



Programs & Workshops

April – June 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
Tuesday, May 5, 2026	9:30 – 11:30 am	Virtual	Zoom
Thursday, June 11, 2026	1:30 – 3:30 pm	In person	185 King St, Suite 500
Blood Sugar Basics		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, May 7, 2026	10:00 am – 12:00 pm	In Person	185 King St, Suite 500
Thursday, June 18, 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500
Being with Chronic Pain		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Wednesdays May 20 - Jun 24 2026	10:00 am – 12:00 pm	virtual	Zoom
Heart Health		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Thursday, June 11, 2026	9:30 – 11:30 am	In Person	185 King St, Suite 500
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Introduction to Sleep and Insomnia Workshop		2 hour workshop	
Workshop Date(s)	Time	Mode	Location
Monday June 15 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
Tuesdays Apr 28 - Jun 30 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500
Pathways to Wellbeing		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Tuesdays, May 26 - Jun 30 2026	9:30 – 11:30 am	In Person	185 King St, Suite 500
Understanding Sleep and Insomnia		2 hours weekly for 6 weeks	
Program Date(s)	Time	Mode	Location
Wednesdays Apr 15 - Jun 3 2026	1:30 – 3:30 pm	In Person	185 King St, Suite 500

