

# 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.

SCAN QR CODE



to view workshops and register online

Registration opens 1 MONTH PRIOR to start date. 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.

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	Wednesday, January 17	11am - 12pm	649 Scottsdale Dr. IN-PERSON
Anger	Tuesday, January 23	10am - 11:30am	VIRTUAL WEBINAR
Caregiver Stress	Thursday, February 22	6:30pm - 7:30pm	VIRTUAL WEBINAR
Assertiveness	Thursday, March 28	11:30am - 1:30pm	649 Scottsdale Dr. IN-PERSON
Red Flags of Dementia	Tuesday, April 16	1pm - 2pm	VIRTUAL WEBINAR
Food + Mood	Thursday, April 25	6:30pm - 8pm	VIRTUAL WEBINAR
Panic	Monday, May 27	5:30pm - 7pm	VIRTUAL WEBINAR
Mild Cognitive Impairment	Tuesday, June 4	4pm - 5pm	649 Scottsdale Dr. IN-PERSON

Healthy Living	Session Date(s)	Time	Location
Sleep Well			
3 sessions (1/week) 1 hr each	Thursday, June 6, 13, 20	6:30pm - 7:30pm	VIRTUAL WEBINAR

How to have hard conversations: death and dying			
2 sessions (1/week) 1 hr each	Tuesday, April 9, 16	1pm - 2pm	649 Scottsdale Dr. IN-PERSON

Relationship-based Parenting			
4 sessions (1/week) 1 hr each	Wednesday, Feb 14, 21, 28, Mar 6	7:30pm - 8:30pm	VIRTUAL WEBINAR
	Monday, May 6, 13, 27, June 3	7:30pm - 8:30pm	VIRTUAL WEBINAR
	<i>*No class on May 20</i>		

Emotional Health & Wellness	Session Date(s)	Time	Location
Cognitive Behavioural Therapy 1			
3 sessions (1/week) 1.5 - 2 hrs each	Monday, January 8, 15, 22	6pm - 7:30pm	VIRTUAL WEBINAR
	Monday, January 15, 22, 29	10am - 12pm	649 Scottsdale Dr. IN-PERSON
	Thursday, February 15, 22, 29	11:30am - 1pm	VIRTUAL WEBINAR
	Monday, March 4, 18, 25	10am - 11:30am	VIRTUAL WEBINAR
	<i>*No class on March 11</i>		
	Monday, April 8, 15, 22	6pm - 8pm	649 Scottsdale Dr. IN-PERSON
	Monday, May 13, 27, June 3	10am - 11:30am	VIRTUAL WEBINAR
	<i>*No class on May 20</i>		
	Tuesday, June 11, 18, 25	11:30am - 1:30pm	649 Scottsdale Dr. IN-PERSON

Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder			
5 sessions (1/week) 1.5 - 2 hrs each	Tuesday, Feb 6, 13, 20, 27, Mar 5	6pm - 7:30pm	VIRTUAL WEBINAR

Cognitive Behavioural Therapy 2 - Depression & Anxiety			
5 sessions (1/week) 1.5 - 2 hrs each	Thursday, May 2, 9, 16, 23, 30	11:30am - 1:30pm	649 Scottsdale Dr. IN-PERSON

# JANUARY - JUNE 2024 WELLNESS WORKSHOPS



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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	Monday, February 5, 12	12pm - 1:30pm	VIRTUAL WEBINAR
	Monday, June 10, 17	6pm - 8pm	649 Scottsdale Dr. <b>IN-PERSON</b>

## Calming Strategies

Rotating topics 45 mins each	Session Date(s)	Time	Location
	Thursday, January 11 <i>(Guided Imagery)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, January 25 <i>(Progressive Muscle Relaxation)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, February 8 <i>(Breathing)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, March 7 <i>(Grounding)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, March 21 <i>(Mindfulness)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, April 4 <i>(Guided Imagery)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, April 18 <i>(Progressive Muscle Relaxation)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	<b>NEW DAY</b> Monday, May 13 <i>(Breathing)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, June 6 <i>(Grounding)</i>	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, June 20 <i>(Mindfulness)</i>	12pm - 12:45pm	VIRTUAL WEBINAR

## NEW Winter 2024 Dates! All workshops are offered IN-PERSON

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

Introduction to Solids	Monday, January 22	2:00 PM - 3:30 PM	<b>IN-PERSON</b>
Making Your Own Baby Food	Monday, January 29	2:00 PM - 3:30 PM	<b>IN-PERSON</b>
Raising a Healthy, Happy Eater	Monday, February 5	2:00 PM - 3:30 PM	<b>IN-PERSON</b>

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