

JULY - DECEMBER 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 Anger	Tuesday, July 27	11:30 AM - 1:00 PM
Let's Talk About Medications in Diabetes	Tuesday, August 24	12:00 PM - 1:00 PM
Let's Talk About Mild Cognitive Impairment	Friday, September 10	10:00 AM - 11:00 AM
Let's Talk About Technology & Diabetes	Wednesday, September 22	6:00 PM - 8:00 PM
Let's Talk About Managing Your Money	Monday, October 4	5:30 PM - 7:00 PM
Let's Talk About Assertiveness	Tuesday, October 5	10:00 AM - 11:30 AM
Let's Talk About Caregiver Stress	Wednesday, October 13	11:00 AM - 12:00 PM
Let's Talk About Carbohydrate Counting & Diabetes	Monday, October 25	6:00 PM - 7:00 PM
Let's Talk About Food + Mood	Tuesday, November 2	10:00 AM - 11:30 AM
Let's Talk About Overview of Dementia	Tuesday, November 30	2:00 PM - 3:00 PM
Let's Talk About Panic	Tuesday, December 14	6:30 PM - 8:00 PM

Healthy Living Webinars	Session Date(s)	Time
NEW! The Elephant in the Room – Why People Don't Want to Talk about Dementia		
1 session, 1 hr	Wednesday, July 7	12:00 PM - 1:00 PM

Intro to Essential Care Plan Conversations		
2 sessions (1/week) 1 hr	Monday, October 25, November 1	2:00 PM - 3:00 PM

Pregnancy and Mood		
1 session, 1.5 hrs	Tuesday, September 21	12:00 PM - 1:30 PM

Managing Stress Eating		
1 session, 1.5 hrs	Wednesday, July 14	11:30 AM - 1:00 PM

Sleep Well		
3 sessions (1/week) 1 hr each	Wednesday, September 15, 22, 29	4:00 PM - 5:00 PM
	Monday, November 29, December 6, 13	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	Monday, July 5, 12, 19	11:30 AM - 1:00 PM
	Tuesday, August 10, 17, 24	6:00 PM - 7:30 PM
	Thursday, September 16, 23, 30	10:00 AM - 11:30 AM
	Tuesday, October 12, 19, 26	11:30 AM - 1:00 PM
	Tuesday, November 2, 9, 16	6:30 PM - 8:00 PM
	Thursday, December 2, 9, 16	10:00 AM - 11:30 AM

more webinars on page 2!

Emotional Health & Wellness Webinars	Session Date(s)	Time
Intro to Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder		
5 sessions (1/week) 1.5 hrs each	Monday, Sept. 13, 20, 27, Oct. 4, 18 *NO CLASS on October 11	11:30 AM - 1:00 PM
Intro to Cognitive Behavioural Therapy 2 - Depression & Anxiety		
5 sessions (1/week) 1.5 hrs each	Tuesday, Oct. 7, 14, 21, 28, Nov. 4	6:30 PM - 8:00 PM
Intro to Mindfulness		
2 sessions (1/week) 1.5 hrs each	Wednesday, August 18, 25 Monday, September 27, October 4 Wednesday, November 10, 17 Wednesday, December 1, 8	5:00 PM - 6:30 PM 2:00 PM - 3:30 PM 11:30 AM - 1:00 PM 10:00 AM - 11:30 AM
SELF - Coping with Stress		
2 sessions (1/week) 1.5 hrs each	Tuesday, August 10, 17 Tuesday, November 9, 16	11:30 AM - 1:00 PM 11:30 AM - 1:00 PM
Calming Strategies		
Every 2 weeks Rotating topics 45 mins each	Thursday, July 8 <i>(Progressive Muscle Relaxation)</i> *NO CLASS on July 22 and August 5 Thursday, August 19 <i>(Breathing)</i> *NO CLASS on September 2 Thursday, September 16 <i>(Grounding)</i> Thursday, September 30 <i>(Mindfulness)</i> Thursday, October 14 <i>(Guided Imagery)</i> Thursday, October 28 <i>(Progressive Muscle Relaxation)</i> Thursday, November 11 <i>(Breathing)</i> Thursday, November 25 <i>(Grounding)</i> Thursday, December 9 <i>(Mindfulness)</i> Thursday, December 23 <i>(Guided Imagery)</i>	12:00 PM - 12:45 PM 12:00 PM - 12:45 PM 12:00 PM - 12:45 PM 12:00 PM - 12:45 PM 12:00 PM - 12:45 PM 12:00 PM - 12:45 PM 12:00 PM - 12:45 PM 12:00 PM - 12:45 PM 12:00 PM - 12:45 PM