

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 POSTPONED	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 POSTPONED until Spring 2022	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 Monday, November 29, December 6, 13	4:00 PM - 5:00 PM 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 Tuesday, August 10, 17, 24 Thursday, September 16, 23, 30 Tuesday, October 12, 19, 26 Tuesday, November 2, 9, 16 Thursday, December 2, 9, 16	11:30 AM - 1:00 PM 6:00 PM - 7:30 PM 10:00 AM - 11:30 AM 11:30 AM - 1:00 PM 6:30 PM - 8:00 PM 10:00 AM - 11:30 AM

more webinars on page 2!

JULY - DECEMBER 2021 FREE WELLNESS WEBINARS



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	NEW Dates Tuesday, Oct. 14, 21, 28, Nov. 11, 18 *NO CLASS on Nov. 4	6:30 PM - 8:00 PM
Intro to Mindfulness *ON HOLD until further notice		
2 sessions (1/week) 1.5 hrs each	Wednesday, August 18, 25	5:00 PM - 6:30 PM
	NEW Dates Monday, October 4, Tuesday, October 12	2:00 PM - 3:30 PM
	Wednesday, November 10, 17- CANCELLED	11:30 AM - 1:00 PM
	Wednesday, December 1, 8 CANCELLED	10:00 AM - 11:30 AM
SELF - Coping with Stress		
2 sessions (1/week) 1.5 hrs each	Tuesday, August 10, 17	11:30 AM - 1:00 PM
	Tuesday, November 9, 16	11:30 AM - 1:00 PM
Calming Strategies		
Every 2 weeks Rotating topics 45 mins each	Thursday, July 8 (<i>Progressive Muscle Relaxation</i>)	12:00 PM - 12:45 PM
	*NO CLASS on July 22 and August 5	
	Thursday, August 19 (<i>Breathing</i>)	12:00 PM - 12:45 PM
	*NO CLASS on September 2	
	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