

Programs & Workshops

October – December 2023

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Our programs and workshops are available to residents of Peterborough city & county. The in-person programs take place in downtown Peterborough on King Street unless otherwise stated. Please register by visiting our website or calling the Program Office.

Please note that programs and workshops are now **offered in person** unless indicated otherwise. This may change with each schedule.



705-740-8020



www.peterboroughfht.com

Program / Workshop	Date & Time
Anxiety workshop (<i>PILOT</i>) <i>Offered virtually*</i>	<ul style="list-style-type: none"> Monday, October 2 1:30 – 3:30 PM *Tuesday, November 14 5:30 – 7:30 PM Wednesday, December 13 9:30 – 11:30 AM
Being with Chronic Pain	<ul style="list-style-type: none"> Tuesdays Oct. 3 – Dec. 5 1:30 – 3:30 PM
Diabetes Prevention workshop	<ul style="list-style-type: none"> Wednesday, October 11 9:30 – 11:30 AM Friday, November 17 1:30 – 3:30 PM Thursday, December 7 2:00 – 4:00 PM
FHT to Quit – intake session	<ul style="list-style-type: none"> Monday, September 18 4:00 – 5:30 PM
Heart Health workshop	<ul style="list-style-type: none"> Friday, November 10 9:30 – 11:30 AM
Introduction to Sleep & Insomnia <i>Offered virtually*</i>	<ul style="list-style-type: none"> Monday, October 23 9:30 – 11:30 AM *Thursday, November 16 2:00 – 4:00 PM *Wednesday, December 13 1:00 – 3:00 PM
Mindful Eating <i>Offered virtually*</i>	<ul style="list-style-type: none"> Wednesdays, Oct. 11 – Nov. 15 1:30 – 3:30 PM *Thursdays, Nov. 9 – Dec. 14 9:30 – 11:30 AM

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Program / Workshop

Date & Time

Mindfulness for Anxiety & Depression
*Offered virtually**

- Tuesdays, Oct. 10 – Dec. 12 | 9:30 – 11:30 AM
- *Tuesdays, Oct. 10 – Dec. 12 | 2:00 – 4:00 PM

Mindfulness for Stress

- Mondays, Oct. 16 – Dec. 18 | 1:30 – 3:30 PM

Mindfulness Tools for Daily Living

- Wednesdays, November 8 – 29 | 9:30 – 11:30 AM

Mindfulness Reconnect
You must register for the Reconnect you wish to attend. Space is limited.

- Wednesday, October 18 | 10:00 – 11:30 AM
- Monday, November 13 | 3:30 – 5:00 PM
- Monday, December 11 | 9:30 – 11:00 AM

Not What I expected

- Tuesdays, Oct. 24 – Dec. 12 | 1:30 – 3:30 PM

