

JANUARY - JUNE 2022

FREE WELLNESS WORKSHOPS



*Dates/times of classes may be subject to change, please check the website regularly.

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 ASK THAT PARTICIPANTS KEEP THEIR VIDEO ON.

Register online at 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)	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/VIRTUAL
Assertiveness	Tuesday, April 5	11:30 AM - 1:30 PM	IN-PERSON/VIRTUAL
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/VIRTUAL
Panic	Thursday, June 9	1:00 PM - 2:30 PM	VIRTUAL

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

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

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

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

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

Emotional Health & Wellness	Session Date(s)	Time	Location*
Intro to Cognitive Behavioural Therapy 1			
3 sessions (1/week) 1.5 - 2 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
	Tuesday, April 14, 21, 28	10:00 AM - 12:00 PM	IN-PERSON/VIRTUAL
	Thursday, May 12, 19, 26	NEW Time 6 - 7:30 PM	VIRTUAL
	Monday, June 6, 13, 20	11:30 AM - 1:30 PM	IN-PERSON/VIRTUAL

JANUARY - JUNE 2022

FREE WELLNESS WORKSHOPS



Register online at www.guelphft.com or call 519-837-0099

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

Emotional Health & Wellness	Session Date(s)	Time	Location*
Intro to Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder			
5 sessions (1/week) 1.5 hrs each	Thurs., Feb. 10, 24, Mar. 3, 10, 17 *No class on Feb. 17	6:30 PM - 8:00 PM	VIRTUAL
Intro to Cognitive Behavioural Therapy 2 - Depression & Anxiety			
5 sessions (1/week) 1.5 - 2 hrs each	Tues., May 10, 17, 24, June 7, 14 *No class on May 31	11:30 AM - 1:30 PM	IN-PERSON/VIRTUAL
SELF - Coping with Stress			
2 sessions (1/week) 1.5 - 2 hrs each	NEW Dates Thurs., Feb. 24, Mar 3	10:00 AM - 11:30 AM	VIRTUAL
	Thursday, June 23, 30	6:00 PM - 8:00 PM	IN-PERSON/VIRTUAL

Calming Strategies

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

NEW Spring 2022 Dates!

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

Introduction to Solids	Wednesday, April 27	1:00 PM - 2:30 PM	VIRTUAL
Making Your Own Baby Food	Wednesday, May 4	1:00 PM - 2:30 PM	VIRTUAL
Raising a Healthy, Happy Eater	Wednesday, May 11	1:00 PM - 2:30 PM	VIRTUAL

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