

JULY - DECEMBER 2022

# FREE WELLNESS WORKSHOPS



- \*Workshops take place as an IN-PERSON class or as a VIRTUAL webinar.
- \*Schedule 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](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	Session Date	Time	
Technology & Diabetes (2 sessions)	Wednesday, August 3 (Type 1 & 2) <b>POSTPONED until Fall</b>	11:30 AM - 1:00 PM	IN-PERSON
	Wednesday, August 10 (Type 1) <b>POSTPONED until Fall</b>	6:00 PM - 8:00 PM	
Caregiver Stress	Monday, August 8	6:30 PM - 7:30 PM	IN-PERSON
Carbohydrate Counting & Diabetes	Monday, September 26	12:00 PM - 1:00 PM	VIRTUAL
<b>NEW!</b> Red Flags of Dementia	Friday, September 30	12:00 PM - 1:00 PM	IN-PERSON
Assertiveness	Tuesday, October 4	10:00 AM - 11:30 AM	VIRTUAL
Food + Mood	Monday, October 31	11:30 AM - 1:00 PM	VIRTUAL
Mild Cognitive Impairment	Monday, November 21	11:00 AM - 12:00 PM	VIRTUAL
Medications in Diabetes	Wednesday, November 30	6:30 PM - 7:30 PM	VIRTUAL
Panic	Thursday, December 8	6:00 PM - 8:00 PM	IN-PERSON

Healthy Living	Session Date(s)	Time	
<b>Managing Stress Eating</b>			
1 session 1.5 hrs	Monday, July 11	11:30 AM - 1:00 PM	VIRTUAL
<b>Sleep Well</b>			
3 sessions (1/week) 1 hr each	Wednesday, September 14, 21, 28	4:00 PM - 5:00 PM	IN-PERSON
	Monday, November 28, Dec. 5, 12	7:00 PM - 8:00 PM	VIRTUAL

<b>Pregnancy and Mood</b>			
1 session 1.5 hrs	Tuesday, September 20	12:00 PM - 1:30 PM	VIRTUAL
<b>NEW! Relationship-based Parenting</b>			
4 sessions (1/week) 1 hr each	Monday, October 17, 24, Nov. 7, 14 <b>*NO CLASS October 31</b>	7:00 PM - 8:00 PM	VIRTUAL

Emotional Health & Wellness	Session Date(s)	Time	
<b>Intro to Cognitive Behavioural Therapy 1</b>			
3 sessions (1/week) 1.5 - 2 hrs each	Monday, July 11, 18, 25	6:00 PM - 7:30 PM	VIRTUAL
	Tuesday, August 16, 23, 30	10:00 AM - 12:00 PM	IN-PERSON
	Thursday, September 15, 22, 29	1:30 PM - 3:30 PM	IN-PERSON
	Tuesday, Oct 18, 25, Nov 1	6:00 PM - 7:30 PM	VIRTUAL
	Thursday, November 10, 17, 24	1:00 PM - 2:30 PM	VIRTUAL
	Monday, December 5, 12, 19	11:30 AM - 1:30 PM	IN-PERSON

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Emotional Health & Wellness	Session Date(s)	Time	
<b>Intro to Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder</b>			
5 sessions (1/week) 1.5 - 2 hrs each	Mon., Aug 29, Sept 12, 19, 26, Oct 3	11:30 AM - 1:30 PM	IN-PERSON
<b>Intro to Cognitive Behavioural Therapy 2 - Depression &amp; Anxiety</b>			
5 sessions (1/week) 1.5 - 2 hrs each	Thurs., Nov 3, 10, 17, 24, Dec 1	10:00 AM - 11:30 AM	VIRTUAL
<b>SELF - Coping with Stress</b>			
2 sessions (1/week) 1.5 - 2 hrs each	Tuesday, September 13, 20	11:30 AM - 1:30 PM	IN-PERSON
	Tuesday, December 6, 13	11:30 AM - 1:00 PM	VIRTUAL
<b>Calming Strategies</b>			
Rotating topics 45 mins each	Thursday, July 14 (Mindfulness)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, July 28 (Guided Imagery)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, August 25 (Progressive Muscle Relaxation)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, September 8 (Breathing)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, September 22 (Grounding)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, October 20 (Mindfulness)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, November 3 (Guided Imagery)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, November 17 (Progressive Muscle Relaxation)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, December 1 (Breathing)	12:00 PM - 12:45 PM	VIRTUAL
	Thursday, December 15 (Grounding)	12:00 PM - 12:45 PM	VIRTUAL

## NEW Summer 2022 Dates! All workshops are now offered IN-PERSON

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

Introduction to Solids	Wednesday, July 20	1:00 PM - 2:30 PM	IN-PERSON
Making Your Own Baby Food	Wednesday, July 27	1:00 PM - 2:30 PM	IN-PERSON
Raising a Healthy, Happy Eater	Wednesday, August 3	1:00 PM - 2:30 PM	IN-PERSON

To register for Raising Competent Eaters workshops:

**Call 519-821-6638, select option 4**