

# 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](http://www.guelphfht.com) or call 519-837-0099

Let's Talk About Series (1 session each)	Session Date	Time
Let's Talk About <b>Anger</b>	Tuesday, July 27	11:30 AM - 1:00 PM
Let's Talk About <b>Medications in Diabetes</b>	Tuesday, August 24	12:00 PM - 1:00 PM
Let's Talk About <b>Mild Cognitive Impairment</b>	Friday, September 10	10:00 AM - 11:00 AM
Let's Talk About <b>Technology &amp; Diabetes</b>	Wednesday, September 22	6:00 PM - 8:00 PM
Let's Talk About <b>Managing Your Money</b>	Monday, October 4 <b>POSTPONED</b>	5:30 PM - 7:00 PM
Let's Talk About <b>Assertiveness</b>	Tuesday, October 5	10:00 AM - 11:30 AM
Let's Talk About <b>Caregiver Stress</b>	Wednesday, October 13	11:00 AM - 12:00 PM
Let's Talk About <b>Carbohydrate Counting &amp; Diabetes</b>	Monday, October 25	6:00 PM - 7:00 PM
Let's Talk About <b>Food + Mood</b>	Tuesday, November 2	10:00 AM - 11:30 AM
Let's Talk About <b>Overview of Dementia</b>	Tuesday, November 30	2:00 PM - 3:00 PM
Let's Talk About <b>Panic</b>	Tuesday, December 14	6:30 PM - 8:00 PM

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

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

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

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

<b>Sleep Well</b>		
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
<b>Intro to Cognitive Behavioural Therapy 1</b>		
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!

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