

# 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.guelphft.com](http://www.guelphft.com) or call **519-837-4444 ext. 5202**

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

Let's Talk About Series	Session Date	Time	Location	
<b>Living Well: Tips for Brain Health</b>	Wednesday, July 10	4pm - 5pm	VIRTUAL WEBINAR	
<b>Anger</b>	Monday, July 29	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON
	Monday, December 2	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON
<b>Caregiver Stress</b>	Monday, August 12	12pm - 1pm	VIRTUAL WEBINAR	
<b>Assertiveness</b>	Tuesday, August 20	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON
<b>Food + Mood</b>	Tuesday, September 10	2pm - 3:30pm	649 Scottsdale Dr.	IN-PERSON
<b>Panic</b>	Monday, October 7	9:30am - 11am	VIRTUAL WEBINAR	
<b>Mild Cognitive Impairment</b>	Wednesday, October 23	2pm - 3pm	VIRTUAL WEBINAR	
<b>Red Flags of Dementia</b>	Monday, November 18	6pm - 7pm	649 Scottsdale Dr.	IN-PERSON

Healthy Living	Session Date(s)	Time	Location	
<b>Sleep Well</b>				
<b>3 sessions (1/week) 1 hr each</b>	Tuesday, November 12, 19, 26	11am - 12pm	VIRTUAL WEBINAR	
<b>How to have hard conversations: death and dying</b>				
<b>2 sessions (1/week) 1 hr each</b>	Wednesday, October 16, 23	11am - 12pm	649 Scottsdale Dr.	IN-PERSON
<b>Relationship-based Parenting</b>				
<b>4 sessions (1/week) 1 hr each</b>	Tuesday, Sept 24, Oct 1, 8, 15	7:30pm - 8:30pm	VIRTUAL WEBINAR	
	Monday, November 4, 11, 18, 25	7:30pm - 8:30pm	VIRTUAL WEBINAR	

Emotional Health & Wellness	Session Date(s)	Time	Location	
<b>Cognitive Behavioural Therapy 1</b>				
<b>3 sessions (1/week) 1.5 - 2 hrs each</b>	Thursday, July 4, 11, 18	11:30am - 1pm	VIRTUAL WEBINAR	
	Thursday, August 1, 8, 15	9:30am - 11:30am	649 Scottsdale Dr.	IN-PERSON
	Tuesday, Sept 10, 17, 24	6pm - 8pm	649 Scottsdale Dr.	IN-PERSON
	Thursday, Oct 3, 10, 17	10am - 11:30am	VIRTUAL WEBINAR	
	Monday, Oct 21, 28, Nov 4	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON
	Thursday, Nov 7, 14, 21	1pm - 2:30pm	VIRTUAL WEBINAR	

<b>Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder</b>				
<b>5 sessions (1/week) 1.5 - 2 hrs each</b>	Monday, Sept 9, 16, 23, 30, Oct 7	11:30am - 1:30pm	649 Scottsdale Dr.	IN-PERSON

<b>Cognitive Behavioural Therapy 2 - Depression &amp; Anxiety</b>				
<b>5 sessions (1/week) 1.5 - 2 hrs each</b>	Tuesday, Oct 22, 29, Nov 5, 12, 19	6pm - 7:30pm	VIRTUAL WEBINAR	

# JULY - DECEMBER 2024 WELLNESS WORKSHOPS



Register online at [www.guelphfht.com](http://www.guelphfht.com) or call 519-837-4444 ext. 5202

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Emotional Health & Wellness	Session Date(s)	Time	Location
<b>SELF - Coping with Stress</b>			
<b>2 sessions (1/week) 1.5 - 2 hrs each</b>	Monday, August 12, 19	11:30am - 1pm	VIRTUAL WEBINAR
	Tuesday, December 3, 10	6pm - 8pm	649 Scottsdale Dr. <b>IN-PERSON</b>

## Calming Strategies

Rotating topics 45 mins each	Session Date(s)	Time	Location
	Thursday, July 25 (Guided Imagery)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, August 8 (Progressive Muscle Relaxation)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, September 5 (Breathing)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, September 19 (Grounding)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, October 3 (Mindfulness)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, October 17 (Guided Imagery)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, November 14 (Progressive Muscle Relaxation)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, December 5 (Breathing)	12pm - 12:45pm	VIRTUAL WEBINAR
	Thursday, December 12 (Grounding)	12pm - 12:45pm	VIRTUAL WEBINAR

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

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

Introduction to Solids	Monday, September 23	2:00 PM - 3:30 PM	<b>IN-PERSON</b>
Making Your Own Baby Food	Monday, September 30	2:00 PM - 3:30 PM	<b>IN-PERSON</b>
Raising a Healthy, Happy Eater	Monday, October 7	2:00 PM - 3:30 PM	<b>IN-PERSON</b>

To register for Raising Competent Eaters workshops:

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