

Programs & Workshops

April – June 2024

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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 (*PILOT*)
**Offered virtually*

- *Wednesday, May 8 | 1:30 – 3:30 PM
- Monday, June 17 | 9:30 – 11:30 AM

Blood Sugar Basics workshop

- Monday, May 13 | 1:30 – 3:30 PM
- Thursday, June 27 | 2:00 – 4:00 PM

Heart Health workshop
**Offered virtually*

- *Thursday, April 25 | 1:30 – 3:30 PM
- Monday, June 10 | 9:30 – 11:30 AM

Introduction to Sleep & Insomnia

- Friday, April 19 | 1:30 – 3:30 PM
- Tuesday, May 7 | 2:00 – 4:00 PM
- Thursday, June 6 | 9:30 – 11:30 AM

Mindful Eating

Thursdays
May 23 – June 27 | 9:30 – 11:30 AM

Mindfulness for Anxiety & Depression

Tuesdays
April 16 – June 18 | 9:30 – 11:30 AM

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Program / Workshop

Date & Time

Mindfulness for Stress

Wednesdays

April 10 – June 19 | 2:00 – 4:00 PM
(no class May 1)

Mindfulness Tools for Daily Living

Wednesdays

May 8 – May 29 | 9:30 – 11:30 AM

Mindfulness Reconnect

**Offered Virtually*

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

- Tuesday, April 16 | 1:00 – 2:30 PM
- Thursday, May 9 | 10:30 AM – 12:00 PM
- *Friday, May 31 | 9:00 – 10:30 AM
- Tuesday, June 25 | 2:30 – 4:00 PM

Talking About Medications
(to be held in Douro)

- Wednesday, June 12 | 1:30 – 3:00 PM

