

# JULY - DECEMBER 2023 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.

Workshops are offered at no cost and open to everyone 18 yrs and older. 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.  
Registration opens 1 MONTH PRIOR to start date.

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

\*IN-PERSON workshop location: 649 Scottsdale Drive (Suite 500), Guelph

Let's Talk About Series	Session Date	Time	Location	
Living Well: Tips for Brain Health	Tuesday, July 11	12pm - 1pm	VIRTUAL WEBINAR	
Anger	Tuesday, July 25	6pm - 7:30pm	VIRTUAL WEBINAR	
Mild Cognitive Impairment	Wednesday, August 16	12pm - 1pm	649 Scottsdale Dr.	IN-PERSON
Food + Mood	Tuesday, September 26	11:30am - 1pm	649 Scottsdale Dr.	IN-PERSON
Assertiveness	Thursday, October 5	10am - 11:30am	VIRTUAL WEBINAR	
Caregiver Stress	Thursday, October 12	6pm - 7pm	VIRTUAL WEBINAR	
Red Flags of Dementia	Monday, November 6	11am - 12pm	649 Scottsdale Dr.	IN-PERSON
Panic	Thursday, December 7	11:30am - 1pm	VIRTUAL WEBINAR	

Healthy Living	Session Date(s)	Time	Location	
Sleep Well				
3 sessions (1/week) 1 hr each	Wednesday, November 8, 15, 22	4pm - 5pm	649 Scottsdale Dr.	IN-PERSON

How to have hard conversations: death and dying				
2 sessions (1/week) 1 hr each	NEW DATES Wed., Oct 18, Nov 1 *No class on October 25	11am - 12pm	649 Scottsdale Dr.	IN-PERSON

Relationship-based Parenting				
4 sessions (1/week) 1 hr each	Wed., October 11, 18, 25, Nov 1	7pm - 8pm	VIRTUAL WEBINAR	
	Wed., Nov 8, 15, 22, 29	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, July 10, 17, 24	6pm - 7:30pm	VIRTUAL WEBINAR	
	Thursday, August 17, 24, 31	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON
	Monday, September 11, 18, 25	6pm - 7:30pm	VIRTUAL WEBINAR	
	NEW DATES Tuesday, Oct 17, 31, Nov 7 *No class on October 24	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON
	NEW DATES Monday, Nov 6, 13, 20	1:30pm - 3pm	VIRTUAL WEBINAR	
	Monday, December 4, 11, 18	10am - 11:30am	VIRTUAL WEBINAR	

Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder				
5 sessions (1/week) 1.5 - 2 hrs each	Monday, Sept 11, 18, 25, Oct 2, 16 *No class on October 9	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON

Cognitive Behavioural Therapy 2 - Depression & Anxiety				
5 sessions (1/week) 1.5 - 2 hrs each	Thursday, November 2, 9, 16, 23, 30	10am - 11:30am	VIRTUAL WEBINAR	

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Emotional Health & Wellness	Session Date(s)	Time	Location
<b>SELF - Coping with Stress</b>			
2 sessions (1/week) 1.5 - 2 hrs each	Thursday, September 21, 28	9:30am - 11:30am	649 Scottsdale Dr. IN-PERSON
	Tuesday, December 5, 12	11:30am - 1pm	VIRTUAL WEBINAR

## Calming Strategies

Rotating topics 45 mins each	Thursday, July 6 (Guided Imagery)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, August 3 (Progressive Muscle Relaxation)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, September 7 (Breathing)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, September 21 (Grounding)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, October 5 (Mindfulness)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, October 19 (Guided Imagery)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, November 2 (Progressive Muscle Relaxation)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, November 16 (Breathing)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, November 30 (Grounding)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, December 14 (Mindfulness)	12pm - 12:45pm	VIRTUAL WEBINAR

## Raising Competent Eaters Workshops will return in the FALL 2023!

(In partnership with Guelph CHC and EarlyON Centre)

All workshops are offered **IN-PERSON** at the **EarlyON Child and Family Centre** in Stone Road Mall.

Topics include: **Intro to Solids, Making Your Own Baby Food, Raising a Healthy, Happy Eater**

Visit our website to learn more: [www.guelphfht.com/raising-competent-eaters/](http://www.guelphfht.com/raising-competent-eaters/)