

JANUARY - JUNE 2022

# FREE WELLNESS WORKSHOPS



\*Schedule date/time/location may change. Keep checking website/email for any updates.

You MUST pre-register for all workshops. You will be sent a Zoom link to virtual webinars 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.

In order to fully participate in these workshops, we recommend that participants keep their video ON.

Register online at [www.guelphfht.com](http://www.guelphfht.com) or call **519-837-0099**

\*IN-PERSON workshops will take place at: **Old Quebec Street Mall** (55 Wyndham St. N., Suite 212, Guelph)

Let's Talk About Series (1 session each)	Session Date	Time	Location*
Anger	Thursday, January 13	10:00 AM - 11:30 AM	VIRTUAL
Mild Cognitive Impairment	Friday, January 28	10:00 AM - 11:00 AM	VIRTUAL
Caregiver Stress	Friday, February 18	11:00 AM - 12:00 PM	VIRTUAL
Technology & Diabetes	Wednesday, February 16	6:00 PM - 8:00 PM	VIRTUAL
Carbohydrate Counting & Diabetes	Monday, March 28	2:00 PM - 3:00 PM	IN-PERSON
Assertiveness	Tuesday, April 5	11:30 AM - 1:30 PM	IN-PERSON
Food + Mood	Monday, May 9	6:30 PM - 8:00 PM	VIRTUAL
Dementia	Monday, May 16	12:00 PM - 1:00 PM	IN-PERSON
Medications in Diabetes	Wednesday, May 25	11:00 AM - 12:00 PM	IN-PERSON
Panic	Thursday, June 9	1:00 PM - 2:30 PM	VIRTUAL

Healthy Living	Session Date(s)	Time	Location*
<b>The Elephant in the Room – Why People Don't Want to Talk about Dementia</b>			
1 session, 1 hr	Monday, January 17	6:30 PM - 7:30 PM	VIRTUAL

<b>Intro to Essential Care Plan Conversations</b>			
2 sessions (1/week) 1 hr each	Thursday, April 14, 21	2:00 PM - 3:00 PM	IN-PERSON

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

<b>Managing Stress Eating</b>			
1 session, 1.5 hrs	Wednesday, February 2	6:30 PM - 8:00 PM	VIRTUAL

<b>Sleep Well</b>			
3 sessions (1/week) 1 hr each	Wednesday, April 27, May 4, 11	6:30 PM - 7:30 PM	IN-PERSON

Emotional Health & Wellness	Session Date(s)	Time	Location*
<b>Intro to Cognitive Behavioural Therapy 1</b>			
3 sessions (1/week) 1.5 hrs each	Tuesday, Jan 4, 11, 18	11:30 AM - 1:00 PM	VIRTUAL
	Thursday, Jan 20, 27, Feb 3	1:00 PM - 2:30 PM	VIRTUAL
	Tuesday, Feb 8, 15, 22	11:30 AM - 1:00 PM	VIRTUAL
	Thursday, Mar 24, 31, Apr 7	6:30 PM - 8:00 PM	VIRTUAL
	Thursday, Apr 7, 14, 21	10:00 AM - 12:00 PM	IN-PERSON
	Thursday, May 12, 19, 26	6:30 PM - 8:00 PM	VIRTUAL
	Tuesday, June 7, 14, 21	11:30 AM - 1:30 PM	IN-PERSON

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Emotional Health & Wellness	Session Date(s)	Time	Location*
<b>Intro to Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder</b>			
5 sessions (1/week) 1.5 hrs each	Thursday, February 10, 17, 24, March 3, 10	6:30 PM - 8:00 PM	VIRTUAL
<b>Intro to Cognitive Behavioural Therapy 2 - Depression &amp; Anxiety</b>			
5 sessions (1/week) 1.5 hrs each	Tuesday, May 3, 10, 17, 24, 31	11:30 AM - 1:30 PM	IN-PERSON
<b>SELF - Coping with Stress</b>			
2 sessions (1/week) 1.5 hrs each	Thursday, February 17, 24	10:00 AM - 11:30 AM	VIRTUAL
	Thursday, June 23, 30	6:00 PM - 8:00 PM	IN-PERSON
<b>Calming Strategies</b>			
Every 2 weeks Rotating topics 45 mins each	Thursday, January 13 (Progressive Muscle Relaxation)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, January 27 (Breathing)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, February 10 (Grounding)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, February 24 (Mindfulness)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, March 10 (Guided Imagery)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, March 24 (Progressive Muscle Relaxation)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, April 7 (Breathing)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, April 21 (Grounding)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, May 5 (Mindfulness)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, May 19 (Guided Imagery)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, June 2 (Progressive Muscle Relaxation)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, June 16 (Breathing)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, June 30 (Grounding)	12:00 PM - 12:45 PM	VIRTUAL

## Raising Competent Eaters Webinars *(In partnership with Guelph CHC & EarlyON Centre)*

Introduction to Solids	Wednesday, January 19	1:00 PM - 2:30 PM	VIRTUAL
Making Your Own Baby Food	Wednesday, January 26	1:00 PM - 2:30 PM	VIRTUAL
Raising a Healthy, Happy Eater	Wednesday, February 2	1:00 PM - 2:30 PM	VIRTUAL

To register for Raising Competent Eaters webinars:  
**Call 519-821-6638, select option 4**