

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 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	NEW DATE Wednesday, Nov 15	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 15, 22, 29	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 (Oct. 18 session) 1pm - 2pm (Nov. 1 session)	649 Scottsdale Dr.	IN-PERSON

Relationship-based Parenting	Session Date(s)	Time	Location	
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	Session Date(s)	Time	Location	
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	Session Date(s)	Time	Location	
5 sessions (1/week) 1.5 - 2 hrs each	Thursday, November 2, 9, 16, 23, 30	10am - 11:30am	VIRTUAL WEBINAR	

JULY - DECEMBER 2023 WELLNESS WORKSHOPS



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

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

Emotional Health & Wellness	Session Date(s)	Time	Location
SELF - Coping with Stress			
2 sessions (1/week) 1.5 - 2 hrs each	Thursday, September 21, 28	9:30am - 11:30am	649 Scottsdale Dr. IN-PERSON
	Monday, December 4, 11	1:00pm - 2:30pm	VIRTUAL WEBINAR

Calming Strategies

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

Fall 2023 Dates! All workshops are offered IN-PERSON

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

Introduction to Solids	Monday, October 16	2:00 PM - 3:30 PM	IN-PERSON
Making Your Own Baby Food	Monday, October 23	2:00 PM - 3:30 PM	IN-PERSON
Raising a Healthy, Happy Eater	Monday, October 30	2:00 PM - 3:30 PM	IN-PERSON

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