

Programs & Workshops

January - March 2026

Our health programs and workshops are **free** for people living in Peterborough city and county. You can sign up online or by calling our program office.

If the program is online, we will use Zoom. After you sign up, we'll send you a Zoom link closer to the date. For in-person programs, come to 185 King St, Suite 500 in Peterborough.

☎ 705-740-8020

💻 www.peterboroughfht.com

Anxiety Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, January 29, 2026	2:00 – 4:00 pm	Virtual	Zoom
Tuesday, March 10, 2026	9:30 – 11:30 am	In person	185 King St, Suite 500
Blood Sugar Basics		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, January 22, 2026	9:30 – 11:30 am	Virtual	Zoom
Friday, March 20, 2026	9:30 – 11:30 am	In Person	185 King St, Suite 500
Heart Health		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Tuesday, February 17, 2026	2:00 – 4:00 pm	Virtual	Zoom
Thursday, March 12, 2026	1:00 – 3:00 pm	In Person	Miskin Law Community Complex, 271 Lansdowne St W, Peterborough, ON K9J 1Y8

Introduction to Sleep and Insomnia Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Tuesday, January 27, 2026	2:00 – 4:00 pm	Virtual	Zoom
Tuesday, March 17, 2026	1:30 – 3:30 pm	In person	185 King St, Suite 500
Mindfulness for Anxiety and Depression		2 hours weekly for 10 weeks	
Program Date(s)	Time	Mode	Location
Wednesdays, January 21 – March 25, 2026	9:30 – 11:30 am	Virtual	Zoom
NEW Pathways to Well-Being (Pilot Program)		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Wednesdays, February 18 – March 25, 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500

The following programs are not running this session:

- Being with Chronic Pain
- Understanding Sleep & Insomnia (prerequisite: Introduction to Sleep & Insomnia Workshop)

Add your name to the waitlist to be notified when the next schedule is available.

