>	2:00 PM - 2:45 PM
	Tuesday, April 27 <i>(Breathing)</i>	2:00 PM - 2:45 PM
	Tuesday, May 11 <i>(Grounding)</i>	2:00 PM - 2:45 PM
	Tuesday, May 25 <i>(Mindfulness)</i>	2:00 PM - 2:45 PM
	Tuesday, June 8 <i>(NEW! Guided Imagery)</i>	2:00 PM - 2:45 PM
	Tuesday, June 22 <i>(Progressive Muscle Relaxation)</i>	2:00 PM - 2:45 PM