

JANUARY - JUNE 2023

# 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

\*NEW in-person workshop locations: 649 Scottsdale Dr. (Suite 500) & Evergreen Seniors Centre (683 Woolwich St.)

Let's Talk About Series	Session Date	Time	Location
Anger	Thursday, January 19	11:30am - 1:30 pm	649 Scottsdale Dr. IN-PERSON
Living Well: Tips for Brain Health	Wednesday, January 25	11am - 12pm	649 Scottsdale Dr. IN-PERSON
Technology & Diabetes	Session 1 (for Type 1 & 2 diabetes) Thursday, January 26	11am - 12:30 pm	Evergreen Seniors Centre IN-PERSON
	Session 2 (for Type 1 diabetes) Monday, January 30	6:00pm - 8:15pm	Evergreen Seniors Centre IN-PERSON
Caregiver Stress	Tuesday, February 28	11am - 12pm	VIRTUAL WEBINAR
Carbohydrate Counting & Diabetes	Thursday, March 23	10am - 11:30am	Evergreen Seniors Centre IN-PERSON
Assertiveness	Tuesday, March 7	10am - 12pm	649 Scottsdale Dr. IN-PERSON
Red Flags of Dementia	Wednesday, April 19	6pm - 7pm	VIRTUAL WEBINAR
Food + Mood	Tuesday, April 18	6:30pm - 8pm	649 Scottsdale Dr. IN-PERSON
Panic	Thursday, May 11	11:30am - 1:30 pm	649 Scottsdale Dr. IN-PERSON
Mild Cognitive Impairment	Friday, June 2	12pm - 1pm	649 Scottsdale Dr. IN-PERSON
Medications in Diabetes	Thursday, June 5	2:30pm - 4pm	Evergreen Seniors Centre IN-PERSON

Healthy Living	Session Date(s)	Time	Location
Sleep Well			
3 sessions (1/week) 1 hr each	Wednesday, June 7, 14, 21	6:30pm - 7:30pm	VIRTUAL WEBINAR
Pregnancy and Mood			
1 session 1.5 hrs	Monday, January 23	12pm - 1:30pm	VIRTUAL WEBINAR
How to have hard conversations: death and dying			
2 sessions (1/week) 1 hr each	Monday, April 17, 24	11am - 12pm	VIRTUAL WEBINAR
Relationship-based Parenting			
4 sessions (1/week) 1 hr each	Monday, May 1, 8, 15, 29 <i>*No class on May 22</i>	7pm - 8pm	VIRTUAL WEBINAR

Emotional Health & Wellness	Session Date(s)	Time	Location
Cognitive Behavioural Therapy 1			
3 sessions (1/week) 1.5 - 2 hrs each	Monday, January 9, 16, 23	11:30am - 1:30pm	649 Scottsdale Dr. IN-PERSON
	Tuesday, January 17, 24, 31	6pm - 7:30pm	VIRTUAL WEBINAR
	Thursday, Feb 9, 16, 23	10am - 11:30am	VIRTUAL WEBINAR
	Tuesday, March 28, April 4, 11	1pm - 2:30pm	VIRTUAL WEBINAR
	Monday, April 17, 24, May 1	6pm - 8pm	649 Scottsdale Dr. IN-PERSON
	Tuesday, May 16, 23, 30	11:30am - 1pm	VIRTUAL WEBINAR
	Thursday, June 13, 20, 27	11:30am - 1:30pm	649 Scottsdale Dr. IN-PERSON

JANUARY - JUNE 2023

# FREE WELLNESS WORKSHOPS



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

\*NEW in-person workshop locations: 649 Scottsdale Dr. (Suite 500) & Evergreen Seniors Centre (683 Woolwich St.)

Emotional Health & Wellness	Session Date(s)	Time	Location
-----------------------------	-----------------	------	----------

## Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder

<b>5 sessions (1/week) 1.5 - 2 hrs each</b>	Thursday, Feb 9, 16, 23, March 2, 9	1pm - 2:30pm	VIRTUAL WEBINAR
---	-------------------------------------	--------------	-----------------

## Cognitive Behavioural Therapy 2 - Depression & Anxiety

<b>5 sessions (1/week) 1.5 - 2 hrs each</b>	Tuesday, May 9, 16, 23, 30, June 6	6pm - 8pm	649 Scottsdale Dr. IN-PERSON
---	------------------------------------	-----------	------------------------------

## SELF - Coping with Stress

<b>2 sessions (1/week) 1.5 - 2 hrs each</b>	Monday, February 27, March 6	11:30am - 1:30pm	649 Scottsdale Dr. IN-PERSON
	Monday, June 12, 19	6pm - 7:30pm	VIRTUAL WEBINAR

## Calming Strategies

Rotating topics 45 mins each	Session Date(s)	Time	Location
	Thursday, January 12 (Mindfulness)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, January 26 (Guided Imagery)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, February 23 (Progressive Muscle Relaxation)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, March 9 (Breathing)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, March 23 (Grounding)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, April 6 (Mindfulness)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, April 20 (Guided Imagery)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, May 4 (Progressive Muscle Relaxation)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, May 18 (Breathing)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, June 1 (Grounding)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, June 15 (Mindfulness)	12pm - 12:45pm	VIRTUAL WEBINAR

## NEW Winter 2023 Dates! All workshops are now offered IN-PERSON

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

Introduction to Solids	Monday, January 23	2:00pm - 3:30pm	IN-PERSON
Making Your Own Baby Food	Monday, January 30	2:00pm - 3:30pm	IN-PERSON
Raising a Healthy, Happy Eater	Monday, February 6	2:00pm - 3:30pm	IN-PERSON

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