JULY - DECEMBER 2026
WELLNESS WORKSHOPS

Schedule may be subject to change; check the website regularly

Guelph Family Health Team | *The Best Care for Everyone*

www.guelphfht.com

SCAN QR CODE

to view workshops and register online

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 or call 519-837-4444 ext. 5202

Let's Talk About Series	Session Date	Time	Location
Panic	Wednesday, July 8	10am - 11:30am	*VIRTUAL WEBINAR*
	Monday, November 30		*CANCELLED*
Mild Cognitive Impairment	Tuesday, August 11	3pm - 4pm	649 Scottsdale Dr., Suite 500
Anger	Thursday, September 10	9:30am - 11:30am	649 Scottsdale Dr., Suite 500
Red Flags of Dementia	Monday, September 28 (NEW DATE)	3pm - 4pm	649 Scottsdale Dr., Suite 500
Living Well: Tips for Brain Health	Monday, October 5	2pm - 3pm	649 Scottsdale Dr., Suite 500
Assertiveness	Monday, October 26		*CANCELLED*
Food and Mood	Wednesday, November 4	2pm - 3:30pm	649 Scottsdale Dr., Suite 500
Caregiver Stress	Wednesday, December 16	1:30pm - 2:30pm	*VIRTUAL WEBINAR*

Healthy Living	Session Date(s)	Time	Location
Sleep Well			
3 sessions (1/week) 1 hr each	Monday, Nov 30, Dec 7, 14	2pm - 3pm	*VIRTUAL WEBINAR*
How to Have Hard Conversations: Death and Dying			
2 sessions (1/week) 1 hr each	Tuesday, Nov 3, 10	2:30pm - 3:30pm	649 Scottsdale Dr., Suite 500
Relationship-based Parenting			
4 sessions (1/week) 1 hr each	Tuesday, Sept 22, 29, Oct 6, 13	7:30pm - 8:30pm	*VIRTUAL WEBINAR*
	Friday Nov 6, 13, 20, 27	1pm - 2pm	*VIRTUAL WEBINAR*

Emotional Health & Wellness	Session Date(s)	Time	Location
Cognitive Behavioural Therapy 1			
3 sessions (1/week) 1.5 - 2 hrs each	Monday, Jun 29, Jul 6, 13	10am - 11:30am	*VIRTUAL WEBINAR*
	Tuesday, Aug 11, 18, 25	11:30am - 1:30pm	649 Scottsdale Dr., Suite 500
	Monday, Sept 21, 28, Oct 5	1pm - 2:30pm	*VIRTUAL WEBINAR*
	Tuesday, Oct 27, Nov 3, 10		*CANCELLED*
	Monday, Nov 9, 16, 23	10am - 11:30am	*VIRTUAL WEBINAR*
	Monday, Nov 30, Dec 7, 14	6pm - 7:30pm	*VIRTUAL WEBINAR*

More workshops on page 2!

JULY - DECEMBER 2026
WELLNESS WORKSHOPS

Guelph Family Health Team | *The Best Care for Everyone*

Register online at www.guelphfht.com or call 519-837-4444 ext. 5202

Emotional Health & Wellness	Session Date(s)	Time	Location
Cognitive Behavioural Therapy 2 - Generalized Anxiety Disorder			
5 sessions (1/week) 1.5 - 2 hrs each	Thurs, Sept 24, Oct 1, 8, 15, 29 *No class on Oct 22*	1:30pm - 3:30pm	649 Scottsdale Dr., Suite 500
Cognitive Behavioural Therapy 2 - Depression & Anxiety			
5 sessions (1/week) 1.5 - 2 hrs each	Tues., Oct 27, Nov 3, 10,17, 24	*CANCELLED*	
SELF - Coping with Stress			
2 sessions (1/week) 1.5 - 2 hrs each	Tuesday, July 21, 28	11:30am - 1:30pm	649 Scottsdale Dr., Suite 500
	Monday, September 28, Oct 5	5:30pm - 7:30pm	649 Scottsdale Dr., Suite 500
Calming Strategies			
Rotating topics *45 mins each*	Thurs. Jul 9 *(Breathing)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Jul 23 *(Grounding)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Aug 20 *(Mindfulness)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Aug 27 *(Guided Imagery)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Sept 10 *(Progressive Muscle Relaxation)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Oct 1 *(Breathing)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Oct 15 *(Grounding)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Oct 29 *(Mindfulness)*	*CANCELLED*	
	Thurs. Nov 12 *(Guided Imagery)*	*CANCELLED*	
	Thurs. Nov 26 *(Progressive Muscle Relaxation)*	*CANCELLED*	
	Thurs. Dec 10 *(Breathing)*	12pm - 12:45pm	*VIRTUAL WEBINAR*
	Thurs. Dec 17 *(Grounding)*	12pm - 12:45pm	*VIRTUAL WEBINAR*

NEW Fall 2026 Dates!

Raising Competent Eaters Workshops (In partnership with Guelph CHC & EarlyON Centre)			
Introduction to Solids	Mon., Sept 21	2pm - 3:30pm	*All workshops take place in-person at EARLYON Child and Family Centre in Stone Road Mall*
Making Your Own Baby Food	Mon., Sept 28	2pm - 3:30pm	
Raising a Healthy, Happy Eater	Mon., Oct 5	2pm - 3:30pm	

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